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from

Ready to Heal: Women Facing Love, Sex, and Relationship Addiction

Cultural Belief #1: *I must be good to be worthy of love.*

The good girl code

Behave so that others are comfortable

Be nice, non-threatening, and small

Ignore your hopes, knowledge and power

Conforming to the girl code produces the following: (check what applies to you)

- Shyness or social withdrawal
- Anger
- Shame
- Confusion
- Addiction
- other _____

Have you attracted sexual partners who are somehow “less than” you in order to feel sexually safe? If so, list names:

Have your partners been arrogant or grandiose expecting perfection from you? Do they act controlling or think they know what’s best for you? If so, list names:
