

From:

## Codependence: The Dance of Wounded Souls by Robert Burney

Focusing on cultivating the ones labeled Love will lead to healthier, happier relationships with your self/Self, with others, and with life itself. It also will open you to the possibility of having a healthier, more Loving romantic relationship.

1. Love - Development of self first priority.

Toxic love - Obsession with relationship.

2. Love - Room to grow, expand; desire for other to grow.

Toxic love - Security, comfort in sameness; intensity of need seen as proof of love (may really be fear, insecurity, loneliness)

3. Love - Separate interests; other friends; maintain other meaningful relationships.

Toxic love - Total involvement; limited social life; neglect old friends, interests.

4. Love - Encouragement of each other's expanding; secure in own worth.

Toxic love - Preoccupation with others behavior; fear of other changing.

5. Love - Appropriate Trust (i.e. trusting partner to behave according to fundamental nature.)

Toxic love - Jealousy; possessiveness; fear of competition; protects "supply."

6. Love - Compromise, negotiation or taking turns at leading. Problem solving together.

Toxic love - Power plays for control; blaming; passive or aggressive manipulation.

7. Love - Embracing of each other's individuality.

Toxic love - Trying to change other to own image.

8. Love - Relationship deals with all aspects of reality.

**Toxic love** - Relationship is based on delusion and avoidance of the unpleasant.

9. Love - Self-care by both partners; emotional state not dependent on other's mood.

**Toxic love** - Expectation that one partner will fix and rescue the other.

10. Love - Loving detachment (healthy concern about partner, while letting go.)

**Toxic love** - Fusion (being obsessed with each other's problems and feelings.)

11. Love - Sex is free choice growing out of caring & friendship.

**Toxic love** - Pressure around sex due to insecurity, fear & need for immediate gratification.

12. Love - Ability to enjoy being alone.

**Toxic love** - Unable to endure separation; clinging.

13. Love - Cycle of comfort and contentment.

**Toxic love** - Cycle of pain and despair.

[http://joy2meu.com/Healthy\\_Relationships9.htm](http://joy2meu.com/Healthy_Relationships9.htm)

