

Definition of Relationship Addiction:

de-fine (verb) Relationship addiction is an attempt to quench our hunger for spiritual intimacy with the approval and affection we receive through romantic relationships—either real or imagined.

Group Exercise A

Are you Addicted to Relationships?

- You can't imagine not being in a relationship. If you aren't in one, you are looking for one.
- You leave one unhealthy relationship only to find yourself drawn back into another one just as toxic.
- You are easily manipulated. You often fall for what men say and ignore what they do.
- Although you desire a man to be the spiritual leader, you often compromise your faith or settle for men with whom you are not equally yoked (2 Corinthians 6:14).
- You don't see character flaws until you're in too deep.
- You think God is going to use you to change your partner or spouse.
- A false sense of guilt makes you feel overly responsible for others.
- You give in to sexual temptation even when you only want affection.
- Your commitment is more important than your pain.
- You cater to the needs, opinions, and demands of your partner instead of your own.
- You fantasize about how a different relationship would eliminate your current heartache.
- You choose men who don't have the capacity to love or commit.
- You focus on their problems and ignore your own.
- You settle for less than you really want in a relationship.
- You find yourself thinking, "If only he would change, I could be happy."

Group Exercise B

Soul Assessment Profile

On page 60, Christy gives instructions for taking a Soul Assessment Profile at www.christyjohanson.org. Based on your responses,

- Which of the 7 steps seem to be areas of strength for you?
 - Identity
 - Forgiveness
 - Imagination
 - Prayer
 - Resolve
 - Accountability
 - Yes

- Which steps revealed areas of vulnerability for you?
- Were you surprised at what the profiles revealed?
- Did you have any aha moments?

Group Exercise C

- The best way to improve the health of our relationship is to improve our own soul health (page 31). How do you think improving your soul health can improve your relationships?
- Our craving for acceptance holds us captive even when the bond is toxic because the need for the affirmation a relationship promises can be very powerful (page 45).
- Thomas Edison said, “Restlessness and discontent are first necessities of progress.” Once we pinpoint the issues, there comes a bit of calm. At least we know what’s wrong. Now we can work on finding a solution (page 45).

What stage would you say you are in now and why?

- I am restless and unhappy with my current situation, but to be honest, I’m not sure I’m ready to change
- I’m afraid
- I feel stuck
- I’m not convinced it’s me that needs to change
- I am restless and discontent, but ready to make the changes I need to make
- I am content with my own soul health



Reading Assignment for Next Week: Identity

Chapters 6-8