Don’t Call it Love
Breaking Through the Cycle of Relationship Dependency
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Part II

The Role of Emotional Abuse
The Role of Spiritual Abuse
The Role of the Brain
Spiritual Dependency
The Role of Emotional Abuse
The Role of Emotional Abuse
Signs of Emotional Abuse

• intentionally make another person feel worthless and/or intentionally cause hurt
• put the blame for one’s mistakes on another person
• minimize or dismiss the other person’s point of view
Signs of Emotional Abuse

• threaten or hint at physical or sexual abuse
• devolve into fits of rage and intense anger
• fail to fulfill commitments or promises made or implied
• use intentional lying to avoid responsibility for the truth
Signs of Emotional Abuse

• refuse to acknowledge the other person’s feelings
• verbally or physically humiliate the other person through inappropriate gestures, comments, or jokes
• use shame or guilt to manipulate the actions of the other person
Signs of Emotional Abuse

- do not allow the other person to articulate their feelings
- deny the person access to their personal possessions or pets
- withhold appropriate financial resources
- uses a variation of the silent treatment
Signs of Emotional Abuse

• display extreme ranges of mood, creating uncertainty and fear
• involve making conditional agreements in which the conditions keep changing so the person does not have to fulfill the agreement
• involve a hostile or sarcastic tone of voice
Signs of Emotional Abuse

- the person views others as a part of their own personality as opposed to individuals with their own thoughts, feelings, and opinions
- belittle, humiliate, marginalize, and/or ignore the other person
Negative Effects of Emotional Abuse

Lack of Self-Esteem
Negative Effects of Emotional Abuse

Lack of Self-Confidence
Negative Effects of Emotional Abuse

Transfer of Needs
Negative Effects of Emotional Abuse

Acting Out Sexually
Negative Effects of Emotional Abuse

Loneliness
Negative Effects of Emotional Abuse

Failure Syndrome
Negative Effects of Emotional Abuse

Perfectionism
Negative Effects of Emotional Abuse

Unrealistic guilt
Negative Effects of Emotional Abuse

Crisis-oriented
Negative Effects of Emotional Abuse

Unresolved anger and resentment
Effects of Emotional Abuse on Relationships

Distortion of what is “normal”
Effects of Emotional Abuse on Relationships

Undercutting sense of self
Effects of Emotional Abuse on Relationships

Potential for future abuse
Effects of Emotional Abuse on Relationships

Difficulty with intimacy
Effects of Emotional Abuse on Relationships

Caution, fear and suspicion
Effects of Emotional Abuse on Relationships

Perfectionism
Effects of Emotional Abuse on Relationships

Feelings of Abandonment
Effects of Emotional Abuse on Relationships

Triggers of fear, guilt and anger
Effects of Emotional Abuse on Relationships

Hypersensitivity
Effects of Emotional Abuse on Relationships

Tension and confusion in relationships
Effects of Emotional Abuse on Relationships

Rejection of authority
Effects of Emotional Abuse on Relationships

Cycling the pattern of abuse
Effects of Emotional Abuse on Relationships

Codependency
Effects of Emotional Abuse on Relationships

Unhealthy desire to be needed

Acceptance
Effects of Emotional Abuse on Relationships

Isolation from others
Effects of Emotional Abuse on Relationships

Coping activities (TV, Internet, Food)
Effects of Emotional Abuse on Relationships

Compliance or passivity
Spiritual Abuse and Relationships

Lies

Truth
Spiritual Abuse and Relationships
Spiritual Abuse and Relationships
The Brain and Relationship Dependency
The Brain and Relationship Dependency
Creating Spiritual Dependency

Fear says do everything you can to avoid exposure; love says you are known and accepted just as you are.
Creating Spiritual Dependency

Fear says you have no identity; love says your identity is a child of God.
Creating Spiritual Dependency

Fear says you are destined to be abandoned; love says, “Never will I leave you.”

"I will never leave you nor forsake you"
{HEB. 13:5}
Creating Spiritual Dependency

Fear says you will be rejected; love says you are accepted by God.
Creating Spiritual Dependency

Fear says you are worthless; love says you are priceless.
Creating Spiritual Dependency

Fear says security can be lost in the blink of an eye; love says security is found in God.

I'M NOT SINGLE,
I'M IN A RELATIONSHIP WITH GOD.
Creating Spiritual Dependency

Fear says if people leave, you are hopelessly adrift; love says you have an anchor.
Creating Spiritual Dependency

Fear says never lose control; love says God is in control.
Creating Spiritual Dependency

Spiritual Attachment:
1. *Am I worthy of being loved?*

You are loved because God loves you. You no longer need to be “worthy” in order to be loved. This first fundamental question becomes simply, Am I loved by God? And the answer is a resounding yes!
Creating Spiritual Dependency

Spiritual Attachment:

2. *Am I able to do what I need to do to get the love I need?* Since you are loved by God, you already have the love you need. The question becomes, Has God already done everything needed to love me? And the resounding answer is...
Creating Spiritual Dependency

Spiritual Attachment:
3. Are other people reliable and trustworthy? From an earthly perspective, the answer is often no. From a spiritual perspective, this question becomes, Is God reliable and trustworthy? The answer always and forever is yes!
Creating Spiritual Dependency

Spiritual Attachment:
4. Are people accessible and willing to respond to me when I need them? From a spiritual perspective, this becomes, Is God accessible and willing to respond to me when I need him? Again, the answer is yes!
Recommended Resources

*Don’t Call It Love*
by Dr. Gregory Jantz and Dr. Tim Clinton

*Break Through: When to Give In, How to Push Back*
by Dr. Tim Clinton & Pat Springle

*Attachments: Why You Love, Feel and Act the Way You Do*
by Dr. Tim Clinton & Dr. Gary Sibcy

*Controlling Your Anger Before It Controls You* by Dr. Gregory Jantz  *Healing the Scars of Emotional Abuse* by Dr. Gregory Jantz

*Turning Your Down Into Up* by Dr. Gregory Jantz

For a complete list of books by Dr. Gregory Jantz, please visit www.drgregoryjantz.com.