

# Addiction to Love Course Outline

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## **Lesson 1**

Kinds of Love Addicts/Love Avoidants

## **Lesson 2**

Symptoms of Love Addiction

## **Lesson 3**

Falling in Love with an Unavailable Person  
Dual and Subsidiary Addictions  
Progression of Love Addiction  
Origins of Love Addiction  
Progress not Perfection

## **Lesson 4**

The Art of Changing  
Willingness  
Taking Action  
Stumbling Blocks  
Its a Process

## **Lesson 5**

Self Esteem  
Forgiveness  
Therapy  
Affirmations

## **Lesson 6**

Finding Spirituality in Recovery  
Ingredients of a Healthy Relationship  
Progression of a Healthy Relationship  
Beward of Seductive Withholders  
Beware of Narcissists  
On the Horizon