

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

Characteristic 12:

“While constantly seeking intimacy with another person, we found that the desperate quality of our need made true intimacy with anyone impossible, and we often developed unhealthy dependency relationships that eventually became unbearable.”

In the same way that we continually searched for relationships, we were drawn to and craved intimacy. The quest for intimacy was an integral and pervasive part of our constant and compulsive search for sex, romance and relationships. In our confusion and inability to distinguish among sex, love and affection, we did not recognize this. Our sexual relationships were rarely accompanied by emotional intimacy, which requires honesty, acceptance, respect, and openness. In our desperation, we often settled for less. In a relationship, the obsessive intensity and demands we brought to it were often suffocating. Our dependence in part stemmed from our lack of ability to take care of ourselves. At heart, we were terrified to be who we really were, including sexually, and to share that with others. Instead, we sought to merge with, or subordinate ourselves to, another human being, using sex as the gateway to dependent relationships.

In recovery, we learn to take care of ourselves and to create genuine intimacy in relationships that are interdependent, and therefore sustainable over the long term. We get to experience healthy and fulfilling love. We work on our intimacy and abandonment issues, seeking to be an independent, integrated person who is looking for healthy intimacy as part of a healthy relationship with a similar person. We consciously seek to let go of old dynamics, including codependency, and take appropriate action to accomplish this. We have faith that, with our Higher Power’s help and working the Program, following the example of others, we can transform our life of desperation and clinging need into one of hope, fulfillment and happiness, one day at a time.

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