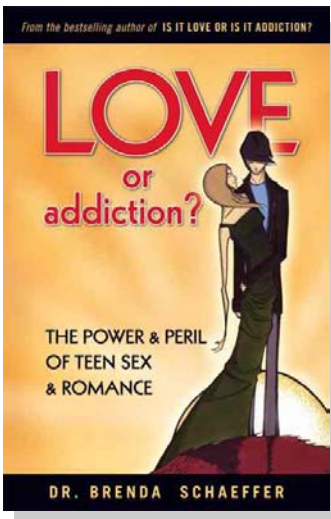




QUIZ: Are you in Dependent Love?

The following exercise can help you evaluate whether or not you are leaning towards using relationships, romance, or sex as a drug or whether your relationships are leaning toward health. It's assumed that the few addictive signs you or your relationship have, the better off you and they are.

Twenty Signs of Dependent Love



Love or Addiction? The Power & Peril of Teen Sex & Romance
(Expert Publishing, October 2006)

With a current or past love relationship in mind, read carefully the signs of a dependent love relationship and then score your relationship for each characteristic based on the following:

0 = never; 1 = rarely; 2 = sometimes; 3 = often; 4 = almost always; 5 = always

- | | | | | | |
|---|---|---|---|---|---|
| 1. Jealousy and possessiveness | 1 | 2 | 3 | 4 | 5 |
| 2. Become what others want | 1 | 2 | 3 | 4 | 5 |
| 3. Difficulty letting go | 1 | 2 | 3 | 4 | 5 |
| 4. Fear of the unknown | 1 | 2 | 3 | 4 | 5 |
| 5. Boundary problems | 1 | 2 | 3 | 4 | 5 |
| 6. Give to get | 1 | 2 | 3 | 4 | 5 |
| 7. Demand unconditional love | 1 | 2 | 3 | 4 | 5 |
| 8. Attempt to change the other | 1 | 2 | 3 | 4 | 5 |
| 9. Want, wish, wait | 1 | 2 | 3 | 4 | 5 |
| 10. Stunt individual growth | 1 | 2 | 3 | 4 | 5 |
| 11. Want and fear closeness | 1 | 2 | 3 | 4 | 5 |
| 12. Need others to feel complete | 1 | 2 | 3 | 4 | 5 |
| 13. Fear abandonment | 1 | 2 | 3 | 4 | 5 |
| 14. Attempt to fix the feelings of other | 1 | 2 | 3 | 4 | 5 |
| 15. Psychological games | 1 | 2 | 3 | 4 | 5 |
| 16. Difficulty being emotionally intimate | 1 | 2 | 3 | 4 | 5 |
| 17. Repetitive bad feelings | 1 | 2 | 3 | 4 | 5 |
| 18. Projection and personalizing | 1 | 2 | 3 | 4 | 5 |
| 19. Anti-dependent stance | 1 | 2 | 3 | 4 | 5 |
| 20. Power plays | 1 | 2 | 3 | 4 | 5 |

Finished? Add scores and divide by twenty to calculate your average score.

Note: If your average score for dependent love is 2.5 or higher, it is suggested that you complete exercises from Chapter 10 of **Love or Addiction?**, retake the test, and if your score is still 2.5 or higher, talk to a counselor who understands love addiction. If your average is two, focus on the exercises found

This quiz is adapted from **Love or Addiction? The Power & Peril of Teen Sex & Romance** by Brenda Schaeffer (Expert Publishing, August 2006).

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