



Exaholics

Breaking
Your Addiction
to an Ex Love

Dr. Lisa Marie Bobby

LMFT, BCC

Exaholics Breaking Your Addiction To An Ex Love

Elizabeth Macavoy, Susan Israelson



Exaholics Breaking Your Addiction To An Ex Love:

Exaholics Lisa Marie Bobby, 2016-02-10 Severing a cherished relationship is one of the most painful experiences in life and cutting those emotional ties to a loved one can feel almost like ending an addiction Up till now people recovering from other problems were able to get real help like AA and rehab while those struggling in the aftermath of traumatic breaks dealt with platitudes and friends insisting they should get over it already But now Exaholics Anonymous treats getting over an ex like kicking a chemical habit Written by counselor and therapist Dr Lisa Marie Bobby Exaholics offers meaningful support and advice to anyone trapped in the obsessive pain of a broken or dying attachment She helps the brokenhearted heal showing them on a deep level how to develop a conceptual framework for their experience understand the emotional processes at work inside themselves find the path to recovery and free themselves of shame injured ego and remorse In depth case studies of others journeys will illuminate the way to future happiness Letting Go of Your Ex Cortney Soderlind Warren, 2023-02-01 For those struggling with relationship addiction or love addiction a breakup can feel overwhelming Letting Go of Your Ex offers evidence based skills and techniques grounded in cognitive behavioral therapy to help combat symptoms such as emotional distress impulsive behavior and obsessive rumination With this compassionate and nonjudgmental guide readers will find the tools needed to recover from love addiction create a new life without their ex and start focusing on what makes them happy **Smarter Living** Karen Barrow, Tim Herrera, Karron Skog, 2019-12-03 Smart actionable advice and life tips on how to improve your career your home your finances your relationships and your health for a happier life all from the popular Smarter Living section of the New York Times Launched in the summer of 2016 the New York Times Smarter Living section was created with the mission to help readers live better lives by publishing stories that have fallen between the news desks Since then the section has produced more than 250 pieces offering useful advice on a wide range of topics including career and finance love and relationships health and wellness and more that have been read by more than 22 million unique readers Smarter Living collects these very popular pieces into one handy guide creating a trusted source that will appeal to those just starting out as well those looking for new approaches to life s problems The book identifies 5 key areas for building a better life Work Nest Invest Relate and Thrive Each area contains advice curated from the column on topics such as the Art of the Out of Office Reply the Annual Home Checklist What to Do When You re Bad at Money How to Maintain Friendships and How to Be Better About Stress Each entry breaks down these sometimes overwhelming topics into manageable tasks through clear and concise guidance easy to follow lists and informative sidebars Thoughtfully designed with bright four color illustrations similar to those found in the section Smarter Living will be a perennial reference on how to create a healthy and happy life **How to Break Your Addiction to a Person** Howard Halpern, 2003-12-30 Are you in love or addicted How to know when to call it quits and how to find the courage to call it quits Are you unable to leave a love relationship even though it gives you more pain than joy Your judgment and self respect tell

you to end it but still to your dismay you hang on You are addicted to a person Now there is an insightful step by step guide to breaking that addiction and surviving the split Drawing on dozens of provocative case histories psychotherapist Howard Halpern explains to you Why you can get addicted to a person Why and how you may try to deceive yourself He really loves me he just doesn't know how to show it How you can recognize the symptoms of a bad relationship How to deal with the power moves and guilt trips your partner uses to hold you Why strong feelings of jealousy do not mean you are in love How to get through the agonizing breakup period without going back How not to get caught in such a painful relationship again

How to Break Your Addiction to a Person Howard Marvin Halpern,1992 **Overcoming Love Addiction** Sherry C Richardson,2022-09-16 Love addiction is an issue that is as little complex as it sounds Sometimes the wonderful thing we name love may be a problem to us especially when it includes a toxic relationship or when it is thought that the outcome will be nothing good Some emotions and romantic behaviors can have a very devastating effect on your life and the relationships you are involved in Addiction recovery is quite possible you are able to lead the life you deserve This book offers a tried and true method for getting over love addiction and the heartbreaking end of any romantic relationship even divorce along with doable tactics for getting well regaining your confidence and finding genuine love This book is a good resource for escaping poisonous people and relationships or It's over and it hurts a lot You can get over your breakup despite how absurd it may seem while you're in the grips of heartbreak Give up on attempting to win your ex back Forget about sacrificing yourself in an effort to win this person's love The finest moment to improve your life both inside and out is right now after this split Sherry has transformed the love lives of thousands of individuals with her seminars and publications The book will now assist you in refocusing your emphasis on you where it belongs How and why to go no contact with your ex The laws of disengagement How to overcome fear overcome sadness and reclaim your life How to quit obsessing about your ex spouse And there are many more to be found in this book Click the purchase now button to start your path to relationship and love life transformation *Addicted to Love* Lacy Alajna Bentley,2019-05-07 Addicted to Love is a roadmap to recovery and healthy relationships for female sex and love addicts It's hard to imagine love without the pain Women who live with love addiction are a unique breed having learned to cope in a sex driven world by finding their worth in sexuality and being wanted The human need for lasting meaningful relationships is constantly sabotaged by these women's own behaviors on top of events outside their control In Addicted to Love Lacy A Bentley a woman who has been there introduces her own recovery journey with courageous honesty to guide other women on their paths to recovery Each chapter focuses on a different trait of emotional health and teaches women to integrate that trait in a workbook style format Lacy shows them how to secure their romantic heart love like they were meant to and break free from compulsive patterns while presenting new ways of seeing day to day patterns Every word guides brave women into the relationships they truly want and deserve without excuses compulsions or addiction in the recovery roadmap of the future **Let Go of Ex** Edward M Jones,2023-04-23 Think you'll

never get over your ex love Are you having a hard time getting over your ex lover Do you think and remember your ex love all day and night Do you wish you had something to talk to touch and see them and feel close to them again Are you plagued with anger sadness frustration or the excruciating pain that a relationship has ended If so you are not alone and you may be going through a love addiction breakup right now A breakup can be downright devastating for someone struggling with a love addiction However there are tools you can use to start repairing Let Go of Ex offers powerful evidence based skills powered by Cognitive Behavioral Therapy CBT to help you manage intense emotions free yourself from the past and focus on being happy in the present Feeling dependent on your ex can lead to constant cravings and withdrawal But you can be stronger more honest and more authentic This compassionate and practical guide will help you heal the pain and start enjoying life again with or without an ex content of study How and Why Love Works Like an Addiction How To Change Harmful Beliefs That Keep You Tied To Your Ex Effects of childhood experiences on adult relationships How to avoid recreating old dynamics in new relationships

Hooked on Heartbreak David Bennett,Jonathan Bennett,2023-07-20 Feeling addicted to a toxic ex or partner isn't about weakness Being in an unhealthy relationship has changed your brain significantly Hooked On Heartbreak invites you on a life changing healing journey of understanding empowerment and transformation In this book you will learn How your brain changes when you get into a relationship and how these changes caused you to become addicted quickly and ignore red flags How putting up with chaos mistreatment and conflict became normal for you and how to break out of this survival mode and begin to thrive Why you crave your toxic ex even though you logically know they are bad for you You may even be in a new relationship and still have these cravings How your unhealthy relationship left you stuck in a trauma bond and how to finally heal move on and be happy Unique protocols exercises and tools you can use right now to begin to break free from your addiction to your toxic ex or partner How to recognize over 30 common manipulation tactics toxic people use with examples so you can see them coming and resist manipulation And much much more This is more than just a book it's your ticket to a healthier happier future Discover your strength create a new story of your life and chart a course toward healing and self love

Love Junkies Christy Johnson,2014-03-18 A Hand Up for Women Stuck in the Toxic Love Rut Do romantic relationships leave you miserable and confused Are you tired of getting into a relationship and as soon as the initial buzz is gone you get that sinking feeling that whispers what am I doing Did the new wear off as soon as the wedding bells rang Experts say that we gravitate toward relationships within a ten point spread of our own IQ Likewise in the realm of soul health we also attract those with whom we are most emotionally compatible That can be a good thing or a bad thing it depends on how much baggage we carry around What if there was a way to diagnose your soul health and create a plan for improvement so you could enjoy more satisfying romantic relationships Complete with an online Soul Health Profile that will help you assess your own soul health and identify areas of weaknesses Love Junkies is just that an action plan and detailed guide to help you eliminate toxic behaviors that jeopardize your soul health and keep you

stuck in unhealthy relationships You ll learn how to change your habits and heal your soul and most importantly break the toxic relationship cycle FOREWORD By Shannon Ethridge bestselling author of the Every Woman s Battle books with Steve Arterburn and The Sexually Confident Woman **Addiction to Love** Susan Peabody,1994 **How to Stop a Love Addiction** ATLANTIC PUBLISHING GROUP,2013-12-30 Are you under a spell a love spell Turns out millions of people are but it s usually more serious than a cheesy love song or sappy ending to a movie According to Psychology Today magazine love is the number one hardest addiction to break Kicking any addiction to the curb is tough to do but giving up the dependence of another along with the life you ve built together is even harder With How to Stop a Love Addiction you will learn the three parts of a love addiction romance relationships and sexual addiction Recognizing your addiction is the first step of any recovery program but with this book you will learn how to move past feelings of isolation hidden pain distrust depression inner rage and rejection This complete guide to ending and recovering from an obsessive dependence on another will teach you everything you need to know to overcome your bad romance while giving you the knowledge you need to distinguish intimacy from intensity and avoid drama driven relationships Let this book be your support as you pick up the pieces of your broken heart use it to help you escape feelings of worthlessness and your impulse to engage in high risk behavior As you manage your new image you will learn how to examine personal fears and myths so you can develop a stronger sense of independence Filled with tips for properly defining and distinguishing your wants and needs this book will teach you how to compartmentalize relationships from other areas in your life so your next breakup won t result in a breakdown This book will walk you through the steps of quitting your love hate relationship as you begin to see yourself as you actually are not as you are with your significant other You will learn how to tell the difference between sexual attraction and love at first sight and how to perceive attraction attachment and sex in a healthy way The latest research in How to Stop a Love Addiction will teach you why obsession is often mistaken for love and how to uncover the true source of your fixation on heartache With a comprehensive quiz to help you determine if you are in fact addicted to love this book also provides worksheets while walking you through a proven 12 step program to recovery Along the way you will uncover a passion that fills your void and renews your sense of self worth We ve spent hundreds of hours interviewing psychologists and other experts to compile the most up to date realistic guide to overcoming your dependence on that crazy little thing called love

Giving Up on Your Ex Robert M Jarvis,2023-02-20 Do you think it ll be impossible for you to move past your ex Do you have a hard time moving past a past relationship Do you wake up every night with memories and thoughts of your ex Would it be nice to be able to communicate with them again Would you like to touch them Would you like to see them Is the end of your relationship causing you uncontrollable grief rage despair or frustration If this is the case you are not alone and may be experiencing a breakup that is driven by love Breakups can be especially distressing for persons who battle a love addiction Nonetheless you can start using instruments to begin your healing To assist you in managing strong emotions breaking free

from the past and putting your attention on what makes you happy right now Giving Up on Your Ex offers effective evidence based strategies rooted in cognitive behavioral therapy CBT Your continuous cravings and withdrawal symptoms may result from feeling hooked on your ex You can however come out to the other side with a stronger more sincere and more genuine version of yourself You can get over your pain and start living again with or without your ex with the help of this understanding and helpful manual Upon learning Why love can act like an addiction and how it does so How to alter the negative thoughts that cause you to hold attachments to your ex How to keep new relationships from reenacting old dynamics

Is It Love or Is It Addiction Brenda Schaeffer D.Min, M.A.L.P., C.A.S.,2009-08-07 Many of us confuse longing and obsession with true love Through two previous editions Is It Love or Is It Addiction has helped countless people find their way from the trials and confusion of addictive love to the fulfillment of whole and healthy relationships As the author reveals we can begin to work through relationship difficulties with compassion and lasting effect by increasing our awareness of the ways that we express love In this expanded third edition Brenda Schaeffer draws on years of feedback and new developments to foster an understanding of love addiction what it is and what it is not how to identify it and even more important how to break free of it Stories of real people struggling to develop sound relationships illustrate the characteristics of healthy love and help readers to free themselves to find real intimacy Included is the most up to date information about the biological basis of addictive behaviors and the impact of technology on intimate relationships The author also explores the influence of past abuse and trauma on the predisposition to love addiction Brenda Schaeffer D Min M A L P C A S is a licensed psychologist and a certified addiction specialist and she holds a doctorate in spiritual psychology Schaeffer lectures and trains internationally

The Break-Up Session Guide: Let Go of Your Ex, Heal, Forgive, and Move Forward Chloe M. Gooden,2021-01-04 Recently left a relationship Spouse left unexpectedly Dealing with the emotional rollercoaster of a break up or divorce The Break Up Guide accompanies The Break Up Book within the Rubies Healing Letting Go Session The Break Up helps you Let Go of Their ExHeal from Past Toxic RelationshipsMove On from a Break up or DivorceChange Toxic Relationship Dating HabitsFind Their Identity Love and Worth in Christ

The Marilyn Syndrome Elizabeth Macavoy,Susan Israelson,1992-01-01 A look at love addiction helps readers identify their addictions understand the needs that cause them open themselves up to healthy and loving relationships Original

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