

Teenage Love Addicts

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High Risk Assessment Questionnaire

Name _____

yes no

1. ___ ___ You are very nervous when it comes to relationships.
2. ___ ___ You fall in love very easily and quickly.
3. ___ ___ When you fall in love, you can't stop fantasizing—even to do important things. You can't help yourself.
4. ___ ___ Sometimes, when you are lonely and looking for companionship, you lower your standards and settle for less than you want or deserve.
5. ___ ___ When you are in a relationship, you tend to smother your partner.
6. ___ ___ More than once, you have gotten involved with someone who is unable to commit— hoping he will change.
7. ___ ___ Once you have fallen in love with someone, you can't let go.
8. ___ ___ When you are attracted to someone, you will ignore all the warning signs that this person is not good for you.
9. ___ ___ Initial attraction is more important to you than anything else when it comes to falling in love and choosing a partner. Falling in love slowly, as you get to know someone, does not appeal to you.

10. ___ ___ When you are in love, you trust people who are not trustworthy. The rest of the time you have a hard time trusting people.
11. ___ ___ When a relationship ends, you feel your life is over and more than once you have thought about suicide because of a failed relationship.
12. ___ ___ You take on more than your share of responsibility for the survival of a relationship.
13. ___ ___ Romantic love and relationships are the only things that interest you.
14. ___ ___ In some of your relationships you were the only one in love.
15. ___ ___ You are overwhelmed with loneliness when you are not in love or in a relationship.
16. ___ ___ You cannot stand being alone. You do not enjoy your own company.
17. ___ ___ More than once, you have gotten involved with the wrong person to avoid being lonely.
18. ___ ___ You are terrified of never finding someone to love.
19. ___ ___ You feel inadequate if you are not in a relationship.
20. ___ ___ You cannot say no when you are in love or if your partner threatens to leave you.
21. ___ ___ You try very hard to be who your partner wants you to be. You will do anything to please him—even abandon yourself (sacrifice what you want, need and value).
22. ___ ___ When you are in love, you only see what you want to see. You distort reality to quell anxiety and feed your fantasies.
23. ___ ___ You have a high tolerance for suffering in relationships. You are willing to suffer neglect, depression, loneliness, dishonesty—even abuse—to avoid the pain of separation anxiety (what you feel when you are not with someone you have bonded with).

24. ___ ___ More than once, you have carried a torch for someone and it was agonizing.
25. ___ ___ You love romance.
26. ___ ___ You have stayed with an abusive person.
27. ___ ___ Fantasies about someone you love, even if he or she is unavailable, are more important to you than meeting someone who is available.
28. ___ ___ You are terrified of being abandoned. Even the slightest rejection feels like abandonment and it makes you feel horrible.
29. ___ ___ You chase after boys who have rejected you and try desperately to change their minds.
30. ___ ___ When you are in love, you are overly possessive and jealous.
31. ___ ___ More than once, you have neglected family or friends because of your relationship.
32. ___ ___ You have no self control when you are in love.
33. ___ ___ You feel an overwhelming need to check up on someone you are in love with.
34. ___ ___ More than once, you have spied on someone you are in love with.
35. ___ ___ You pursue someone you are in love with even if he or she is with another person.
36. ___ ___ If you are part of a love triangle (three people), you believe all is fair in love and war. You do not walk away.
37. ___ ___ Love is the most important thing in the world to you.
38. ___ ___ Even if you are not in a relationship, you still fantasize about love all the time— either someone you once loved or the perfect person who is going to come into your life someday.

39. ___ ___ As far back as you can remember, you have been preoccupied with love and romantic fantasies.
40. ___ ___ You feel powerless when you fall in love—as if you are in some kind of trance or under a spell. You lose your ability to make wise choices.
41. ___ ___ More than once you have fantasized about having a baby with someone.
42. ___ ___ You have considered having a baby even though your partner does not want a child.
43. ___ ___ You think it is romantic to have a baby with someone you love.
44. ___ ___ If your sex partner does not want to use protection you go along with this.
45. ___ ___ If you breakup with someone you quickly find another partner.
46. ___ ___ You have used sex to get someone to like you.
47. ___ ___ Love and sex are more important than school work.
48. ___ ___ You can't imagine high school without a romantic relationship.
49. ___ ___ You are devoted to your partner. You will do anything for him or her.
50. ___ ___ If you don't have a partner you are a loser.

Total _____ yes
 _____ no