

Pyar, Ishq Aur Mohabbat

# Addictive Love

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Kaka : *“I love Oreos, mujhe bahut pasand hain, main roz khaata hun.”*

After Few Weeks

Kaka : *“Aaj subah se ab tak 1 packet bhi oreos nahi khaaye...  
Kuchh kami si lag rhai hai...!”*

After Few Weeks

Kaka : *“Mummy ne promise kiya hai k agar main yeh, yeh, yeh kaam kar dunga  
toh vo mujhe Oreos dengi.”*

From the example it looks like Kaka loves Oreos so much.

Yes, he certainly does.

And this is what we can call is  
Addictive Love.

Although by this love we are not harming the other,  
but we are getting harmed ourselves due to our addiction.

In our example, if we replace Oreos with a person,  
then that is what we can call Addictive Love.

The positive side of this love is that it is very rare that it harms  
those whom we love like in Demanding Love;  
mostly, it just harms us.

Like in case of our example;  
eating Oreos won't harm Oreos but Kaka only. :(

And getting harmed ourselves is anytime much better than harming the other,  
that too the one we love.

So in this way this love is better than Demanding Love.

Now Lets us see the different type or stages of Addictive Love.

<u>Stage 1</u>	➔	<u>Stage 2</u>	➔	<u>Stage 3</u>
Addiction Give You Pleasure		Addiction Makes You Dependent		Addiction Results in Exploitation
I Love....		I Need....		If You Do This... Then You Will Get This.
I Love Oreo / Alcohol		I need to have Oreo/ Alcohol Daily		Agar ye kiya toh Oreo/ Alcohol milega
I love talking/being with my loved one		I need to meet/ talk my loved one every day		If I buy new iPhone... then my loved one will meet/talk to me.

## Points To Remember

If we are addicted to Things like (Oreo, Sweets etc...)  
we can get access to them anytime and in any amount we want.

But Humans are not things.

Neither we can get access to them anytime and in any amount we want  
Nor we want them to leave everything  
just to fulfil our addiction.  
(if we are sensible)

Comments we hear related to this type of love are mixed with criticism, jealous, praise & admiration:

“Joru ka ghulam...”

“Yeh toh pyar mein andha ho gya”

“Aisa lagta hai usko, usne vash mein kar liya”

“Yeh toh iski jaan hai, ye uske bina nahi reh sakta”

“Jabse iski shaadi hui hai, apni biwi k peeche hi ghoomta rehta hai...”

“Pyar ho toh inke jaise, saara din apni wife k khyaalo mein hi khoeye rehte hain...”

## What To Do

We know these things sounds very lovely

“Main uske bina ek din nhi reh sakta”

“Main uske bina jee nahi sakta”

“Mujhe toh teri lat lag gyi... “

But we need to check ourselves honestly, minutely & regularly...

If our love is making us Dependent on our loved ones

Or

Making us Dependable for our loved ones.

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