

1 What is Love?

- Identifying and dealing with Dysfunctional forms Love

What is Love?

2 Review

- The “falling in love” experience is not really love.
 - It’s not a conscious choice.
 - It’s effortless.
 - It’s selfish.

3 Review

- What’s the problem?
 - We think love will always be there.
 - So when the love cools we conclude so has the relationship.
 - Blame the relationship and look to find a better one.

4 Solution

- Practice Real Love
 - Involves an act of the will.
 - Requires discipline, and
 - Recognizes the need for personal growth.
- Key – Love in a way that the other person can receive.
- Find their Love Language

5 Summary

- Love is not a feeling!
- Relationships that are based on feelings will always be bumpy and/or temporal.
- Real Love is looking after the best interest of others.
- We do this the best when we give love in the language (form) that the other person prefers.

6 People Need Love

- According to Gary Chapman
 - “Our most basic emotional need is not to fall in love but to be genuinely loved by another, to know a love that grows out of reason and choice, not instinct.”
 - “I need to be loved by someone who chooses to love me, who sees in me something worth loving.”

- However, if this basic need of affirmation is never achieved, it can produce many dysfunctional ways of coping that can make the problem worst not better.

7 Dysfunctional Love

- Actions that seem like love but are not and are instead the result of emotional trauma or a dysfunctional learned behavior.
 - Emotional Dependency
 - Co-dependency

8 Emotional Dependency

- Is when one person looks to another person to meet their needs or security and significance.
- It is also known as Emotional addiction where one person sees in the other person the solution to all their problems.
- It is fueled by insecurity, fear, and a strong need for intimacy.

9 Emotional Dependency

- Signs of Emotional Dependency
 - Experience frequent jealousy, possessiveness and a desire for exclusiveness.
 - Becomes irrationally angry or depressed when this friend withdraws slightly.
 - Becomes defensive about the relationship when asked about it.
 - Loses interest in friendships other than this one.
 - Refers frequently to the other in conversation; feels free to “speak for” the other.

10 Key Issues

- An Emotional dependent person is seeking to find a Messiah with flesh and bones, who will take care of all their feelings of low self-worth.
- The setting of healthy boundaries is a must for this individual and should be frankly communicated to them.
- Real worth comes from our relationship with God, not by measuring ourselves with others.

11 Co-dependency

- Definition:
 - A compulsion motivated by pity to control and rescue people by choosing to fix their problems.

- It is also known as “relationship addiction” because people with codependency often form or maintain relationships that are one-sided, emotionally destructive and/or abusive.
- It comes from a deep seated need to be loved and appreciated.

12 Co-dependency

- Examples of Co-dependency . . .
 - Feels overly responsible for others.
 - Has a strong need to be needed.
 - A compelling need to control others.
 - Fears abandoned or alone.
 - Views the world in three categories; victims, persecutors, and rescuers.
 - Prone to lying/dishonesty.

13 Co-dependency

- Examples of Co-dependency . . .
 - Co-dependents prevent others from developing responsibility.
 - Co-dependents neglect themselves.
 - Co-dependents resent being saviors.
 - Co-dependents threaten, but continue rescuing.
 - Co-dependents lack objectivity about serving and helping others.

14 Example

15 The Source

- Acute feelings of inadequacy and not being good enough.
- Void caused by Rejection
 - Loss of a job
 - Abusive spouse
 - Divorce
 - Neglect
 - Handicap

16 Key Issues

- An Emotional Dependent person is seeking to find a Messiah with flesh and bones, who will take care of all their feelings of low self-worth.

- A Co-dependent person is seeking to be a Messiah to others even to the point of becoming an enabler, in order to feel good about themselves.

17 Key Issues

- Set boundaries and think objectively.
 - It is not our responsibility to make everyone happy.
 - Set limits on what we will do and not do.
 - Refuse to be manipulated by the irresponsibility of others.
 - Ask God what He wants you to do.
- When we enable irresponsible people we share in their guilt and sin.

18 Scripture

- The solution for the co-dependent person is in their relationship to God!
- Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.” (Matthew 11:28–30 NIV)

19 Scripture

- Cast all your anxiety on him because he cares for you. (1 Peter 5:7 NIV)
- “Martha, Martha,” the Lord answered, “you are worried and upset about many things, but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her.” (Luke 10:41–42 NIV)

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