

Welcome to LAA

Love addiction comes in many forms. Some love addicts carry a torch for unavailable people. Some love addicts obsess when they fall in love. Some love addicts get addicted to the euphoric effects of romance. Others cannot let go of a toxic relationship even if they are unhappy, depressed, lonely, neglected or in danger. Some love addicts are codependent and others are narcissistic. What we all have in common is that we are powerless over our distorted thoughts, feelings and behavior when it comes to love, fantasies, and relationships. Still, there is hope. Through self-honesty, open-mindedness, willingness and the 12-steps of LAA, we can recover. We can grow and change in the sunlight of the spirit. Welcome to LAA. Welcome home!

Preamble

Love Addicts Anonymous is a fellowship of individuals whose common purpose is to recover from our unhealthy dependency on love as it plays out in our fantasies and relationships. The only requirement for membership in LAA is a desire to work toward recovery. There are no dues or fees; we are self-supporting through our own contributions. Our primary purpose is “to offer a safe place to recover from love addiction and to carry the message of recovery to those who still suffer.”

Statement of Purpose

Love Addicts Anonymous was started to provide a safe place where love addicts could come together and recover from love addiction. In LAA we will share our experience, strength and hope with each other. As a group, we will support each other unconditionally. We will also read literature, share ideas, process information and work the 12-steps of LAA as adapted from Alcoholics Anonymous. Please be assured that no particular ideology will be forced upon you. You can take what you need and leave the rest. If you are a love addict, or think you might be, join us on our journey toward putting love into perspective and establishing healthy relationships with ourselves and others. Let us do together what we cannot do alone.

Typical Kinds of Love Addicts

There are many kinds of love addicts. To clarify, here is a list.

Obsessed Love Addicts cannot let go, even if their partners are unavailable or abusive.

Codependent Love Addicts want to fix people who are damaged.

Relationship Addicts are in a relationship, but they do not love their partner anymore.

Ambivalent Love Addicts desperately crave love, but at the same time they are terrified of emotional intimacy.

Torch Bearers obsess about someone who is unavailable for years.

Romance Addicts are addicted to multiple partners.

Using Sex: Many love addicts use sex as a way of holding on to their partner.

Switch-Hitting: You may find that you have more than one type of love addiction. Many of these types overlap.

Cross Addiction: Many love addicts have more than one addiction because they have an “addictive personality.”

Original Wound: The core issue for all love addicts is separation anxiety. Once love addicts fall in love or bond with someone, they will do anything to hold on.

Definition of Recovery in LAA

In LAA, recovery is a state in which you are able to love yourself as much as you love others. You are guided by a power greater than yourself who knows what is best for you. You are growing and changing. Love is a want not a need. Romantic love enhances your life but does not determine your self-worth. Most of the time you are serene and think clearly when it comes to relationships. Your behavior is sane and marked by emotional sobriety. You do not "love" too much. You do not "do" too much for others. You do not chase after unavailable people. You do not put up with ambivalent people like narcissists or seductive withholders. You have researched healthy relationships so you know what your goals are. You stay close to people who are also in recovery in order to avoid relapse. You never take recovery for granted or become complacent.

Love addiction is "cunning, baffling, and powerful." It lies in wait for us when we let our guard down. Above all else, you put your well-being ahead of your romantic attachments. You understand that romantic love is not enough to sustain you. It is like a flower without roots. You need love and compatibility with someone who can reciprocate. Finally, you put an end to all triangles. Monogamy and recovery are synonymous.

The Twelve Steps of LAA

1. We admitted we were powerless over love, romance, fantasies and relationships—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood God.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked God to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to others, and to practice these principles in all areas of our lives.

The 12 Traditions

(read all twelve traditions or read only the tradition of the month)

1. Our common welfare should come first; personal recovery depends upon LAA unity.
2. For our group purpose, there is but one ultimate authority—a loving Higher Power as expressed in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for membership in LAA is a desire to recover from love addiction.
4. Each group should remain autonomous except in matters affecting other groups or LAA as a whole.
5. Each group has but one primary purpose—to carry the message of recovery to those who still suffer.
6. An LAA group ought never endorse, finance, or lend the LAA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. An LAA group ought to be fully self-supporting, declining outside contributions.
8. Love Addicts Anonymous should remain forever non-professional, but our service centers may employ special workers.

9. LAA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. LAA has no opinion on outside issues; hence the LAA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the public level.
12. Anonymity is the spiritual foundation of all our traditions ever reminding us to place principles before personalities.

The Twelve Promises

1. I have a new sense of freedom because I am letting go of the past.
2. I am hopeful about my future relationships.
3. I can be attracted to someone without falling in love overnight, and I can fall in love without obsessing.
4. If love does overwhelm me I do not act out in addictive ways.
5. I can tell the difference between fantasies and reality.
6. I do not have to control the ones I love nor let them control me.
7. I experience relationships one at a time and I do not get involved with “unavailable” people.
8. If my basic needs are not being met, I can end my relationship.
9. I can leave anyone who is abusing me either verbally or physically.
10. I do not do for others what they should be doing for themselves.
11. I love myself as much as I love others.
12. I look to my Higher Power for strength, guidance, and the willingness to change.

The LAA Closing Prayer

God, we pray for inner strength and wisdom
to do together what we cannot do alone.

Thank you for the courage to change.
Show us how to open our hearts and eyes
to your unconditional love for us,
and teach us how to love ourselves
and others in a healthy way.

May we find hope for a brighter tomorrow
and pass that on to others in need.
Thank you for a better way to live.

The Serenity Prayer

God, grant me the serenity
to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.

The Unity Prayer

(with permission from Overeaters Anonymous)

I put my hand in yours,
and together we can do what we
could never do alone.

No longer is there a sense of hopelessness;
no longer must we each depend
upon our own unsteady willpower.

We are all together now,
reaching out for a power and strength
greater than ours, and as we join hands
we find love and understanding
beyond our wildest dreams.