CONTROL IN THE FACE OF FEAR TO GET LOVE AND AVOID PAIN

FIND HAPPINESS, SAFETY, LOVABILITY AND WORTH THROUGH EXTERNALS such as people, sex, things, activities, substances

TO PROTECT AGAINST PAIN and AVOID RESPONSIBILITY FOR FEELING IT

THE HEART CLOSES

You turn to ADDICTIVE, CONTROLLING BEHAVIOR

Addictions to manipulating others
- Anger, blaming, interrogating, criticizing, judging, shaming, perfectionism, threats, violence, withdrawal, resistance, denying, caretaking (giving in order to get), people-pleasing, complaining, demanding, defending, lying, analyzing, convincing, lecturing, pulling, explaining, telling feelings to blame, drama, illness

Addictions to people
- Attention, approval, love, connection, romance, sex

Addictions to activities and things
- TV, computer/internet, busyness, gossiping, sports, exercise, sleep, work, making money, spending, gambling, shopping, worry, obsessive thinking, self-criticism, talking, telephone, reading, gathering information, meditation, religion, crime, danger, pornography, masturbation, glamour, beautifying

Addictions to substances
- Drugs, alcohol, nicotine, food, sugar, caffeine

FEAR INCREASES

You feel UNSAFE and INSECURE

Within self
- Sad, depressed, alone inside, lonely
- Victimized, powerless, helpless, fearful, anxious, desperate
- Empty, numb, hopeless, unfulfilled, purposeless
- Angry, hurt, jealous, envious, insecure, untrusting
- Ashamed, guilty, unlovable, unworthy
- Trapped, stuck, going in circles

In relationships
- Codependent: taker/caretaker system, dependent
- Disconnected, distant, unsupportive
- Conflicted, angry, blaming, locked into power struggles
- Violent, violating, disrespectful
- Unsexual, unable to give or receive love
- Dishonest, suspicious, undermining

FEAR RESOLVES

You feel SAFE and SECURE

Within self
- Empowered, self-trusting, free
- Grace-filled and spiritually growing
- Authentic, integrated, service-oriented
- Grateful, at one with Spirit and others
- Joyful, peaceful, serene, aware of intrinsic worth
- Creative, curious, passionate, alive, playful, spontaneous

In relationships
- Part of a spiritually-growing circle of love
- Able to resolve conflicts lovingly
- Interdependent, supportive, empowering each other
- Intimate, honest, trusting
- Respectful, kind, gentle
- Passionate, creative, playful

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