

Romance Addiction Screening Test

The following is a Romance Addiction Questionnaire By Dr. Brenda Schaeffer author of "Is it Love or Is it Addiction?" Check yes or no to the above. These are signs of romance addiction. 12 or more affirmative answers indicate that romance is being used like a drug of choice and may be an addiction. Remember that romance can be a delightful part of our love relationships and bring out the best in us. It is when we have become over identified with this experience that it hurts a person.

<input type="checkbox"/> Yes <input type="checkbox"/> No	Are you easily in love with being in love?
<input type="checkbox"/> Yes <input type="checkbox"/> No	Do you like melodrama: being a rescued victim or the hero?
<input type="checkbox"/> Yes <input type="checkbox"/> No	Are longing and melancholy familiar to you?
<input type="checkbox"/> Yes <input type="checkbox"/> No	Do you gravitate to romance novels or movies?
<input type="checkbox"/> Yes <input type="checkbox"/> No	Is being wanted extremely important to you?
<input type="checkbox"/> Yes <input type="checkbox"/> No	Is the attraction phase of a relationship what matters most?
<input type="checkbox"/> Yes <input type="checkbox"/> No	Do you live in a future of perfected love?
<input type="checkbox"/> Yes <input type="checkbox"/> No	Do you look for love?
<input type="checkbox"/> Yes <input type="checkbox"/> No	Are your fantasy outcomes often disappointing?
<input type="checkbox"/> Yes <input type="checkbox"/> No	Is there a familiar pattern in your selection of partners?
<input type="checkbox"/> Yes <input type="checkbox"/> No	Do you get high on the rush of intoxicating feelings?
<input type="checkbox"/> Yes <input type="checkbox"/> No	Do you self medicate with relationships?
<input type="checkbox"/> Yes <input type="checkbox"/> No	Do you compromise your values when in love?
<input type="checkbox"/> Yes <input type="checkbox"/> No	Is heartbreak familiar?
<input type="checkbox"/> Yes <input type="checkbox"/> No	Is your choice of music romantic, dramatic or euphoric?
<input type="checkbox"/> Yes <input type="checkbox"/> No	Do you wander off mentally or physically when the romantic high wears off?
<input type="checkbox"/> Yes <input type="checkbox"/> No	Do you have long distance affairs or affairs with the unavailable?
<input type="checkbox"/> Yes <input type="checkbox"/> No	Do you have unrealistic expectations of the love object?
<input type="checkbox"/> Yes <input type="checkbox"/> No	Do you feel anxiety when the romantic object is absent?
<input type="checkbox"/> Yes <input type="checkbox"/> No	Do you suffer withdrawal symptoms when the romantic object is not there?
<input type="checkbox"/> Yes <input type="checkbox"/> No	Do you suffer from depression related to your romantic affairs?
<input type="checkbox"/> Yes <input type="checkbox"/> No	Do you obsess about love or the love object?
<input type="checkbox"/> Yes <input type="checkbox"/> No	Do you chase the illusion?
<input type="checkbox"/> Yes <input type="checkbox"/> No	Do you fantasize about those you are not in a relationship with?
<input type="checkbox"/> Yes <input type="checkbox"/> No	Do you find romanticizing soothes you?
<input type="checkbox"/> Yes <input type="checkbox"/> No	Are you lured by intermittent reinforcement (periodic attention)?
<input type="checkbox"/> Yes <input type="checkbox"/> No	Have you ever stalked the love object or called to check up on the love object?
<input type="checkbox"/> Yes <input type="checkbox"/> No	Does your romanticizing interfere with other areas of your life: family, children, work, spiritual, relational, financial?
<input type="checkbox"/> Yes <input type="checkbox"/> No	Do your friends ever confront you on your romantic encounters?
<input type="checkbox"/> Yes <input type="checkbox"/> No	Do you like living on the edge of perfected love?
<input type="checkbox"/> Yes <input type="checkbox"/> No	Do you escape through rich fantasy life?
<input type="checkbox"/> Yes <input type="checkbox"/> No	Do you crave ecstasy feelings?