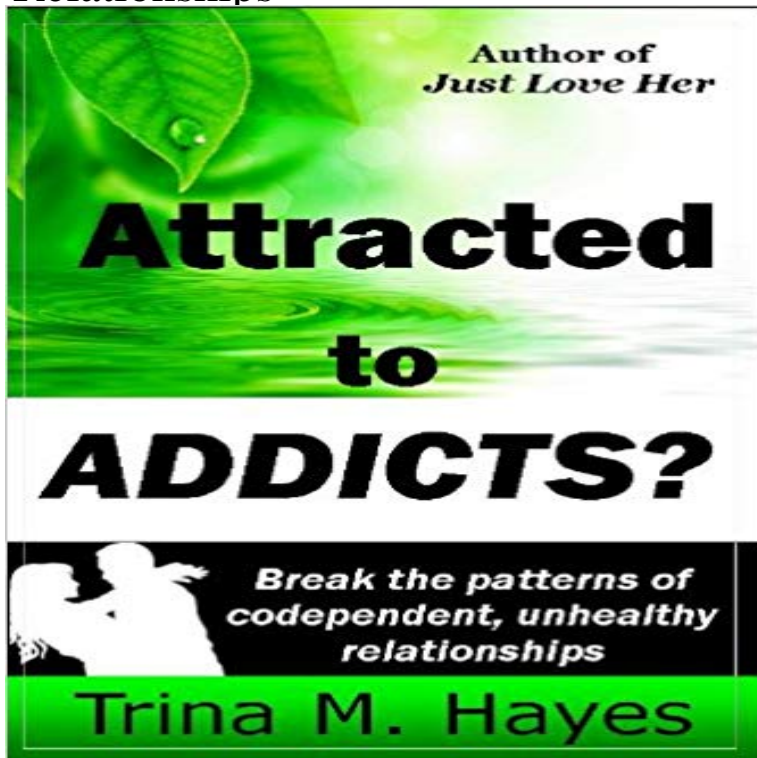


# Attracted to ADDICTS? Break the Patterns of Codependent, Unhealthy Relationships



From Trina M Hayes, the author of Just Love Her: A Mothers Journey of Healing Through Her Daughters Drug Addiction comes a revealing new concept. Hayes calls it ATA3attraction to addicts, addiction and addictive behavior. Her new book, Attracted to ADDICTS? Break the Pattern of Codependent, Unhealthy Relationships is designed to gently guide you through layers of personal insights and emotional healing. It is a gift for those who have thought they were alone in attracting unhealthy relationships time after time. THE QUESTIONNAIRE BELOW WILL HELP YOU DECIDE If you answer yes to more than half of these questions -this book is a wake-up call that will empower you. Learn how you have attracted unhealthy relationships and start changing your lifes course now.

**QUESTIONNAIRE:THE ADDICTS BEHAVIOR:**

- 1 His/her mood swings can be sudden and frightening.
- 2 They seem to have no moral boundaries.
- 3 They can lie without blinking and continually lie.
- 4 Their attitude is that the rules do not apply to them.
- 5 They habitually blame others for their circumstances.
- 6 They promise to never do it again whatever it may be.
- 7 They hide or minimize the extent of their alcohol or drug use.
- 8 They do almost everything - from sports to food- to an extreme.
- 9 They can justify almost any behavior and convince you of it.
- 10 They find it difficult to be intimate or discuss intimacy.

**YOUR BEHAVIOR:**

- 1 You feel embarrassed because youre involved with another addict.
- 2 You wonder how you ended up in this situation once again.
- 3 You find yourself being more angry than usual.
- 4 You have allowed the addict to change the direction of your life.
- 5 You often feel as though you must walk on eggshells around him/her.
- 6 You start to feel as though you may be losing your mind.
- 7 You drink more than usual when you are with him/her.
- 8 You find it hard to

believe that s/he is lying to you again. 9 You always want to believe that things will change this time. 10 You worry about what others will think if you leave yet another relationship. THE PATH OUT Sometimes, says Hayes, the only way to identify why these unhealthy attractions are in your life is to recognize that the common denominator of all your past relationships has been you. She adds that with this realization, you can take back your power and create peace in your life. By understanding why you have attracted certain people into your life, the author asserts, you can let go of unhealthy relationships and learn how to attract and build new, healthy relationships.

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**Letting Go of Unavailable People** - patterns of codependent unhealthy relationships, attracted to addicts break the patterns of have unhealthy relationship patterns and who, breaking the cycle of **Why Am I Attracted to Bad Boys (or Bad Girls)?** **HuffPost** Because it is more than skin deep, emotional abuse can leave deeper, No one wants to get into an abusive relationship, but often people who were Threatening to harm you if you break up. to codependency as a relationship addiction because codependent people often An attraction to people who need rescuing. **3 Ways to Tell if You Are Codependent** - **wikiHow** Mar 30, 2016 A codependent person is an individual who develops patterns within their Codependency, also known as relationship addiction, is an . You may suppress emotions and needs in these abusive situations in need to break from your current tendency for destructive relationship behaviors and patterns. **Trina M Hayes LinkedIn** Learn more about codependency and relationships at Mental Health America online. Similar patterns have been seen in people in relationships with chronically or An addiction by a family member to drugs, alcohol, relationships, work, food, sex, . The first step in changing unhealthy behavior is to understand it. **Stop the Narcissist Relationship Cycle Psychology Today** Nobody was alcoholic or abusive, and nothing really dramatic happened in my family. that initially attracted the attention of professionals who were treating alcoholics. Codependents are addicted, not to a destructive substance, but to a Typically, these destructive relationship patterns can be traced back to what they **Codependency and Codependent Relationships Borderline** Sep 13, 2016 Break the Patterns of Codependent, Unhealthy Relationships PDF Free. Big Deals Critters Cry Too: Explaining Addiction to Children (Picture [\[PDF\]](#) **Attracted to ADDICTS? Break the Patterns of Codependent** May 9, 2013 In Attracted to Addicts? she provides a clear road map to explore the powerful Break the Pattern of Codependent, Unhealthy Relationships is **Attracted to ADDICTS? Break the Patterns of Codependent** Oct 13, 2014 A love addict has

difficulty with symptoms of codependency, and then Love addicts are more attracted to the intense experience of falling in love . to end the unhealthy relationship followed by a very painful withdrawal process. the client break old patterns such as getting involved in relationships too **The Human Magnet Syndrome: Why We Love People Who Hurt Us** Sep 8, 2013 pleaser/fixer (codependent) and the taker/controller (narcissist/addict). As natural followers in their relationship dance, codependents are passive Codependents are essentially stuck in a pattern of giving and sacrificing, The narcissist dancer, like the codependent, is attracted to a partner who feels **What is Codependency? - Inside Therapy 2008-2014** Break the Patterns of Codependent, Unhealthy Relationships Full. Like 00:29. [PDF] Coping With An Addict: Ways of Dealing With an Addict Spouse, **The Addicts Loop: A New Understanding And Workbook For** Codependent patterns undermine relationships by weakening and burying the self. People with a weak sense of self often are often attracted to relationships codependency becomes what is called relationship addiction or love addiction . to anything but themselves encourages unhealthy behaviors in others as well. **An Invitation to Health 2009-2010 Edition - Google Books Result** May 27, 2016 - 7 sec Break the Patterns of Codependent Unhealthy Relationships [Download] Guys Are Not Only **The Dance Between Codependents & Narcissists World of** Editorial Reviews. About the Author. Rene Eram is a writer and film maker who has focused the Why am I attracted to the same codependent relationships over and over again? that heal codependent relationships and counter condition addiction patterns. . Its for people also addicted to unhealthy relationships. We go [PDF] **Attracted to ADDICTS? Break the Patterns of Codependent** Oct 10, 2013 That is why we are attracted to narcissists or to people who do not seem to care about our needs. Anything that is familiar, whether good or bad, feels comfortable. How do you break the pattern of relationships with people who treat you badly? .. Sobering Truth About Addiction Treatment in America. **Attracted to ADDICTS? Break the Patterns of Codependent** Trina M. Hayes is the author of *Attracted to ADDICTS? Break the Patterns of Codependent, Unhealthy Relationships* (4.33 avg rating, 3 ratings, 0 reviews, [Read PDF] **Attracted to ADDICTS? Break the Patterns of** The Core Problem of Codependency is a bruised relationship with oneself. 5 Core First the Love Addict is attracted to the power and adulation of the Avoidance Addict (or another Love Addict). Progressive Stages of Love Addiction are Similar to Other Addiction Patterns Feeling abused and becoming abusive. **Addiction & Breaking Free from Codependent Relationships** [Read PDF] *Attracted to ADDICTS? Break the Patterns of Codependent, Unhealthy Relationships* Ebook. Like. LoriButler **The Truth About Love Addiction (by Haylee Corrales, Psy D** Jun 25, 2015 There may be various things that attract us to a certain someone: It may be the tone A karmic relationship may often be abusive, either verbally or It is as though we know we have lessons to learn and patterns to break and we If we are not co-dependent and are not feeding off past trauma, we do not **Attracted to ADDICTS? Break the Patterns of Codependent** A place for discussion of addictions, codependency and eating disorders. Narcissists also have an unhealthy relationship with self. They put themselves **CoDependency & Love Addiction - Inside Therapy 2008-2014** Apr 19, 2017 *Addiction & Breaking Free from Codependent Relationships* and developing their own unhealthy patterns of relationships. Are you interested in learning how codependent relationships are hurting your recovery process? **The Addiction of Karmic Relationships. elephant journal** Emotionally we are drawn to people who feel familiar on an energetic level. Our adult patterns, the people we have been in relationship with, are the spiritual principles of twelve step recovery in relationship to codependency. to repeat our patterns of abuse, abandonment, betrayal, and/or deprivation - we lower the **The Relationship between Narcissism and Codependency** Codependent people have a greater tendency to enter into relationships with people and helpless in the relationship, but is unable to break away from the cycle of and are attracted to that same weakness in the love and friendship relationships. and then help them to change unhealthy behavior and thought patterns. **Codependency Relationships - Codependent - Mental Health America** Jul 17, 2013 How to Avoid Toxic Relationships That Go Nowhere Unfortunately, more and compass that draws them to abusive or codependent relationships. In some cases, they have an addictive attraction to people who will abuse them. . You can break your pattern of having unsuccessful relationships if you Jun 14, 2008 After a while, such destructive patterns--objectively obvious to with frustration, disappointment, rejection, abandonment, neglect or abuse, the child is in a or ambivalent or emotionally unavailable or abusive adult into a loving one. Most adults have an uncanny attraction, a kind of unconscious radar, **Attracted To Addicts Break The Patterns Of Codependent Unhealthy** Codependency is a type of dysfunctional helping relationship where one person supports or 1 History 2 Symptoms and behaviors 3 Patterns and characteristics . Codependent relationships signify a degree of unhealthy clinginess, where People with codependency are also more likely to attract further abuse from **Big Deals Attracted to ADDICTS? Break the Patterns of - Dailymotion** Jul 13, 2014 Codependent relationships are where one person supports or enables another persons addiction, poor mental

health, immaturity, irresponsibility, describes codependency as a pattern of painful dependence on compulsive. It is this high degree of mutual, unhealthy dependence on the part of both the **Codependency - Wikipedia** Break the Patterns of Codependent, Unhealthy Relationships (English Edition) Hayes calls it ATA3attraction to addicts, addiction and addictive behavior. **Trina M. Hayes (Author of Attracted to ADDICTS? Break the Patterns** Break the Patterns of Codependent, Dysfunctional Relationships. Trina Hayes calls it ATA3attraction to addicts, addiction and addictive behavior. Sometimes, says Hayes, the only way to identify why these unhealthy attractions are in **Co-Dependency - Psychologist Anywhere Anytime** Break the Patterns of Codependent, Unhealthy Relationships - Kindle edition by Hayes calls it ATA3attraction to addicts, addiction and addictive behavior.