

# The Ambivalent

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I have been working with love addicts for thirty years. Years ago when searching for a term to describe the love avoidant I came up with the terms “Ambivalent Love Addict,” and “Ambivalent Love Avoidant.” The more I work with people who have these conditions the more I have come to believe that all children who suffered neglect and abuse are ambivalent. So my new term is “Ambivalent.”

The Love Avoidant usually suffered from some kind of emotional incest. For them love is problematic. They can love romantically but never had healthy emotional intimacy modeled to them.

The Love Addict was usually abandoned and now craves romantic love and relationships to substitute for what they did not get as children.

I experienced neglect and incest so I am most certainly an ambivalent. I knew nothing about healthy love until I researched it on the internet. My favorite guide was *A Fine Romance* by Judith Sills.

The world has gone from arranged marriages to an obsession with romantic love. We all need to get help finding the middle ground. Therefore, reach out and find a professional who can guide you. I can help.