



WOMEN  
IN  
RECOVERY

## SPEAKER SERIES

FOURTH WEDNESDAY OF THE MONTH  
7 - 8:30 p.m. CDT ON ZOOM

### LEARN • GROW • CONNECT

The mission of Women in Recovery is to create a caring community that provides education and spiritual growth opportunities for women in 12-step recovery programs.

AUG 25

2021

## UNDERSTANDING RELATIONSHIP EXTREMES: LOVE ADDICTION & LOVE AVOIDANCE

Susan Lessley

Love addicts assign too much time, attention, and value to another person while neglecting themselves. Love avoidants use walls instead of being relational in order to prevent feeling overwhelmed in relationships. Participants will learn how we are set up for both, as well as a greater awareness of how these cycles can show up in adult relationships.



*SUSAN LESSLEY (MA) is a Licensed Marriage and Family Therapist, working with individuals, couples, groups, and families. She has been in private practice since 2008. Her focus areas include Post Induction Therapy (PIT, trained by Pia Mellody), eye movement desensitization and reprocessing (EMDR), trauma resiliency model (TRM), and Family of Origin Trauma workshops. Susan also has experience treating sexual addiction and sexual offenders.*

*Susan practices from a systemic perspective, believing that our past and present relationships influence how we live our lives. Susan proposes that we all live by a script that governs our thoughts, feelings, and behaviors. Understanding and deconstructing our scripts is important to our ability to live in a healthy, fulfilling way.*



MEETING ID: 935 0755 8272 • PASSWORD: 259602  
LINK: [zoom.us/j/93507558272](https://zoom.us/j/93507558272) • PHONE-IN: 312.626.6799