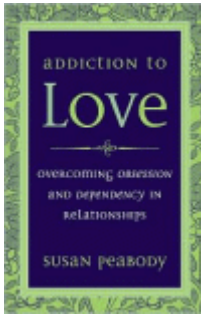


Addiction to Love

Overcoming Obsession and Dependency in Relationships

Susan Peabody

9 CEHs



TO TAKE THIS COURSE

1. **Print** exam questions below to use while reading text.
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Examination Questions

Preface to the Third Edition

1. According to the author, ____ suffer from low self-esteem and have a certain predictable way of thinking, feeling, and behaving.
- a. Obsessed Love Addicts (OLAs)
 - b. Relationship Addicts (RAs)
 - c. Codependent Love Addicts (CLAs)
 - d. Ambivalent Love Addicts (ALAs)

Introduction

2. According to the author, the one thing in common for all addictions is that in the beginning stages, the addictions are an attempt to control pleasure and pain by introducing experiences that:
- a. alleviate boredom
 - b. promote a feeling of well-being
 - c. provide an escape from pain and sorrow
 - d. all of the above
3. According to the author, the two hooks in love addiction are:
- a. nurturing and physical stimulation
 - b. romantic fantasies and the experience of attachment
 - c. emotional and physical attachment
 - d. none of the above

Chapter I: Looking for Love

4. According to Howard Halpern, the roots of addiction to love can be traced to an overwhelming need to recreate the euphoric feelings of peace and omnipotence we experienced as infants when we were totally dependent on our mothers.
- a. True
 - b. False

5. According to the author, ____ predisposes children to become love addicts.
- a dependency bond broken prematurely, insensitively, or sadistically
 - the lack of proper parental nurturing in a dysfunctional home
 - peer rejection
 - all of the above

Chapter II: The Many Forms of Addiction to Love

6. According to the author, the person and the relationship are secondary to the:
- avoidance addict
 - affair addict
 - romance addict
 - attachment addict
7. According to the author, which of the following is not one of the common reasons love addicts fall in love with an unavailable person?
- safety net
 - unrequited love
 - reminders of their first love
 - unconscious fear of intimacy
8. According to the author, for love addicts who are dual-addicted, their other addiction(s) are directly related to their obsession to relationships.
- True
 - False
9. According to the author, the most serious crimes connected to addictive relationships involve:
- institutions
 - organizations
 - children
 - perfect strangers

Chapter III: Contributing Factors That Influence Potential Love Addicts

10. According to the author, the perpetuation of distorted notions about romantic love by the media is a contributing factor to becoming a love addict.
- True
 - False

Chapter IV: Symptoms of Love Addiction to Love and Suggest For Change

11. According to the author, one of the suggestions for dealing with the “love at first sight” phenomenon is:
- don’t confuse lust with love
 - don’t always lead with your heart
 - beware of your neediness
 - all of the above
12. According to the author, because love addicts are insecure and afraid, they:
- are abnormally jealous and possessive
 - do not love their partners; they take them hostage
 - are always anxious when their partner is not present
 - all of the above
13. According to the author, most love addicts have ____ personality boundaries.
- strong
 - average
 - weak
 - excellent

14. According to the author, the love addict will do without sex rather than give up on a relationship when:
- the love addict's fantasy is associated exclusively with attachment and bonding
 - the love addict cannot get their physical needs met
 - the love addict becomes self-obsessed
 - none of the above
15. According to the author, which of the following is not one of the love addict's passive-aggressive controlling techniques?
- acting helpless
 - image management
 - the silent treatment
 - none of the above

Chapter V: The Progression of Addiction to Love

16. According to the author, in the chronic stage, the symptoms of addiction to love are:
- a way of life
 - a strong tendency
 - difficult to ignore
 - none of the above

Chapter VI: Recovery

17. According to the author, the second most difficult hurdle for the love addict on their way to recovery is:
- having the courage to admit defeat
 - admitting their part in the creation of their problems
 - having the willingness to change one's way of thinking and behaving
 - none of the above
18. According to the author, awareness is the beginning of change.
- True
 - False
19. According to the author, the final stage of the healing process is:
- acceptance
 - forgiving
 - letting go
 - bliss
20. According to the author, ____ is experienced when love addicts are overloaded with anger, frustration, anxiety, and fear.
- aggravation
 - disappointment
 - provocation
 - emotional depression
21. According to the author, love addicts in recovery, although terrified at the thought, must have a change of attitude about being single.
- True
 - False

Chapter VII: Starting Over Again

22. According to the author, the worst personality type for love addicts is the:
- obsessive/compulsive
 - schizoid
 - narcissist
 - none of the above

- 23.** According to the author, the best way to handle the fear of intimacy underlying the love addict's yearning to be loved is:
- a.** to face it
 - b.** to avoid it
 - c.** to confront it
 - d.** none of the above

Chapter VIII: Creating Loving and Fulfilling Relationships

- 24.** According to the author, which of the following is not one of the ingredients of a healthy relationship?
- a.** honesty
 - b.** communication skills
 - c.** patience and tolerance
 - d.** none of the above
- 25.** According to the author, preferential love will last forever.
- a.** True
 - b.** False