**1. Withdrawal Coping Plan**

As difficult as this situation is, it is hard to let go of. After all, thinking about this person feels good! At this point you may have decided to disengage from this infatuation. However, this is where things often start to feel worse. As you begin to detach from this person, many experience a process similar to a breakup. Part of this is because your brain is withdrawing from the high levels of intensity. Another reason is because ending a relationship triggers a grief reaction that can feel like a death. It’s natural to experience torturous rollercoaster of pleasure, pain, grief, anger, anxiety, and confusion.

As you begin to let the relationship go, it is natural to think about this person obsessively and want to reconnect with them. **This is a very uncomfortable time but this phase typically lasts 3 weeks to 3-4 months.**

*Try to focus on:*

* Engaging in physical self-care (sleep, exercise, eating whole foods)
* Investing time in healthy outlets (journaling, talking to friends, meditation)
* Setting goals
* Understanding how this situation arose

*Try to avoid:*

* Seeking reminders or contact with the person. Seeking “hits” of euphoria tend to intensify the attraction and prolong the healing process (called intermittent reinforcement).
* Escaping through addictive processes (e.g., food, marijuana, shopping). Sometimes escaping into another addictive process can be a temporary refuge, but it often creates more problems than it solves.
* Shaming yourself. When you invest energy in berating yourself, this further entrenches your negative state.
* Seeking another romantic connection. It’s natural to want to transfer that fantasy world onto another person, but you may just end up in a similar situation.

*If you are considering ending your life or hurting someone else, please seek professional help immediately.*

**2. Detaching From Obsessive Thinking (RAIN)**

*Ghost of yesterday, stalking round my room, all night long you stay*

*-* Billy Holiday, Ghost of Yesterday

You may not longer have contact with this person anymore, but how you get them out of your mind? You have probably thought of this person thousands of times, wiring them into your brain.

There is a famous principle in neuroscience that: “What fires together wires together.” This is known as [Hebb’s law](https://en.wikipedia.org/wiki/Donald_O._Hebb), and it means that what we continually focus our attention and energy on becomes a stronger pathway in our brain.[[1]](#footnote-1) While we cannot control our thoughts, we can change our relationship to our inner experience. [Mindfulness](https://www.amazon.ca/Mindfulness-Practical-Awakening-Joseph-Goldstein/dp/1622036050), being aware of our inner experience without judgment, can be a way to deal with in intrusive thoughts. By gently redirecting our attention back to the here and now, we can create new pathways. Instead of trying to block or remove your experience, mindfulness is about accepting your experience while taking some healthy distance from it. This takes continual practice, but over time it gets easier to do.

One of my favourite mindfulness exercises is called **RAIN**,[[2]](#footnote-2) and it can help to shift the pattern of obsessive thinking:

**R – Recognize** when your thoughts start to get away on you. It’s easy to get caught in fantasy and not even realize it. If the thoughts are triggered, intervening sooner prevents the addictive cascade. If we do not have great awareness of our thoughts, we may need to start with looking for other signs. One of my clients has learned that when she starts to spend too much time in fantasy she becomes irritable with her family. This is a sign for her that reality is becoming undesirable.

**A – Accept and Allow** your experience without judgment. This step might sound counterintuitive, because isn’t the point to change obsessive thinking? However, if we accept where we are and allow our experience, this gives us more space to change.[[3]](#footnote-3) If we are avoiding a thought, the brain starts to continually monitor our progress, which creates more reminders of what we’re trying to avoid[[4]](#footnote-4) (Just try not to think of white polar bears and you’ll know what I mean!). Instead, it can be helpful to accept these thoughts as a common part of the human experience, and give them some space in your mind to run their course. Eventually, the lack of resistance without indulgence will naturally allow the thoughts to move on.

**I – Investigate** your unmet needs. This is an important step because it can lead to deeper healing. When we are infatuated with someone, they often represent an unmet need inside of us that we are expecting another person to fill. So while genuine attraction exists, the intensity of that attraction is influenced by our unmet attachment needs from the past. Here are some questions for reflection:

* What am I hungry for that I did not receive as a child?[[5]](#footnote-5)
* What is lacking in my life that needs to change?
* Where have I felt this before?
* What does the wounded part of myself need to hear?[[6]](#footnote-6)
* Is what I’m wanting from this person realistic or appropriate?
* What feelings and I avoiding?[[7]](#footnote-7)

**N – Non-identification and nurturing**. It can be helpful to ground ourselves in the awareness that all feelings and thoughts will eventually pass. Skillful healing is balancing between feeling our emotions and facing pain while taking care of ourselves. If we can meet our inner experience with friendly compassion, we the experience is much more tolerable.

**Other strategies for obsessive thought patterns:**

* Engaging in distraction, listening to music, or exercise
* Writing or journaling about your experience
* Taking deep breaths (exhaling what you need to let go of)
* Learning about love addiction
* Spending time nature (expands our perspective)
* Writing a goodbye letter to the person without sending it
* Visualizing your life without thinking of this person. How would you like to feel? What sorts of things would you like to think about?
* Contaminating the fantasy (say to yourself, *my fantasy is… but the reality is…*)
* Accepting that attraction is a normal part of being human
* **Developing an affirmation or mantra:**
* *When I put someone on a pedestal and assign them supernatural powers, I abandon myself and diminish my own strength*
* *The reality of the moment is a superior refuge to the fiction in my head[[8]](#footnote-8)*
* *This fantasy is really about an unmet need that no person can realistically fill*
* *This discomfort is an opportunity to engage with my own unresolved issues*
* *It’s okay to have sexual thoughts and romantic feelings for others, but it’s not helpful or productive to nurture these thoughts*
* **Say a prayer:**
* *Asking for help in overcoming the obsessive thinking*
* *Wishing the wounded part of yourself healing*
* *Wishing the other person to be well and at peace*

|  |
| --- |
| Ruminating thought patterns have a life of their own. Anything that shifts your state can help to disrupt this pattern. Music, exercise, or talking to someone tend to work well. Experiment with different techniques until you find a combination of strategies that works for you. Sometimes it may feel like nothing works. |

**Imagery Rehearsal Therapy for Dreams**

Another common experience is to dream about the person you are trying to let go of. These dreams can be distressing and confusing, but they are a natural part of the healing process.

I have found Imagery Rehearsal Therapy (IRT) to be helpful in decreasing these kinds of dreams. IRT was originally developed for war veterans who were experiencing nightmares, and has led to [moderate decreases in nightmares](http://europepmc.org/abstract/med/26455674).

To try IRT:

* Write a story of the re-occurring dream but with a new positive ending
* Rehearse this new ending for 15 minutes before bed each night

**Old dream script (example):** John wants to get back together after I’ve married someone else, and I feel torn between him and my husband. I wake up feeling guilty and confused, because I love my husband and my life. I guess part of me still wonders if I would be strong enough to resist John’s advances.

**New dream script (example):** Instead of feeling intense attraction when I see John, I greet him with a calm compassion. I thank him for what he has taught me, and say goodbye. It feels good because I am meeting him as an equal, and I don’t feel powerless over his advances. When I am choose to not participate in the old dance, and I feel peaceful and proud.

**3. Unpacking the Fantasy (Expressive Writing Exercise)**

After the initial withdrawal symptoms dissipate, you may have more energy to explore how this situation happened.

As we previously discussed, our romantic longings tend to be attempts to either gain what we were missing in childhood. In this way, the chemistry we feel reflects more of a familiarity from the past. Although it feels inherently good to feel attracted to someone, the intensity of the attraction may reflect unmet needs from childhood that we are seeking to fulfill. This next exercise is designed to help you understand the nature of your fantasies and unmet needs in three parts.

***Part 1: Unpacking the Fantasy***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Description of your fantasy [[9]](#footnote-9)** | **How does this fantasy relate to your past?** | **What are the unmet needs?**  **(see list)** | **What is the most *realistic* outcome for this situation?**  **(fantasy contamination)** | **Name some healthy ways to meet this need?** |
| 1. |  |  |  |  |
| 2. |  |  |  |  |
| 3. |  |  |  |  |
| 4. I engage in an emotional affair with the most attractive woman at work | As an teenager I had difficulties asking women out and felt rejected | To feel wanted, attractive, and powerful | We both are in relationships so this will likely to hurt everyone involved | To feel a sense of mastery and purpose in my life, apart from being desired |

***Examples of Deeper Needs***

* Being seeing and heard
* Being wanted or desired
* Being fully accepted
* Merging emotionally and spiritually (positive mirroring)
* Feeling less alone
* Feeling powerful (attraction to power in others can be an attempt to compensate for our inadequacy)

***Part 2: Summarize***

[James Pennebaker](https://scholar.google.ca/citations?user=xEzukOQAAAAJ&hl=en&oi=ao) found that writing about a stressful incident or situation for 15 minutes a day for four days can help to process unresolved issues. Summarize what you have learned about yourself in the previous chart into a paragraph or journal entry for the next four nights. Feel free to use a blank sheet or word document to write freely, and do not try to judge your writing.

**Summary (example):** I didn’t realize how my fantasies were influenced by feeling invisible to the opposite sex in high school. In grades 10-12 I was overweight and didn’t get much attention from girls. I ended up isolating and playing video games. As a young man I was scared to ask women out for fear of rejection, which just made my sense of inadequacy worse.

In my early 20s, I got into sports and lost a lot of weight. Suddenly women found me attractive, and I started to have a lot of sex. I still didn’t know much about healthy relationships, but I enjoyed the casual sex. When I got into a long-term relationship with Jayne, part of me felt a loss of being wanted by other women.

My fantasies aren’t just about having sex with attractive women. There is something intoxicating about the initial rush of getting to know someone for the first time. You feel that high of sharing everything about your life, and the anticipation of getting more and more intimate with someone. It’s like a special secret that you both have together, that you both share a special connection. At this point, I would like to focus on letting go of my need to feel attractive and would like to be a better partner to Jayne.

***Part 3: Supporting the Wounded Self***

There is nothing inherently wrong about feeling wanted or attractive. However, if you struggle with love addiction, it may mean that certain parts of yourself need more support. This part is intended to help you connect with the vulnerable parts of yourself that need self-validation.

*Questions for reflection:*

1. What would that wounded child need to hear from you?
2. What are some ways you can nurture yourself in healthy ways?

**Example:** I think I always wanted approval from my father. He worked out of town and was often very irritable at home. As a child, I would have liked to have heard that I was good enough just the way I was. I guess that I could try to offer that kind of support to myself now as an adult, but it will take some time. When I’m feeling triggered with fantasies, I could take this as a sign that I’m really needing something deeper, like to feel loved and supported. I could nurture myself by talking to a friend or Jayne.

**4. Boundary Plan**

As we move forward, it is helpful to develop boundaries in order to prevent future suffering. Boundaries are limits that help us to protect ourselves and others. By examining our past experiences, we can provide clues of what we can change for the future.

A trigger is a word used to describe anything that increases your chances engaging in an addictive behaviour. Triggers can be emotions, people, or situations. Looking back, you may have learned that disclosing personal information via text led to you developing romantic feelings for someone. In the future, you might want to have guidelines for yourself around communication in order to protect yourself and others. In general, it is best if we can avoid triggers as much as possible, because resisting urges [depletes our willpower](https://www.apa.org/helpcenter/willpower-limited-resource.pdf).

The late infidelity expert [Shirley Glass](https://www.amazon.ca/NOT-Just-Friends-Rebuilding-Recovering/dp/0743225503/ref=sr_1_1?s=books&ie=UTF8&qid=1492555482&sr=1-1&keywords=not+just+friends) stated that attraction is natural, but that the gradual loosening of boundaries can lead to affairs. If you repeatedly spend time alone confiding in someone, you increase your chances of being attracted to them (even if you are satisfied in your primary relationship). Glass recommends having consistent boundaries for potential romantic interests, like not discussing your intimate relationship with outside parties (called walls). With your intimate partner, you should work on having windows, meaning that you exchange your deepest thoughts and feelings freely. When people struggle with infidelity, it is usually because they have let their walls and windows become reversed.

The following handout is intended to help create a plan for establishing and maintaining boundaries:

|  |  |
| --- | --- |
| **Trigger** | **Boundaries and Coping** |
| **People**      * Attractive women close to my age | * Discuss my attraction with my therapist |
| **Places**    * The gym | * Avoid staring at attractive people |
| **Social Media and Communication**    * Texting with coworkers after work hours about personal issues | * Only communicate around professional issues |
| **Times and Dates**    * Late at night before bed I will look at pictures of my ex | * Keep phone at the other end of room |
| **Emotions**    * Loneliness | * Plan regular time with: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| **Situations**    * Driving or walking * Being alone with attractive people at work | * Listen to music on walks |
| **Accountability Supports (People who you can check-in with)** | |
| **Notes** | |

**Healthy Relating**

*Romance blooms in wish; love in will* – David Richo

Thankfully my ideas about romantic love have matured over time. I used to dream about meeting “the one” I was supposed to be with. Our eyes would meet, and I’d “just know” we were meant to be together. Unfortunately this notion led me to mistaking intensity for love.

Now I believe relationships are like a garden. Instead of searching for a perfect soul mate, real love involves finding a person who approximates your preferences and growing a garden together. The real work of love starts after the chariot pulls away, and we begin the effort of building a life.

According to John Gottman and others, mature love is based on friendship and a commitment to work with someone through the ups and downs of life. According to this [reality-based view of love](https://www.amazon.ca/Love-Addiction-changed-romance-intimacy/dp/1592857337/ref=sr_1_1?s=books&ie=UTF8&qid=1492554122&sr=1-1&keywords=is+it+love+or+addiction):

* There are many people with whom you could be compatible
* The success of the relationship is based less on the initial feelings and more so on how you work to create intimacy
* Love is a choice to commit to overcoming conflicts and developing healthy intimacy on a daily basis
* Love is learning to accept others for who they are
* You and your partner have strengths and limitations
* Infatuation is a feeling that fades for most people and develops into companionship
* Mature adult love requires consistent effort and participation to be present

|  |
| --- |
| *To accept reality as integrated, containing all opposites and reconciling them, is to be free of the shackles of fear and desire –* David Richo |

**5. Infatuation Versus Mature Love**

Based on the [comparison chart](http://www.diffen.com/difference/Infatuation_vs_Love)[[10]](#footnote-10), reflect on the differences between infatuation and mature love, and write your experiences.

|  |  |  |
| --- | --- | --- |
| ***Characteristic*** | **Infatuation** | **Mature Love** |
| *Definition* | The state of being lost in desire or passion | A feeling of warm attachment and affection |
| *Timeline of development* | Immediate intensity, then dissipates quickly | Gradual growth |
| *Contact level* | Craves constant contact | Can tolerate and welcomes distance |
| *Metaphors* | Fireworks, the one, Cinderella | Warm flame, garden, layers of an onion |
| *Experience* | Urgency, intensity, sexual desire, irrational choices, euphoria | Faithfulness, loyalty, confidence, warmth, affection, security, confidence |
| *Communication* | Indirect, flirtatious, mysterious | Direct, respectful, open to negotiating |
| *Outcome* | Dependence, mood swings, confusion, loss of self | Personal development, growth, outward focus |
| *Knowledge of other* | Based on projection (what you want that person to be) | Is based in reality |
| *Emotional Intensity* | High to extreme (thrill)  Adrenaline rush | Moderate levels of intensity with some low and high points |
| *Power structure* | Hierarchical, dominance-based, dependence | Equality, interdependence |
| *Relationship descriptor* | Hooked and attached | Bonded and connected |
| *Intimacy dynamics* | Seduce and withhold | Closeness leads to closeness |
| *Spirituality* | Person becomes a higher power | Relationship strengthens spiritual focus |
| *Giving* | Based on what the other provides | Loving someone when they have nothing to provide |
| *Fulfillment needs* | Endless need for fulfillment | Needs are fulfilled with connection |
| *Contact* | Desperation for contact | Desire for contact |
| *Security* | Always in doubt | Secure connection |
| *Boundaries* | No boundaries | Flexible boundaries |
| *Self-esteem* | Decreases self-esteem | Decreases self-esteem |
| *Level of attachment* | High – crucial for survival | Can let go of feelings of attachment naturally as they fade |

In short, mature adult love is about finding someone good enough and making a great relationship through effort. This means having realistic and non-aspirational views of relationships. Part of this work is grieving ideals and fantasy to open up to the reality of the present. It also involves developing the skills to overcome life’s challenges, including our own personal history.

**Final Thoughts**

# *Our wounds are often the openings into the best and most beautiful parts of us* – David Richo

Romantic love is a vast and complex topic with varied experiences. Although there are many universal aspects of romantic love, each relationship has its own mystery and complexity. Like most aspects of life, we are left to understand relationships on our own terms.

The concept of transference rests on the assumption that our past attachment dynamics greatly influence who are drawn to in adulthood. While I agree this idea, transference can minimize the significance of a real-time relationship. Human relationships are complicated, encompassing genuine moments of connection, and projection and fantasy. The belief that current relationships are only repeats of our past does not honour the moments of genuine connection shared between two people.

Romantic love is one of the life’s greatest experiences. It serves an important purpose – to help us find a partner. If we have already found a partner, fostering romantic feelings for someone else is not useful. While we cannot control whom we are attracted to or the strength of our infatuation, we can influence how much energy we invest in it. Perhaps it is not that we desire others, but that there is an over attachment to this desire or fantasy. Maybe there is room for a wise relationship to attraction, where we can experience it and let it pass[[11]](#footnote-11).

I also believe that no matter what you do, romantic love takes time to run its course. It can be helpful to accept the struggle and greet yourself with an attitude of compassion. It is natural to feel embarrassment for the intensity of our reactions, but most of us have been attracted to someone unavailable at some point.

Ultimately, the journey of healing from love addiction is a grieving process that involves an understanding that:

1. The relationship you desire will most likely never be completely realized
2. Even if the relationship came to fruition, the euphoria would eventually end

In the afterglow of romantic love, we return to the reality of life, which includes the mundane routines and personal problems. This is why healing from love addiction often involves a commitment to staying in reality and addressing the underlying issues that we may be avoiding. The development of a spiritual practice can be a powerful part of staying tethered to reality.

As disappointing as reality is, accepting it can lead to further growth and happiness. Just like when Dorothy learned that the Wizard was only a little man behind a curtain in the Wizard of Oz, perhaps growing into mature adult love is about coming of age. Maybe we can see the little man behind the curtain, accept him, and still venture down the yellow brick road anyway.

At the very least, please know that you are not alone.

|  |
| --- |
| *Be patient toward all that is unsolved in your heart and try to love the questions themselves, like locked rooms and like books that are now written in a very foreign tongue. Do not now seek the answers, which cannot be given you because you would not be able to live them. And the point is, to live everything. Live the questions now. Perhaps you will then gradually, without noticing it, live along some distant day into the answer* – Rainer Maria Rilke |

**Additional Resources**

**Books**

* *Is It Love or Addiction?* – Brenda Schaefer
* *Attached –* Amir Levine + Rachel Heller
* *Facing Love Addiction –* Pia Mellody
* *The Course of Love –* Alain de Botton
* *All or noting marriage –* Eli Finkel
* *State of Affairs –* Esther Perel
* *How to be an Adult in Relationships –* David Richo
* *When the Past is Present –* David Richo
* *Love and Limerence –* Dorothy Tennov
* *The Journey from Abandonment to Healing* – Susan Anderson
* *Hold me Tight –* Sue Johnson
* *The Seven Principles for Making Marriage Work –* John Gottman + Nan Silver
* *The Brain that Changes Itself –* Norman Doidge (Chapter 4)

**Websites, Blogs, and Articles**

* [The lovely addict blog](https://thelovelyaddict.com)
* [loveaddictionhelp.com](http://www.loveaddictionhelp.com/30_tips_of_advice_for_recovering_love_addicts)
* [Brenda Schaeffer](http://brendaschaeffer.blogspot.ca)
* [Shena The Therapist](http://www.shenathetherapist.com/lovejunkie/) – Love Junkie Podcast
* [Real Love Recovery 101](https://herrecoveryroadmap.com) – Lucy Aljana Bentley
* [The Tyranny of Love](http://www.helenfisher.com/downloads/love-addiction.pdf) by Helen Fisher
* [Confessions of a seduction](https://www.nytimes.com/2015/06/28/magazine/confessions-of-a-seduction-addict.html?nytmobile=0) addict addict by Elizabeth Gilbert
* Addicted to love: What is Love Addiction and how should it be treated? by Earp et al. (2017) (search and download article)

**Groups**

* [Sex and Love Addicts Anonymous](https://slaafws.org)

**Videos**

* [Visit my website](http://www.christinabell.net/videos/) for a list of videos on love addiction
* [Alan Robarge](https://www.youtube.com/watch?v=0wOQohv_0Rg&list=PL0KdluhSTK7j7e2S5lJQwyw2RtYHkoIMa)
* [Tara Brach speaks on healing addiction](https://www.youtube.com/watch?v=eKn4IGY8OH8)

**Appendix A: Mating System Chart**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **1. Sex** | **2. Courtship/Attraction** | **3. Partner Attachment** |
| **Definition** | Seeking sexual gratification from a range of partners | Focused attention on one person with the intention of emotionally connecting | Long-term love relationship with a partner |
| **Synonyms** | Lust | Infatuation, limerence, immature love, romance | Friendship, companionship, mature love, |
| **Characteristics** | Focused on a specific goal  Drive expressed toward a range of individuals  Temporary quelled when satisfied  Can be felt toward people with no romantic intentions  Decreases with age | Increased energy, focused attention, preoccupation | Contentment, mutual caretaking, maintenance of close proximity, separation anxiety, |
| **Neurochemicals** | Testosterone  Androgens  Oestrogens  Dopamine  Norepinephrine | Dopamine | Oxytocin  Vasopressin |
| **Active Brain Regions** | Right subinsular region  Left caudate and putamen  Right middle occipital/middle temporal gyri  Bilateral cingulate gyrus  Right hypothalamus  Limbic structures: right amygdala, right anterior temporal pole, anterior cingulate cortex, insula, orbitofrontal cortexes | Ventral Tegmental Area  Caudate Nucleus | Nucleus accumbens  Ventral Pallidum  Anterior Cinguate Gyrus  Insular cortex  Caudate Nucleus |
| **Timeline** |  | 12-18 months or longer | Can remain active throughout life |

1. [For more information on helpful strategies for obsessive thinking, check out Jeffrey Schwartz’s book You are Not Your Brain.](https://www.amazon.ca/You-Are-Not-Your-Brain-ebook/dp/B004XFYRMA/ref=sr_1_1?ie=UTF8&qid=1492468641&sr=8-1&keywords=you+are+not+your+brain) [↑](#footnote-ref-1)
2. The RAIN acronym is widely used in Buddhist psychology and is expanded upon by [Tara Brach](https://www.tarabrach.com/articles-interviews/rain-workingwithdifficulties/) and

   [Jack Kornfield](https://jackkornfield.com/doing-the-buddhas-practice/). [↑](#footnote-ref-2)
3. This is called the acceptance paradox. [↑](#footnote-ref-3)
4. If you don’t believe me, try not to think about white polar bears right now. I dare you! [↑](#footnote-ref-4)
5. Question inspired by [Veronica Kallos-Lilly](https://www.vcfi.ca/aboutus.php) [↑](#footnote-ref-5)
6. This question came from Tara Brach’s [mindfulness podcasts](https://www.youtube.com/channel/UCE3E-d8dUieqIbKYIO5-pFg). [↑](#footnote-ref-6)
7. Question from [Bruce Tift](https://www.amazon.ca/Already-Free-Buddhism-Psychotherapy-Liberation/dp/1622034112/ref=sr_1_1/135-5692751-6967612?ie=UTF8&qid=1494505872&sr=8-1&keywords=already+free) [↑](#footnote-ref-7)
8. From Jeffrey Schwartz’s book, *You Are Not Your Brain* [↑](#footnote-ref-8)
9. For a deeper exploration of the meaning of sexual fantasies, read Michael Bader’s book [Arousal.](https://www.amazon.ca/Arousal-Secret-Logic-Sexual-Fantasies-ebook/dp/B00BIV135Q/ref=sr_1_2?ie=UTF8&qid=1492440302&sr=8-2&keywords=arousal) [Patrick Carnes](https://www.iitap.com/wp-content/uploads/2016/02/ARTICLE_18.4-Sexual-Addiction-Patrick-Carnes.pdf) also describes how our fantasies often have meaning embedded in them (called an erotic moment). [↑](#footnote-ref-9)
10. Elements of this chart are adapted from David Richo’s [How to be an Adult in Relationships](https://www.amazon.ca/How-Be-Adult-Relationships-Mindful/dp/1570628122/ref=sr_1_1?ie=UTF8&qid=1490539707&sr=8-1&keywords=how+to+be+an+adult+in+relationships) [↑](#footnote-ref-10)
11. This idea if influenced by Buddhist psychology. [↑](#footnote-ref-11)