

# LEAVING THE ENCHANTED FOREST

---

THE PATH FROM  
RELATIONSHIP ADDICTION  
TO INTIMACY

---



STEPHANIE COVINGTON AND LIANA BECKETT

# LEAVING THE ENCHANTED FOREST

*The Path from Relationship Addiction  
to Intimacy*

Stephanie Covington  
and  
Liana Beckett



HarperOne

An Imprint of HarperCollins Publishers

# Contents

Acknowledgments	ix
Introduction	xi
Prologue: Once Upon a Time	xv
<b>Part I: The Path into the Forest</b>	<b>1</b>
1. The Love Potion: Chemistry and Dependence	3
2. The Silver Cord: Family History	14
<i>Exercises</i>	34
3. The Enchanted Garden: Rediscovering Your Inner Child	38
<i>Exercises</i>	56
4. Spellbound: Past Roles in the Present	69
<i>Exercises</i>	87
<b>Part II: The Path into the Light</b>	<b>89</b>
5. Steppingstones: The Building of Relationship	91
<i>Exercises</i>	112
6. The First Milestone: Friendship	117
<i>Exercises</i>	134
7. The Turn Away from Enchantment: Love and Intimacy	136
<i>Exercises</i>	149
8. The Gift of the Path: Recovery	150
Appendices	159
Notes	183