

## COMMENTARIES ON THE CHARACTERISTICS MOST OF US SEEM TO HAVE IN COMMON

### Characteristic 3:

**“We tended to become immobilized by romantic obsessions. We became addicted to the search for sex and love; as a result, we neglected our lives.”**

Romance and the prospect of romance exerted a mysterious and powerful pull over us, as did the allure of sex and love. We found targets for our compulsive desires who were often unrealistic or unattainable. Whenever we began to obsess about another person, we stopped taking care of ourselves. Our romantic obsessions took over our lives, permeating them in every area. Friends became mere sounding boards for our ruminations about the object of our fantasies. Seeking sexual contact, focusing on romance and pursuing romantic intrigue became our top priorities, endlessly fascinating and always urgent. Our non-sexual talents remained unexplored or even suppressed, and we couldn't seem to live up to our potential. Our work and home lives suffered. Sexual compulsion expressed as romantic obsession put our lives on hold for months, years, even decades. Our unrealistic approach to romance meant that we often forsook opportunities for actual and available relationships, and became mired in sexual anorexia.

In recovery, we become aware of our obsessive thinking and behavior and strive to participate in life. We take care of ourselves and stay connected to family and friends, because seeking a romantic partner is no longer our main focus. We discover that we can be social without being sexual, and that we can enjoy our own company. We pursue everyday life without seeing it only through the veil of romantic obsession. When we use the Tool of Dating, we do not look for a partner to fix us, but rather seek out people who are in real relationship with us, and who nourish our desires. We stop obsessing over people and fill our time in healthier ways. Our values are realigned so that we experience balance. We come to realize as we work the Program that our Higher Power provides us with spiritual, emotional, physical and economic security.

(Extract from “The Characteristics Most of Us Seem to Have in Common” © SCA-ISO)