



Understanding Love Addiction

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DEFINITION: Love Addiction (LA) is the insatiable need for *attention* from the opposite sex; it is desiring a relational connection to another person in order to feel noticed and maybe even pursued. They are hoping that their flirting, teasing or charm gets noticed. They desire to have it reciprocated so they feel the thrill of affirmation. In the process, the **LA** seeker begins to feel validated regarding their social value and/or sexual appeal.

The **Love Addict** wants to feel affirmed, attractive and appealing. They want to feel...

“I’ve still got it!” or “I just want to feel loved?”

Love Addiction is the ongoing drive to feel wanted and thus loved. **LA** isn’t primarily a sexually driven addiction though many times it leads there. Sex Addicts turn on the charm to get the person in bed. The true **Love Addict** wants the feeling of affirmation - of being noticed. The beginnings of interpersonal connection or perceived interest feels overwhelmingly intoxicating as a means to fulfill their void of self-doubt – thus seeking to confirm their worthiness of love.

Problem. Sometimes with **LA**, the draw for attention and the perceived interest in return causes the person to disregard wise relational restraint or depart from a God-honouring moral conscience. Sadly, relational, emotional, physical and sexual boundaries are too often violated. Even worse, some **Love Addicts** cross numerous sexual lines in order to feel loved. It’s a trap. If I am being sexual, I must be loved. Nope.

Critical Points About Love Addiction

1. At the Core – **La** is Attention-Seeking – its desire is to be noticed and affirmed.
2. **LA** is Enjoying Playing the Game of Flirting in Order to Get this attention.
3. The Looking Around for and even Pursuing the Attractive People in the setting.
4. **LA** is Relational Affirmation through Mining for Possibilities.
5. With **LA**, any Returning Signal of Relational or Sexual Interest becomes Electrifyingly Intoxicating.
6. The greater the self-confidence, personal security and worth, the less **LA** will factor.
7. A person who constantly manipulates conversations (flirts) to get sexual opportunity is not a Love Addict but a sexual predator.

Who Are You Trying to Please

ReFocus Relationally on Galatians 1:10

“You can see that I am not trying to please you by sweet talk and flattery; no, I am trying to please God. ***If I were still trying to please men*** I could not be Christ’s servant.” (TLB)

For am I now *trying to win-approval-of humans* or God? Or am I ***seeking to please humans?***
If I were still *seeking to please humans*, I would not be a slave of Christ! (DLNT)

“Am I now trying to ***win the favor and approval of men***, or of God? Or ***am I seeking to please someone?*** If I were ***still trying to be popular with men***, I would not be a bond-servant of Christ.” (AMP)

“Am I now ***trying to win the approval of men***, or of God? Or am I ***trying to please men?*** If I were ***still trying to please men (people)***, I would not be a servant of Christ. (NIV)

- **See also scripture on faithfulness in marriage, sexual purity, treating others like you want to be treated.**

Facing My Love Addiction

1. Put God First – Life Goes Best!
2. Do an honest SELF-APPRAISAL about how you do relationships to discern if LA exists.
3. Admit that Love Addiction IS an addiction and be honest about your need to face it.
4. Be Anchored to God-Honouring Boundaries. Do your relationships God’s way.
5. Stop Compromising. You KNOW your pattern. Don’t lie to yourself.
6. Be accountable to someone who KNOWS your attention-seeking weakness.
7. Let the Lord heal your broken heart. Find out what is behind your Love Addiction.
8. Learn Faithfulness and value that kind of loyalty over getting attention.
9. Build ongoing interest in your marriage by pursuing each other. Flirt, tease, and shower your SPOUSE with affection and them alone. Be single-focused.