

LAA Suggestions for Limited Contact

LAA is a program of moderation when it comes to love. Our goal is healthy love and healthy relationships. It is not a program of abstinence except when you are obsessed and in withdrawal.

There are also times when no contact is impossible. If you have financial ties, share a business, work together, or have children with your ex-partner, it is really difficult to eliminate all contact because you have unfinished business.

It is important for all of us in LAA to refrain from judging those who choose LC. The shock of NC can be just too much for some. Often people need to wean themselves for the sake of their sanity. Other times, with a child, LC with healthy boundaries is better. Withdrawal is just impossible some times. Codependents, especially, may opt for LC because there is a family and/or extended family involved; especially a child.

NC is not a rule. LAA has never made it official. The idea began with one of our early members who was a love addict / codependent and unwilling to give up her relationship with her adult child.

In summary, LC involves healthy boundaries. Do not fool yourself into believing that going back into your codependency or love addiction is just LC.