

## Ambivalent Love Addicts

Ambivalent Love Addicts (ALA's) crave love but also fear it. Because of their ambivalence, they do one or more of the following:

1. They avoid intimacy altogether by only experiencing love through romantic fantasies about unavailable people.
2. They only get involved with people who are emotionally unavailable.
3. They prefer romantic affairs to committed relationships.
4. They sabotage relationships with available people when their fear of intimacy comes up.
5. They initiate relationships with more than one person at the same time in order to avoid moving to a deeper level with any one person.
6. They sexualize relationships to such a degree that emotional intimacy is non-existent.
7. They fall in love but avoid commitment.

ALA's range from the person who gives mixed signals (vacillating between being available and unavailable because they keep changing their minds), to the outright seductive withholder who seduces others and then withholds sex, companionship, and emotional intimacy.

Some ALA's have been ambivalent since childhood because they are by nature introverted and shy. Others have had such bad experiences with love and relationships that they have a deep-seated fear of another unhappy ending.

Treatment for the ALA is the same as that for the love addict—a support network, change, and the 12-Steps of LAA.

