



# Lifestyle Visions

Presents

# Amouraphobia

Research Report

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## Research Report: Amouraphobia

### An Overview of Amouraphobia

By Dr. Jay Sherbondy

Unrequited love is not a characteristic that we should emulate, but rather a treatable psychological problem. To wit:

"If I love my wife (and I do), it should be because of WHO SHE IS...because HER VALUES correspond with mine. It should NOT be because she loves me back. In fact, whether or not she loves me back is mostly irrelevant. As long as I've correctly interpreted who she is, and as long she remains who she is, I should love her regardless of her feelings for me."

The first sentence, I agree with. However, I maintain that whether or not a person loves you back is completely relevant and essential to the experience of healthy romantic love. Let us examine what the nature of unrequited love is. Unrequited love is feeling romantic love for another person and not having those feelings returned. I'm sure that most of us have experienced this feeling at one time or another and this is normal. However, it becomes a problem if someone continues to have such feelings for a person long past the point that the other person has made it clear that he/she does not return the feelings or if a person is repeating a pattern of being attracted to people who do not return their feelings. In that case, I would say that the person has a psychological problem.

Unrequited love is giving and getting nothing in return -- the ultimate form of altruism. A person gives their most precious feeling, that of romantic love to another person and gets nothing in return that is based in reality. Continuing to have such feelings prevents the person from moving on to having a relationship with someone who does return their feelings, so in perpetuating these feelings, the person is making a very large sacrifice.

I want to make it clear at this point that when I say unrequited love is altruistic, I don't mean to imply in any way that a person who is experiencing unrequited love has a moral failing of any kind. The person cannot help what they are feeling and often knows that the feeling is not rational and is self-destructive. It is not a feeling that can be made to go away by the application of reason. It needs to be dealt with as a psychological problem.

The work of psychologist Roger Callahan, PhD (who has a background in Objectivism) provides a great deal of insight into this issue, as well as a remarkably effective treatment. He first wrote about this issue in his book, *"It Could Happen to You: The Practical Guide to Romantic Love"*. In this book, Dr. Callahan discusses the problem of [amouraphobia, which is the fear of being in an intimate relationship](#). Having a pattern of being attracted to people who are unavailable, such as what occurs in prolonged or repeated patterns of unrequited love can be a sign of amouraphobia. What could be safer than continuing to feel attraction to a person one knows they can never really have?

Dr. Callahan discusses amouraphobia as originating from early painful experiences most of us have with romantic rejection. He points out that even experiences we have as children or teenagers that get dismissed by the adults as "puppy love" or "crushes" can be extremely devastating emotionally to a person and can lead to a fear, later in life of having an intimate relationship that can manifest itself in a number of difficulties with romantic relationships. He indicates that this type of "love pain" is the most subjectively painful emotion a person can experience because it represents rejection at the core of a



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person's being. Of course, there are more objectively horrible experiences a person can have, but subjectively this type of pain can be the worst.

Rather than this fear being felt directly by the amouraphobic person, this fear usually come out in other ways, such as a person always feeling attracted to people who are in some way unavailable and thus unable to return their feelings.

The treatment Dr. Callahan has for this is not in the above-referenced book, but was developed by him later when he discovered a new and radically different form of psychotherapy called the Callahan Techniques Thought Field Therapy (tm). This is not the cognitive therapy previously practiced by Dr. Callahan, but is something very different, which has treatments for a wide variety of psychological problems including phobias, anxiety, traumatic experiences, addictive urges and cravings, love pain and a number of others. What this treatment does is rapidly eliminate feelings of hurt people have from romantic losses, whether they occurred in the distant past or are currently being experienced in a person's life.

My company, Contrarian Corporation, has conducted a plethora of studies along the lines of Dr. Callahan and recently introduced a series of self-treatment protocols I like to refer to as the next generation of bio-energetic techniques. Please contact the undersigned for information

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