

## THE SELF-HELP METHOD

Listed here are seven basic steps that will help you move from love addiction to healthy love.

1. *Awareness*: admitting that love addiction plays a role in your life.
2. *Assessment*: discovering the extent of your addiction.
3. *Decision*: using your personal power to move from dependence to true love.
4. *Exploration*: examining your personal fears, myths, and history.
5. *Reprogramming*: letting go of the old; embracing the new.
6. *Renewal*: moving toward development of mature love relationships.
7. *Expansion*: developing personal uniqueness and the ability to truly love yourself and others.