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Addicted to love music video

Even for a securely attached personality, falling in love can be temporarily disorienting. We are all familiar with phrases such as “she took my breath away” or “he swept me off my feet.” Usually, however, this initial whirlwind is followed by a period of trust-building and the establishment of true intimacy based on mutual respect and understanding.The above phrases often have a very different meaning for a love addict. They signal destabilization and loss of autonomy. Infatuation can mark the beginning of a downward spiral into obsession and constant preoccupation.Why is this experience of falling in love so different for love addicts?The answer lies in their motivations and underlying approach toward love itself. For the addict, falling in love is a means of escape, rather than an opportunity for growth. The addict seeks either to enhance pleasure or avoid pain. Rarely are their actions in love about the magic of genuinely encountering another person, flaws included.Love addiction is a painful and debilitating illness, just like alcoholism. Here is a summary of the major symptoms, followed by a description of what might constitute alternative healthy behavior.Tolerance. The love addict requires increasing displays of romance, contact with the object of affection, or emotional highs related to being in love. A healthy partner recognizes another’s limitations and boundaries and does not use the other person as an object to medicate emotions.Withdrawal. If this “supply” of romance becomes threatened, the love addict experiences withdrawal symptoms akin to those of an alcoholic or drug addict: anxiety, physical ailments, sleeplessness, eating problems, despair or anger. They may even retaliate. When faced with disappointment, a healthy partner practices acceptance and patience, realistically assessing their lover’s availability and deciding to move on if unhappy.Isolation. The love addict slowly becomes more and more preoccupied or enmeshed with romantic affairs, to the exclusion of self-care, work responsibilities, family and friendships. Isolation sets in. A healthy partner pursues life goals independently, continuing to grow as a person in all areas. He or she maintains strong ties to a community, whether it be family, friends or a support group such as a 12-step program or therapy group.Denial. The love addict returns to hurtful or dangerous relationships over and over, unable to extricate himself or herself from the situation. A healthy partner acknowledges a dysfunctional partnership and recoils from it, seeking the help of a support group or therapist if necessary.If you feel that you or someone you know has a problem with love addiction, take heart. By working through issues of childhood trauma, self-doubt, fear, anxiety and depression, the addict can get back on track toward a rich and rewarding emotional life free from romantic drama. Have you ever wondered why breakups can make you feel like all the light is gone from the world and like you’re an addict who would do anything for just one more hit of love? To start, let’s look at the scientific reasons why love is addicting and then why you’re addicted to love. According to Merriam-Webster, addiction is “a strong and harmful need to regularly have something”. And by need, they mean you’ve both built up a tolerance to the addictive substance, and you experience withdrawal symptoms when you abstain from it.When we hear the word “addiction”, it’s typically associated with drugs. So we see addiction as a state of weakness under the grip of drugs. Drugs are like little ski-masked bandits that break into the brain, smash into the feel-good hormone reserve, and wreck havoc in the guise of pleasure. Different drugs stimulate the release of different feel-good hormones, like dopamine, oxytocin, opioids, and serotonin. Love stimulates all of them. Love turns on all the switches, making you feel all the good feels. The mix of attention, affection, attraction and arousal sends off a series of fireworks in the brain making you, the poor schmuck falling in love, the biggest addict of them all.What’s worse, your brain will make you believe that you’re addicted to the person you’re in love with, rather than the chemical reactions that person sets off in your noggin. Just like with drug use, you build up a tolerance to love. It becomes harder and harder to get back to that first high, that first time your brain released all of those feel-good hormones and you felt like you were on top of the world. The harder you try to get back to that place, the more discouraged you might get with your partner. If you break up, your brain will react the same way it would if someone stole your drugs, mid-bender: GIVE THAT BACK! I NEED IT! I’LL DIE WITH OUT IT! TURN THE LIGHTS BACK ON!OK, you’re probably asking yourself what the point is. Is love the worst? Should high school health teachers add love to the D.A.R.E programming? Do you need rehab to get over your addiction to love? If love is just a chemical reaction, is it even real? Well, as it turns out, it’s not all black and white. It’s not all love and drugs. Social interaction with your friends and family can help to reawaken those tapped out feel-good hormone reserves. In this video brought to you by Inside Science, a (very cute) man named Alistair Jennings further explains (with all of the proper scientific terms) why love is addictive and why you’re going to be just fine.Images: Giphy, YouTube If someone you love has a problem with addiction, your top priority is to take care of yourself before you can take care of anybody else. Think about the instructions you get on an airplane: “If the cabin pressure drops, secure your own oxygen mask first, then help others with theirs.” That philosophy applies here, too. You can turn to support groups like Al-Anon (an AA spin-off for the family and friends of alcoholics) or Alateen (an offshoot of Al-Anon geared toward teenagers and preteens who are affected by the drinking of a parent or other close relative) for help. These groups are free and open to the public, and they have frequent meetings in most towns (see the Al-Anon/Alateen website for more information). These fellowship groups can help you better understand your loved one’s problem with addiction. In particular, you can learn you aren’t responsible for it and that you can’t force him or her to stop. These groups also can teach you effective ways to cope as your friend or family member faces the consequences of addiction and, if all goes well, finds his or her way to recovery. Some groups advocate “tough love” — confronting people with addiction and trying to force them to seek help while others recommend the exact opposite approach. For example, the CRAFT (Community Reinforcement Approach and Family Training) intervention encourages family members to avoid confrontation and instead use encouragement and other positive motivational strategies when trying to convince a loved one to seek help for addiction. You also may want to seek advice and support from a therapist, clergy member, doctor, or social worker who is knowledgeable about addiction. Interventions: How do you help a loved one who refuses help? In an intervention, family and close friends gather with the person with addiction to discuss the issue. Historically, clinicians advocated a rather draconian approach to interventions, instructing those holding the intervention to begin by asking the identified patient to be quiet and simply listen. In this approach, the affected person had no say in the discussion, and was often given an ultimatum. Many clinicians now favor a more interactive approach to interventions, where the person with addiction can voice concerns without fear of reproach. Contemporary intervention approaches use various devices to gain the interest of the person with addiction so that the family doesn’t have to cut ties or support. Interventions, whether traditional or contemporary, share some common elements. At the outset, the affected person’s family and loved ones recount how the problem with addiction has affected each of them. By confronting the loved one with the consequences of the addiction, both objective and subjective, an intervention might penetrate the person’s denial and help him or her decide to seek treatment. Don’t do this on your own Because an intervention is a complicated and delicate process, friends and family members should not try it on their own. Seek the help of a professional — such as a doctor, therapist, or member of the clergy — who has experience with the process. Timing is crucial. It’s best to set up an intervention shortly after an addiction-related problem has occurred and to investigate treatment options in advance. Bear in mind that interventions can be painful and do not always work. In fact, interventions can backfire, because they can make people with addiction feel alienated from his or her support system. This can further distance them from the help they need. For these reasons, interventions should be considered only as a last resort in response to a desperate situation. Addiction can be devastating. The good news is that there are a number of effective treatments for addiction, including self-help strategies, psychotherapy, medications, and rehabilitation programs. Get the strategies in the Harvard Special Health Report, Overcoming Addiction: Finding an effective path toward recovery. As a service to our readers, Harvard Health Publishing provides access to our library of archived content. Please note the date of last review or update on all articles. No content on this site, regardless of date, should ever be used as a substitute for direct medical advice from your doctor or other qualified clinician. Share on PinterestIf you love music, you’re not alone. People throughout the world appreciate and use music every day, whether it’s to advertise, remember facts, exercise, or drift off to sleep. For many, music also plays a huge role in culture and identity. Plus, music may also.While there’s little fault to find with those effects, some question whether people can enjoy music a bit too much. The short answer to this is no: Experts don’t formally recognize music addiction as a mental health diagnosis. Still, that doesn’t mean music habits can still sometimes become problematic. If you have any familiarity with how addiction develops, you might know a little about the role dopamine plays.Here’s the short version:Substance use or certain behaviors trigger the release of dopamine in the brain’s reward system. Over time, the brain begins to rely on these substances or behaviors and naturally releases less dopamine. So, your brain becomes dependent on those dopamine triggers. A 2011 study involving 10 people who experience chills when listening to music suggests that music can trigger a dopamine release when it produces an intensely positive emotional response — aka the chills. 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