



MEDIA RELEASE

WHO'S GOT THE POWER? IF IT MATTERS, IT COULD BE LOVE ADDICTION

Are you better at giving advice than accepting it? Do you try to “get even”? Do you feel that being “one-up” is better than being “one-down”? If so, you may be a “power player” and power plays, according to author and psychologist Brenda Schaeffer, are one of the most critical characteristics of addictive love relationships.

“Power plays are a double addiction,” says Dr. Schaeffer. “Not only do they signal an addictive relationship, but the excitement and drama of these power plays are addictive in themselves. The players get caught up in the game.”

In her books, *Is It Love or Is It Addiction?*, *Love's Way*, and *Loving Me, Loving You*, Schaeffer devotes much attention to the role of power plays in relationships. According to Dr. Schaeffer, “Power plays are subtle and can sabotage adult love relationships.”

While most people use power plays at some time during their relationships, it's the amount of usage that's important. How to determine if power is a difficulty in your relationship? Dr. Schaeffer suggests the following questions as a guide. They relate to the most common power plays and can be a signal of trouble:

- Do you give advice easily but have a hard time accepting it?
- Do you have a hard time reaching out and asking for support and love?
- Do you try to “get even?”
- Are you set in your ways?
- Do you hold a grudge?
- Is it important for you to win and be right?
- Are you verbally or physically abusive?

- Do you use your position to get what you want?
- Do you get a rush from controlling or being controlled?

According to Dr. Schaeffer, power plays are not easily given up. They are usually deeply embedded behavior patterns established in early childhood. In addition, because power players generally believe themselves to be better than others they are unlikely to seek help.

In her books Dr. Schaeffer responds to the power player's difficulties. Power playing is identified in detail, options are suggested, and a sensitive step by step process is given that frees the power player from the "play" and nurtures a new sense of personal power and dignity for both partners.

As Schaeffer says, "Power playing is winning over someone else. True 'winning' is an internal process; it's living with and loving oneself. You have a sense of confidence, you no longer need to 'win' externally."

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Is It Love or Is It Addiction? (Hazelden Publishing)

Love's Way: Union of Body, Ego, Soul & Spirit
(Hazelden Publishing)

Loving Me, Loving You(HarperColling)

The Healthy Relationships Series (Hazelden Publishing)

Love or Addiction: The Power and Peril of Teen Sex and Romance (Expert Publishing)

Inner Flections CD (SoulFood Music)



Dr. Brenda Schaeffer is a licensed psychologist, certified addictions specialist and best selling author. With over 500,000 copies sold, she has helped countless people find their way from the trials and confusions of addictive love to the fulfillment of whole and healthy relationships. She has been featured on a variety of national broadcast programs, such as FOX's *The O'Reilly Factor*, and in such publications as the *Washington Post*, *Cosmopolitan* and *Fitness* Magazines. She is the founder of Healthy Relationships, a Minneapolis-based practice where she conducts therapy, training and workshops.