



MEDIA RELEASE

FOR IMMEDIATE RELEASE

TEST YOURSELF: IS IT LOVE OR IS IT ADDICTION?

Denise: "Both my parents worked. I was an only child so I was alone much of the time. I hated it."

Larry: "My parents never communicated. Nobody ever talked. I never knew what was going on or how anybody felt. When they did talk they argued in front of me. It was as if I wasn't there. I promised myself that would never happen to me. My marriage would be different."

Minneapolis, MN)—Denise and Larry had been abandoned physically and emotionally by their parents. Now, married to each other, they found themselves in a relationship that had been dead for years. Why not get out? They talked about divorce yet seemed unable to take the next step. They “hung on”. What they *had* was better than what they feared: being alone again.

“Hanging on” is one of the 20 characteristics and warning signs of an addictive love relationship. In her books, *Is It Love or Is It Addiction? Love's Way* and *Loving Me, Loving You* author and psychologist Brenda Schaeffer explores and examines the questions: What is love addiction? and what is love? According to Dr. Schaeffer, “Elements of unhealthy dependency creep into even the best love relationships. The challenge is to identify and acknowledge addictive elements, do what we can to change them, and build on what’s best in the relationship.”

In a free pamphlet, Schaeffer offers a questionnaire to test whether it is love or addiction. Among the questions asked are:

- Has your personal growth stopped? Love-addiction concentrates so much energy on the relationship that there’s little left for individual growth.
- Is there a lot of “poor me” or “let me do it for you” going on? Addictive lovers play psychological games, becoming the victim, rescuer, or persecutor.
- Have you fallen into the “if only” syndrome? “If only he would stay home”; “if only he were more sensitive”; “if only she weren’t frigid”. Addictive lovers have a never-ending list of “if onlys” in a never-ending attempt to find solutions outside of themselves.
- Do you feel abandoned when your lover is away? Addictive lovers have a hard time with routine separations.

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FOR FURTHER INFORMATION:

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Titles by Brenda Schaeffer, D.Min., M.A.L.P.

Love or Addiction? The Power & Peril of Teen Sex & Romance (Expert Publishing)

Inner Reflections CD (SoulFood Music)

Love's Way: The Union of Body, Ego, Soul & Spirit (Hazelden Publishing)

Is It Love or Is It Addiction? (Hazelden Publishing)

Loving Me, Loving You: Balancing Love and Power in a Codependent World

(HarperCollins)

The Healthy Relationship Series (Hazelden Publishing)

- Do you say “yes” when you want to say “no”?
- Are you into power plays? Do you try to “get even”? Are you better at giving advice than accepting it? Addictive lovers are into power and control often feeling that being “one-up” is better than being “one-down”.
- Does a preoccupation about sex, romance or another person interfere with your life?

If you answer “yes” to any of the above questions you may have a problem.

Is there a way out?

“Yes,” says Dr. Schaeffer. “It takes time, commitment, support and hard work. And, it can be fun! To focus on oneself through a guided program of self discovery like those in my books, is incredibly exciting. The rewards? An awareness of what healthy love is and how to achieve it.”

A free pamphlet and guide to determining addictive relationships is available by sending stamped self-addressed business envelope to:

Healthy Relationships, Inc.
15798 Venture Lane, Suite 101
Eden Prairie, MN 55344

*Dr. Schaeffer’s books can be found available at your local bookstore, from Brenda’s website:
www.loveandaddiction.com, or directly from the publisher.*



Dr. Brenda Schaeffer is a licensed psychologist, certified addictions specialist and best-selling author. With over 500,000 copies sold, she has helped countless people find their way from the trials and confusions of addictive love to the fulfillment of whole and healthy relationships. She has been featured on a variety of national broadcast programs, such as Fox’ *The O’Reilly Factor*, and in publications such as the *Washington Post* and *Fitness Magazine*. She is the founder of Healthy Relationships, a Minneapolis-based practice where she conducts therapy, training and workshops.

For more information on her work, visit her websites:
www.brendaschaeffer.com or www.loveandaddiction.com