

Sla Anon

group for people bothered by someone's love fantasy addiction.

Hey my name is _____.

We welcome you to the sla anon family group designed for people who are bothered by a love fantasy addict. If you are bothered by a love fantasy addict you have come to the right place. It takes 6 weeks to see if this is the right support group for you and welcome.

Please Care to Join me in the sla anon 1serenity prayer.

I have asked some one to ready the

2 Preamble of sla anon.

3 The twelve steps.

4 Enabling.

5 Detachment

6 Let go and let God.

7 the twelve traditions.

8 the promises.

9 how to deal with the love fantasy addict.

10 What is love fantasy addiction.

Now we will introduce our selves so that we can get to know each other first. Please say your name and what brought you into the rooms of sla anon.

Who is available for sponsorship?

Are there any newcomers.

How many months of sobriety do you have from being bothered by a love addict.

Now we have come to the reading portion of the meeting. I have asked someone to please read from the sla anon book for 10 minutes.

Now it's time for the sla anon speaker to talk about their experience strength and hope for 15 min about how they dealt with a love fantasy addict who was bothering them and about how they recovered from the love fantasy addict who was bothering them.

Now we have come to the sharing portion of our meeting. Nothing we have to say is unimportant or stupid we share with I statements we avoid sharing with you statements. And we do not allow cross-talk till after the meeting. Sharing is indicated by the timer please bring your share to a close when you hear the second beep the timer calls on the next person and so on who would like to share, who would like to time???

Now our sharing portion is over

who would like to read the 11 sla anon do's and don'ts.

12 It's time now for each person to bring up something they will do till the next support group to help them deal with the love fantasy addict who's bothering them. Who would like to go first with what they will do till the next sla anon support group to deal with the love fantasy addict who is bothering them.

Are there any sla anon related announcements

I hope that this support group of sla anon has helped you find happiness, serenity and peace on how to deal with the love fantasy addict that is bothering you. Just remember what you hear in these rooms let it stay in these rooms. And just remember to live one day at a time.

12 I have asked someone to please read just for today.

After a moment of silence, I have asked someone to please close out the meeting by joining me in the sla anon serenity prayer.

1 the serenity prayer.

Just remember to keep coming back because this program does work if you live it. Goodbye for now.

1 the serenity prayer

2 The preamble

3 The 12 steps

4 Enabling

5 Detachment

6 Let go and let God.

7 The twelve traditions.

8 The Promises

9 how to deal with the love addict.

10 what is love fantasy addiction.

11 The do's and don'ts

12 Just for today.

13 the sla anon serenity prayer.

1 the serenity prayer

God Grant me the serenity

to accept the love addict that I cannot change

the courage to change my reaction about my love addict.

And the wisdom to know the difference to know that I can

only change me whose bothered by the love addict

and not the love addict that I am bothered by.

2 The preable

We Welcome you to the sla anon family group which is modeled by al anon.

The only requirement for member ship is a desire to learn how to deal with the love fantasy addict who is bothering you in good healthy ways with god and with higher power, so that you can live a happy peaceful life.

We draw upon five marjor resources.

1 the desire to not let the love fantasy addict effect your daily life.

2 the desire to let go and to let God deal with the fantasy addict who is bothering you.

3 the twelve steps

4 sponsorship that is free to those who need it.

5 by being of service to help out others by using the tools about how to deal with the love fantasy addict that is bothering you.

We know how hard it is when you have been bothered by a love fantasy addict. But this program will work if you work it. No longer will you be disturbed by the love addict. Hopefully through this sla anon

program you will find the journey and the path to happiness through a higher power greater than yourself to heal yourself from the love fantasy addict who is bothering you. And you will learn to find happiness and peace within yourself to let go of the love and fantasy addict to help you find a peaceful and happy life in which god will guide you through working the steps. May you find a journey through the rooms of sla anon happy, joyous and free from the love, and fantasy addict who was bothering you.

May you find here a new strength which God intended to be precious and free.

3 The 12 steps

1 We admitted that we were powerless over our love fantasy addict and that our lives become unmanageable.

2 We came to believe that a power greater than ourselves can restore us to sanity.

3 We made a decision to turn our will and our lives over to the care of God as we understood God.

4 We made a searching and fearless moral inventory of ourselves.

5 we admitted to ourselves and to God the exact nature of our wrongs.

6 We were entirely ready to have got remove all these defects of character.

7 We humbly asked God to remove our shortcomings.

8 We made a list of all persons we had harmed and be willing to make amends to them all.

9 We made direct amends to such people whenever possible except when to do so would injure them or other.

10 we continued to take personal inventory and when we were wrong we have promptly admitted it.

11 we sought through prayer and meditation to improve our consious contact as we understood god praying for gods will for us and the power to carry that our.

12 having had a spritual awaking as the result of these steps we tried to carry this message to others who are bothered by the love fantasy addict. And to try to carry this message to others in all our affairs.

4 Enabling

What Is Enabling?

Enabling is defined as doing things for a person who is m that they normally could and would do for themselves if they were sober. In contrast, helping is doing something that the alcoholic could not or would not do for themselves if sober. Helping does not protect an individual from the consequences of their actions.

Anything that you do that does protect the alcoholic or addict from the consequences of his or her actions, could be enabling him to delay a decision to get help for their problem. It's in their best interest if you stop whatever you are doing to enable them. Enabling is not helping.

10 Things to Stop Doing If You Love an Alcoholic

How to Stop Enabling The Love Fantasy addicts Misuse

You may realize at this point that you have been enabling your loved one with love fantasy addiction (though you probably thought you were helping) and wonder how to change. In a way, learning to stop enabling another person's love fantasy addiction misuse can be very empowering.

It may be helpful to remember that you can't change other people but you can change your behaviors and reactions towards those people. Here are several practical ways in which you can stop being an enabler today.

Do

- Support for recovery efforts
- Set boundaries
- Let the alcoholic deal with consequences

Don't

- Make excuses for the alcoholic
- Take over personal responsibilities
Save from legal consequences
Stop Actions That Allow the Behavior to Continue
- Are you working and paying some of the bills that the love fantasy addict would be paying if they hadn't lost their job or missed time from work due to being a love fantasy addict? Or are you providing food and shelter for this person?

If so, you could be enabling. You are providing them with a "safety net" that allows them to lose or skip their job with no real consequences.

Don't Do Things They Can Do Themselves

If the person with a love fantasy addiction use problem has lost their license, giving them a ride to a slaa meeting or job interview is helping because that is something they cannot do for themselves. These are things the person cannot do on their own, so helping them can be a way of supporting their recovery efforts.

On the other hand, looking up the schedule of meetings in the area, researching the requirements for getting their license back, or searching the classified ads for employment opportunities are examples of enabling. These are all things that people should be doing for themselves.

Stop Making Excuses

Have you ever had this conversation: "Sorry, they can't come into work today, they've picked up some kind of flu bug?" when in fact they are too hungover to go to work? That conversation is enabling because it is allowing the alcoholic to avoid the consequences of his actions.

You might say, "But, they could lose their job!" Losing their job might just be the thing that needs to happen for them to decide to get help.

Do Not Take Over Responsibilities

Are you doing some of the chores around the house that the person with the love fantasy addiction used to do? Have you taken on parenting responsibilities with your children that the two of you used to share?

If you are doing anything that the love fantasy addict would be doing if they were sober, you are in a way enabling them to avoid their responsibilities.

What You Should Know About Enabling a Love Fantasy Addict

Do Not Loan Money

If you are providing money to someone with a love fantasy addiction for any reason, you might as well support their love fantasy addiction. And yes supporting the person's love fantasy addiction is a problem is enabling. That's what you are ultimately doing if you give someone money, no matter what they say they plan to do with the cash.

Don't Rescue Them From Legal Trouble

Rushing in to rescue someone may satisfy some personal desire you have to feel "needed," but it doesn't really help the situation. It only enables the love fantasy addict to avoid the consequences of their actions.

In Sla-Anon, they call it "putting pillows under them" so that they never feel the pain of their mistakes.

Do Not Scold, Argue, or Plead

You may think that when you are scolding or berating a person for their latest episode, it is anything but enabling, but it actually could be. If the only consequence that they experience for their actions is a little "verbal spanking" from someone who cares about them, they can slide by without facing any significant consequences.

Do Not React

Avoid reacting to their latest misadventures. If you say or do something negative in response to the other person's latest mistake, then they can react to your reaction. If you remain quiet, or if you go on with your life as if nothing has happened, then they are left with nothing to respond to except their own actions.

If you react negatively, you are giving them an emotional out. Stay calm and avoid blowing up or having an emotional reaction to the situation.

Do Not Try to support their love fantasy addiction.

It is not uncommon for family members to feel abandoned by their loved ones because of their love fantasy addiction. One reaction that some people have is to try to become part of their world again by drinking with the person who has an love fantasy addiction problem. It rarely works. The individual's relationship with love fantasy addiction is powerful. "Normal drinkers" can rarely keep up.

Set Boundaries and Stick to Them

Saying, "If you don't quit being a love fantasy addction , I will leave!" is an ultimatum and a threat, but saying, "I will not have a love fantasy addct in my home" is setting a boundary. You can't control whether someone quits being a love fantasy addict or not, but you can decide what kind of behavior you will accept or not accept in your life.

Explain Your Boundaries

One thing that members of Sla-Anon learn is that they no longer have to accept unacceptable behavior in their lives. You may not be able to control the behavior of someone else, but you do have choices when it comes to what you find unacceptable.

Setting boundaries is something that you do for your benefit, not to try to control another person's behavior. In order to effectively do this, it's helpful to detach to some degree. Detaching is letting go of another person's love fantasy addction problem and allows you to more objectively look at the situation.

5Detachment.

Detachment Is Letting Go of Someone Else's love and fantasy Addiction

Detaching can be difficult but is important for your own well-being

For friends and family of a person dealing with a love and fantasy addiction, detachment can be a difficult concept to grasp. In the context of the Sla-Anon program, "detach with love" is the idea that the person bothered by the love and fantasy addict has to let go of their loved one's problem.

It gives you permission to let them experience any consequences associated with their love fantasy addiction use and focus on your own health and well-being.

The Importance of Detachment

If you've dealt with someone's progressive love and fantasy addiction problem, it might be hard to imagine finding happiness while the substance misuse continues. This is especially true when you have tried everything possible to keep the situation from growing worse.

The stress and exhaustion associated with caring for someone with an addiction can be overwhelming. It may lead to anxiety, depression, and unhealthy behaviors or unsafe living conditions for your family.

The reality of living with love fantasy addiction or other addictions usually often means dealing with one crisis after another. While you may feel like you're constantly in rescue mode, learning to detach relieves you of the responsibility to protect them.

Those who take part in Sla-Anon long enough come to realize that detachment is important for the person bothered by the love and fantasy addict's emotional well-being. It also helps you understand that there is no way for you to control the addiction.

What is Sla-Anon?

Kind Nor Unkind

As the Sla-Anon literature says,

"Detachment is neither kind nor unkind. It does not imply judgment or condemnation of the person or situation from which we are detaching. It is simply a means that allows us to separate ourselves from the adverse effects that another person's alcoholism can have upon our lives."

Detachment does not mean you stop loving the person and it doesn't mean physically leaving (unless you feel the need).

Instead, it demonstrates that you don't like or approve of their behavior. It is stepping back from all the problems associated with addiction and stopping any attempts to solve them. You still care, but it is best for everyone involved if you take care of yourself first.

Many times, family members find that they have become too involved with the addictive behavior. The Sla-Anon program teaches people to "put the focus on ourselves" and not on the person with alcoholism or on anyone else. This is done through a number of key points that members pick up in meetings:

- Avoid the suffering caused by someone else's actions.
- Don't allow yourself to be abused or misused during recovery.

- Avoid doing things for them that they can do.
- Don't use manipulation to change their behaviors.
- Don't cover up their mistakes.
- Avoid creating or preventing a crisis, especially if it's inevitable and may be the wake-up call they need.

For example, if your family member shows up for work late or missing it entirely becomes a habit, detachment teaches you that it's not your responsibility to cover for them. It also applies to making excuses and trying to fix situations, as well as avoiding arguments.

By putting the focus back on yourself, you protect yourself from the abusive behavior and stop enabling it. It's a way of taking some of the power away from them so they're not able to manipulate you.

How to Stop Enabling

Ideally, detaching from this person will help them see how their negative behavior affects everyone around them. As Sla-Anon and Sex and love addicts anonymous teach, it's important to have the wisdom to know the difference between the things you can and can't change.

Does It Really Help?

When you're considering detachment, you might be concerned about what happens to your loved one after you detach yourself from them. Maybe you think all of the things you did over these years to "help" that will be wasted. Or, you might have fears about what crisis—jail, hospitalization, death, etc.—may be next.

Your concerns are valid and show your love and dedication to a person dealing with addiction. However, you have to put yourself and your family—especially if that family includes children—first.

As Sla-Anon teaches, "Detachment helps families look at their situations realistically and objectively, thereby making intelligent decisions possible." Al-Anon members also learn that no individual is responsible for another person's disease or recovery from it.

This is very difficult, and, on the clearheaded side of addiction, you probably know what should or should not happen, but this logic may be lost to the person with the disease. They need to want to change themselves and find the help needed to do that.

Your goal is to be there when they do need you and to be mentally, emotionally, and spiritually strong when they're ready for recovery. When you learn to detach, you can find relief from much of the pain, stress, and anxiety, and realize that you deserve to treat yourself right.

This will not happen overnight. It requires time, a lot of patience and love, and support to help you along the way. As they say in the program, "It's simple, but it ain't easy." You don't have to do it alone.

A Word From Verywell

There is probably an Sla-Anon Family Group meeting nearby where you will find people who understand what you're going through. It's by no means an easy process to detach from a loved one with an addiction, so don't try to go it alone. By sharing your experience with others who have been there, you can find strength and hope to help you better deal with the situation.

6 Let go and let God.

Let Go And Let God---Sla-Anon Slogan

I chaired the meeting for my sla-Anon group last night. It has been over ten years since I chaired a meeting. I took a break from meetings and learned to live what I had learned. I only recently returned to Sla-Anon meetings because a friend asked me to accompany her to them. I couldn't decide what to do the meeting on so I called my friend and asked what she, as a new-comer to Sla-Anon, needed the meeting to be about. She said, "Let Go and Let God." This is one of the many slogans that we learn and use in Sla-Anon. I started the meeting with the following reading from Hope for Today, Sla-ANON FAMILY GROUPS, 2002, page 320: "When I heard 'Let Go and Let God' for the first time, it didn't make sense to me. Let go of what? And let God do what? The little I did understand was the futility of my efforts to try to control other people, places, and things. Sla-Anon told me I could turn my attention to monitoring myself and my reactions. I let go of other people and I began to feel some relief. I let go of what others said or didn't say, and what they did or didn't do. I let go of my expectations. I no longer felt a need to be a people-pleaser. As I let go, I found I lived more harmoniously with myself and with others. I began to take more responsibility for myself. I figured if I could accept myself, I could accept other people too. I let go of outcomes. It was okay if things didn't go the way I envisioned. Sometimes the results were better than I anticipated. It was no longer important that others read from the script that my expectations had written. As I let go, I learned I could let God. 'Letting God' doesn't mean I abdicate my responsibilities. In fact, I become more accountable for myself. 'Letting God' indicates that I accept my imperfections and grow toward the person I dream I can be. 'Letting go and letting God' means I can enjoy being responsible for what is rightfully mine and leave the rest to

God. Thought for the Day 'Let go' comes before 'let God' for a reason. I can't expect God to do anything if I am still holding onto my problem. When we put this slogan to work, we get out of the way. How Sla-Anon Works for Families & Friends of Love Fantasy addicts, p. 76 could not have found a better reading to explain this slogan, "Let Go and Let God". The above reading says it all. "Let Go and Let God" is not about enabling yourself to continue in the victim mode. When I first heard the word surrender, which is used a lot with Let Go and Let God, I thought to myself, "I will not be a doormat like my mother was to my father. I will not let someone else tell me what to say, do and think like my dad did when I was a child." I was in open rebellion to this idea until I began to understand the concept as expressed in the reading above. Growing up with incest and a father that was a dictator who controlled everything and everybody in my family, I learned from an expect on being controlling. I was in Sla-Anon for a few years before I realized that I had become my dad in trying to control. Notice that I said "trying to control." Control is an illusion. What I realized was that the more I tried to control everything, the more out of control I became. I could not have imagined the freedom that came when I Let Go and Let God and stopped trying to control my world. You only see the person that I am today. I hope by giving you glimpses of who I was that maybe you will learn from my experiences and not have to do the same thing in your own life. I know that some of you will make the decision to face the same challenges and have the same lessons to learn from those challenges that I did. Some of you will travel down that very same road. I can't and shouldn't try to stop you from doing just that, no matter how painful I know it will be for you. This is especially hard to do if it is my child that I see traveling down this road. Well, today, I can Let Go and Let God and Let You. I couldn't always do that. I wanted to fix you and your problems so that I wouldn't have to look at my own. Today, I know it isn't my responsibility to fix anyone else. I am doing an injustice to you if I try. Today, I can say, "Have a glorious day, unless you choose to do otherwise." and mean it. What you do with your life is your choice. Today, I choose to Let Go and Let God. How about you?

7The twelve traditions.

THE TWELVE TRADITIONS OF Sla Anon (SHORT FORM)

1. Our common welfare should come first; personal recovery depends upon sla anon unity.
2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for sla anon membership is a desire to stop being bothered by the love fantasy addict.
4. Each group should be autonomous except in matters affecting other groups or sla anon as a whole.
5. Each group has but one primary purpose—to carry its message to the love fantasy addict who still suffers.
6. A sla anon group ought never endorse, finance, or lend the sla anon name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

7. Every sla anon group ought to be fully self-supporting, declining outside contributions.
8. Sla anon should remain forever nonprofessional, but our service centers may employ special workers.
9. Sla anon, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Sla anon has no opinion on outside issues; hence the sla anon name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

8 The Promises

THE SLA-ANON PROMISES

- If we willingly surrender ourselves to the spiritual discipline of the Twelve Steps, our lives will be transformed. We will become mature, responsible individuals with a great capacity for joy, fulfillment, and wonder.
- Though we may never be perfect, continued spiritual progress will reveal to us our enormous potential. We will discover that we are worthy of love and loving.
- We will love others without losing ourselves, and will learn to accept love in return.
- Our sight, once clouded and confused, will clear and we will be able to perceive reality and recognize truth.
- Courage and fellowship will replace fear.
- We will be able to risk failure to develop new, hidden talents.
- Our lives, no matter how battered and degraded, will yield hope to share with others.
- We will begin to feel and will come to know the vastness of our emotions, but we will not be slaves to them.
- Our secrets will no longer bind us in shame.
- As we gain the ability to forgive ourselves, our families, and the world, our choices will expand.
- With dignity we will stand for ourselves, but not against our fellows.
- Serenity and peace will have meaning for us as we allow our lives and the lives of those we love to flow day by day with God's ease, balance, and grace.
- No longer terrified, we will discover we are free to delight in life's paradox, mystery, and awe.
- We will laugh more.

- Fear will be replaced by faith, and gratitude will come naturally as we realize that our Higher Power is doing for us what we cannot do for ourselves.

9 how to deal with the love fantasy addict.

When you are dealing with a love fantasy addict you must remember that they are sick with a disease. You must also remember that they are in their love fantasy addiction because they are going through a very hard time in their lives because something is hurting them or bothering them. When you are dealing with a love fantasy addiction you must remember to. 1. Think of a time when you were struggling in your life.

2 What did you want someone to do when you were struggling.

3 Put yourself in the love fantasy addicts shoes about feeling, sad and lonely.

4 have empathy of the love fantasy addict who's suffering.

5 ask the love fantasy addict what can I do to help you heal from the pain from your love and fantasy addiction.

6 Do not embarrass the love fantasy addict.

7 Inform people if they ask that they are suffering from a disease called love fantasy addiction.

8 Educate the people about love fantasy addiction disease.

10 Ask people to please pray for the love fantasy addict to get well.

11 Teach other people to be kind and loving towards the love fantasy addict.

12 Remember that recovering from a love and fantasy addiction takes time, so be patient with the love and fantasy addict.

13 if the love fantasy addict contacts and talks to you wanting help, help the addict.

14 go do reasearch on a computer t o learn more about their love and fantasy addiction.

Just remember that its not your fault that the person was a love and fantasy addict. Just remember that if the person does not want your help to forgive and to forget them and to go live a happy peaceful life. And to remember to let go and let god. And that god will hopefully guide them and help them through their love addiction. And just remember for today to forget the addict that is bothering you and to find peace and serenity and happiness in yourself because it is worth it. I am worth it and we are worth it to have peace with ourselves.

10 what is love addiction.

Fantasy Love-- is the dream, an illusion, a fairytale... The DRUG!

A love addict tends to enter relationships in a disorienting fog of romantic idealism. In other words, although those addicted to a person in a relationship will often feel "in love", what they often fall for the most is the fantasy (unconsciously).

It is called love addiction, but it should actually be called 'fantasy addiction', because the fantasy is a love addict falls for. I like to say it is the fantasy that is the potent drug for a love addict.

In a romantic relationship, a love addict doesn't fall in love and get hooked to their romantic partner, they become addicted to the 'fantasy' of their partner.

The fantasy is what they 'make-up' about their partner, rather than the person they really are (reality).

- It's the fantasy they 'fall in love' and get attached
- It's the fantasy they yearn for, crave for, and obsess over
- It's the fantasy they believe in
- It's the fantasy they painfully grieve during a breakup.

We call it a love addiction, but it could be called a 'fantasy addiction'

When does the fantasy get started in a romantic relationship?

Very early in the early stages of a relationship.

When a love addict meets someone who they are physically attracted to, and this person is avoidant, emotionally walled-off, (or narcissistic)-- they will feel fireworks, euphoria, the 'high'. This is when a fantasy bond with the love interest is formed.

As they bond with a person they will create an idealized version which enables them to minimize, excuse, and deny blatant realities of the person (e.g. negative traits, warning signs, red-flags).

The fantasy bond propels a new lover high on an imaginary pedestal, and he/she becomes their higher power.

In the haze of their fantasy, they assure themselves, they have found “the one”... one who will always and forever be there for them, love them, reassure them, and cherish them... a lover who will forever hold them in high regard, and rescue them from the burdens of life, take their brokenness (perceived) away and finally make them feel complete. Expecting anyone to makes us complete is by itself a delusion.

Smoking the pipe of a fantasy, love addicts may spend exorbitant lumps of their waking hours imagining a romance-fueled, quintessential life with their new (or ongoing) partner who will meet all their desired needs.

With the fantasy in command and leading them forward, they become obsessed and preoccupied with their partner, going all in, relinquish important life goals or interests; abandon their true needs, hopes, and aspirations, and often personal values; even abandon friendships and/or family relationships, not to mention themselves.

The "love" emotions are real... however, the feelings are not created from reality of their love object.

A romantic fantasy triggers real emotions and feelings in their mind and their body-- it feels like romantic love, and it's euphoric.

The fantasy makes them feel like they are loved and are “in love” (with a passionate/sexual component).

Not unlike a powerful substance (cocaine, heroin, ecstasy), addicted lovers get high off their fantasy-- it becomes a potent drug, a drug they come to rely on to feel like they matter, to escape their own reality.

They fall for their ideal image of a person, get strung-out, and more often than not, face a great challenge to stop their fantasy without incurring detrimental effects.

A romantic fantasy will crack and eventually crumble... sometimes fast, sometimes little by little.

Love addicts eventually discover the person they imagined their romantic partner to be (their fantasy)... is NOT that person at all, but a person who proves continually incapable of meeting their (love addicts) true needs for intimacy and mutual connection.

It's unavoidable-- a romantic fantasy formed in a relationship will, at some point-- blow up. It happens in all addictive relationships.

Robin and her fantasy relationship experience:

Robin, a love addict was addicted to a fantasy about David. Her fantasy started meeting David on a dating site.

Robin was instantly attracted to David when she first laid her eyes on David-- he was equally attracted to Robin. She was mesmerized by the hazel eyes that stared so intently into her own.

He was charming, attentive, and seemingly very affectionate-- and he constantly lavished praise and adulation on Robin-- which made her feel very special. "He honestly was so sweet and endearing".

David and Robin quickly developed an intense romantic relationship. Robins fantasy was sparked on the first date, but was only starting... Within three weeks her fantasy accelerated into high gear...

By week four, Robin consciously came to a solid conclusion, "David is the one". She declared to her close friend Jenny, "David is perfect, it's like we've known each other forever, we're best friends and lovers, I never met someone that's such a perfect fit for me. He's so amazing Jenny! I'm so lucky and blessed to find such a rare man like him.

Jenny, I love him so much, and I genuinely know he loves me as much. I know we are going to be, forever, together, I just feel it. We're already talking about our future together".

Robin was on a high, and she was sure she knew him, had him pegged, he was the man for her... she felt it, right? Unfortunately, only after a few months, Robins fantasy began getting a bit shaky, and her high was dissipating.

There was an energy Robin sensed that started changing about David. She started to notice Davids's interest and adoration for her started to wane. He didn't seem so eager to get together on the weekends and would make weird excuses for it.

Overtime, he didn't respond to her texts and phone calls like he use to, where before he would usually respond within a couple of hours, changed to maybe 24, sometimes 48 hours.

When Robin would ask him if anything is going on, if he is feeling different about things, David would seem enraged, automatically become defensive and respond critically, "You're crazy, why do you say that you're so insecure and sensitive".

Robin became more and more anxious, and sometimes she felt pure panic and distress. Robins fantasy, the person she imagined David to be, was cracking.

One day, four months into the relationship, Robin saw Davids phone laying on her kitchen table, she picked it up and noticed a text from a woman, opened his phone to see who it was and discovered David was having sexual encounters with two women; they were emotional/sexual back and forths encounters for sure, but she wasn't sure if he was actually getting together for sexual encounters. But it didn't matter at this point... this was the beginning of her fantasy 'blowing up' to pieces.

Robin went from one the best romantic high she's ever experienced to one of the lowest lows she's ever experienced... soon enough, she was in full withdrawal, and meltdown mode.

Robins fantasy of who David really is/was, and the relationship she thought she had with him was her heroin... The fantasy of David was her drug.

If it were possible for any person on earth to fulfill a love addicts fantasy... in no way (no how) could the type of person love addicts enter relationships (walled-off, avoidant, or narcissist). Moreover, many of them will have great difficulty to meet healthy relational needs that love addicts desire (e.g., closeness, intimacy, and mutual connection).

If a fantasy can talk!

When love addicts start noticing realities of their partner that fly in the face of their fantasy, the fantasy will try hard as hell, to excuse and justify these realities (denial).

If the fantasy could talk, it may justify the noticed realities (e.g., immaturity, callousness, distancing tactics), by voicing things like: "he/she had a hard childhood"; "just be patient and love more, give more, do more"; "just be a better partner, stop being needy, stop talking about your feelings, stop telling him what your needs are, stop being so imperfect"; or "This isn't the real him/her, he/she is the person I had in those first several weeks/months together...I want that person back".

Even when a love addict begins to notice stark realities about their partner, like Robin, the fantasy won't suddenly disappear, as a love addicts fantasy is quite often overpowering. But that doesn't mean it cannot be broken.

It can. In fact, to get over an addiction to a person, a fantasy must be broken... even though grief and withdrawal is a necessary process, it is a worthwhile task to take on.

Recovery becomes possible when we break from fantasy.

Love addicts will have great difficulty to overcome love addiction so long as they continue medicating themselves with fantasy. This would be like a drug addict trying to get sober while continuing to smoke their dope or popping oxycontin. It doesn't work.

How to stop and overcome a love fantasy over a person or romantic partner?

When you are bothered by a love fantasy addict

Do

- 1 Pray for the love fantasy addict.
- 2 Forgive the love fantasy addict.
- 3 keep trying when ever you fail.
- 4 find fun recreation and hobbies.
- 5 do atten sla anon meetings often.
- 6 learn more about love and fantasy addiction.
- 7 do be kind, loving, forgiving, patient with the love and fantasy addict.

Do Not

- 1 nag scold or complain.
- 2 bring up the past.
- 3 loose your temper.
- 4 protect the love fantasy addict.
- 5 do Not be a doormat.
- 6 check on your love fantasy addict.
- 7 do Not enable your love fantasy addict.

12 Just for today.

- 1 Just for today I will be kind to my love fantasy addict who is bothering me.
- 2 Just for today I will show empathy for my love fantasy addict who is bothering me.
- 3 Just for today I will be patient with the love fantasy addict who is bothering me.
- 4 Just for today I will show love for the love fantasy addict who is bothering. me
- 5 Just for today I will think about myself being in the love fantasy addicts shoes.
- 6 Just for today I will pray for my love fantasy addict who's bothering me.
- 7 Just for today I will forgive my love fantasy addict for all the damages they did when they were sick in their disease.
- 8 Just for today I will learn more about their love fantasy addiction.
- 9 Just for today I will stay calm if I see my love fantasy addict.

10 Just for today I will support my love fantasy addict to get well.

11 Just for today I will learn to live in peace with my self.

12 Just for today I will try to find happiness within myself to not let my love fantasy addict affect me in any way.

13 the serenity prayer

God Grant me the serenity

to accept the love addict that I can not change

the courage to change my reaction about my love addict.

And the wisdom to know the difference to know that I can

only change me whose bothered by the love addict

and not the love addict that I am bother by.