



# QUIZ: Are You Living in Fantasy?

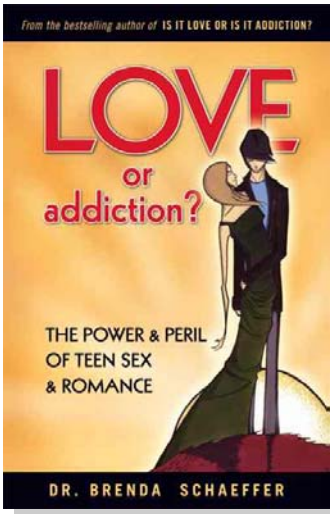
The following exercise can help you evaluate whether or not you lean towards using relationships, romance, or sex as a drug, or whether your relationships are lean towards health. It's assumed that the fewer addictive signs you or your relationship have, the better off you and they are.

## Characteristics of Romance Addiction

With a current or past romantic relationship in mind, read carefully the signs of romance addiction 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**

If you are not in a relationship but live in the fantasy of it, score yourself on the following signs as well.



### Love or Addiction?

#### The Power & Peril of Teen Sex & Romance

Dr. Brenda Schaeffer (Expert Publishing, Oct. 2006)

- |  |   |   |   |   |   |
|--|---|---|---|---|---|
| 1. Obsession   | 1 | 2 | 3 | 4 | 5 |
| 2. Jealousy leading to emotional, mental, sexual, physical abuse | 1 | 2 | 3 | 4 | 5 |
| 3. Possessiveness  | 1 | 2 | 3 | 4 | 5 |
| 4. Dramatic mood swings or depression related to love affairs    | 1 | 2 | 3 | 4 | 5 |
| 5. Get high on intoxicating feelings                             | 1 | 2 | 3 | 4 | 5 |
| 6. Anxiety when the love object is absent                        | 1 | 2 | 3 | 4 | 5 |
| 7. Romanticizing interferes with life                            | 1 | 2 | 3 | 4 | 5 |
| 8. Live on the edge of perfected love                            | 1 | 2 | 3 | 4 | 5 |
| 9. Choice of entertainment is romantic, dramatic, or euphoric    | 1 | 2 | 3 | 4 | 5 |
| 10. Crave ecstasy feelings                                       | 1 | 2 | 3 | 4 | 5 |
| 11. Stalking the love object                                     | 1 | 2 | 3 | 4 | 5 |
| 12. Chasing the illusion   | 1 | 2 | 3 | 4 | 5 |
| 13. Lured by intermittent reinforcement                          | 1 | 2 | 3 | 4 | 5 |
| 14. Longing, craving, and expectations                           | 1 | 2 | 3 | 4 | 5 |
| 15. Withdrawal symptoms when the love object moves away          | 1 | 2 | 3 | 4 | 5 |
| 16. Friends express concern                                      | 1 | 2 | 3 | 4 | 5 |
| 17. Hanging on to the unavailable or abusive                     | 1 | 2 | 3 | 4 | 5 |
| 18. Fantasy outcomes are disappointing                           | 1 | 2 | 3 | 4 | 5 |
| 19. In love with being in love                                   | 1 | 2 | 3 | 4 | 5 |
| 20. High melodrama   | 1 | 2 | 3 | 4 | 5 |

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

Note: If your average score for romance addiction 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 romance addiction. If your average is two, focus on the exercises found in **Love or Addiction?** and work to lower your score.

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

Contact information: Please contact Heidi at [media@itsallaboutlove.com](mailto:media@itsallaboutlove.com) or call 952.944.4046