



**THE IMPACT OF ADRIAN GRIFFIN'S OBSESSIVE LOVE DISORDER
TOWARDS CECILIA IN *THE INVISIBLE MAN***

THESIS

*Submitted to Fulfil a Partial Requirement for S1 Degree in
The English Department Faculty of Humanities Bung Hatta University*

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2025

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STATEMENT OF ORIGINALITY

This is to certify the originality of this thesis which I now submit to fulfill a requirement for an S1 in the English Department Faculty of Humanities Universitas Bung Hatta. The content of this thesis is entirely my work. All assistance received in writing this thesis and the sources cited have been acknowledged within the text of my work.

Padang, 09 September 2025



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THE IMPACT OF ADRIAN GRIFFIN'S OBSESSIVE LOVE DISORDER TOWARDS CECILIA IN *THE INVISIBLE MAN*

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ABSTRACT

This is an analysis of the movie titled *The Invisible Man*. This research is conducted to describe Adrian's obsessive love disorder behaviors and Adrian's violent actions impact to Cecilia in the movie. The writer uses the psychological theory obsessive love disorder of Forward and Buck. The data was analyzed using qualitative methods. From the eleven obsessive love disorder behaviors, the writer found only seven types of obsessive love disorder. For these seven types of behaviors, there are the thrill of new romance (5), romance to rejection (2), denying the undeniable (2), acting out through self-punishment (2), obsessive pursuit (4), acts of revenge (4), and the savior complex (1). Meanwhile, regarding Adrian's violent actions toward Cecilia, the writer found 3 types there are emotional violence (4), violence against property (2), and physical violence (4). Adrian's obsessive behaviors are motivated by fear of losing Cecilia and his desire to maintain control. His violent actions directly impact Cecilia by causing fear, isolation, and helplessness. These results prove that Adrian's obsessive love disorder not only drives him to control Cecilia but also leaves her suffering severe emotional and psychological consequences.

Keywords: *The Invisible Man, Obsessive Love Disorder, Impact*

ACKNOWLEDGEMENTS

First and foremost, all praises and gratitude are addressed to Allah SWT, the Almighty, who has given countless blessings, strength, and knowledge so that the writer could finally finish this thesis. Peace and salutations are also sent to Prophet Muhammad SAW. Without Allah's guidance and mercy, it would have been impossible for the writer to complete this academic work.

I would like to express my greatest appreciation to Femmy Dahlan, S.S., M.Hum., the writer's thesis supervisor, for her patience, guidance, valuable advice, and continuous support during the process of writing this thesis. Her encouragement truly motivated the writer to finish this research. The examiners, Prof. Dr. Elfiondri, S.S., M.Hum., and Dra. Nova Rina, M.Hum., who is also Head of English Department, Faculty of Humanities, Universitas Bung Hatta, for the constructive feedback and suggestions given during the thesis examination.

The writer also wishes to deliver her deepest gratitude to:

1. Diana Chitra Hasan, M.Hum., M.Ed., Ph.D., Dean of the Faculty of Humanities, Universitas Bung Hatta.
2. All the English lecturers who have guided and inspired the writer throughout this course. Their dedication and willingness to share knowledge have been invaluable in shaping the writer's understanding.
3. This thesis is dedicated to the writer's beloved parents, Abu Hurairah and Kasiana, for their endless love, patience, and support. Their prayers and encouragement have been the greatest strength for the writer to go through her studies and complete this thesis. Special thanks also go to the writer's

sister, Hosvecin Railes Prezika, who has always given motivation and reminded the writer to never give up.

4. Finally, the writer also thanks to all my friends for their support and encouragement throughout this journey

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BAB I

INTRODUCTION

1.1 Background of the Study

The Invisible Man is a psychological horror movie. This movie tells about Adrian Griffin is a wealthy and brilliant scientist, a central antagonist in *The Invisible Man*. Adrian, who looks charismatic but is extremely controlling underneath, utilizes his intelligence not only for creative purposes but also to manipulate and dominate others around him, primarily his girlfriend. Adrian meets Cecilia Kass, an aspiring architect, and the romance begins. An enthusiastic romance swiftly turns into a nightmare. Adrian confined Cecilia to extreme psychological control behind the walls of his high-tech mansion. He breaks down Cecilia from her friends, even her family, follows her every move, and sets what she wears, eats, and who she speaks with. The movie shows Adrian's affection is constrained, obsessive, and dangerous, a kind of manipulation presenting as empathy. Cecilia decided to escape her abusive relationship with her controlling partner. Even when she goes, Adrian refuses to let her go. After the news of his suspected suicide surfaces, Cecilia begins to feel haunted by an existence that she knows all too well.

Adrian uses his invisibility technology to fake his death and begins and begins stalking her, abusing her psychologically and physically, while additionally framing her, and destroying her credibility. These violent actions have profound impacts on Cecilia's mental state, causing her to experience paranoia, isolation, and severe distress as she struggles to convince others of her tormentor's existence. The

movie explores gaslighting, a psychological manipulation tactic in which the abuser induces the victim to question their own views and reality. The movie acts as a poignant critique of the detrimental effects of obsessive love and the challenges of extricating oneself from its hold. Adrian's Obsessive Love Disorder appears through his controlling behaviors, and his actions immediately distressed and impaired Cecilia's psychological health.

In accordance with the previous explanation, Adrian's behavior demonstrated symptoms of Obsessive Love Disorder. The desire to witness your loved one thrive and evolve into a different entity is known as Obsessive Love Disorder. When feelings of love or what seems like love for a person are accompanied by a fixation or a desire to control another person, this could be Obsessive Love Disorder (OLD). Love disorder is a condition that causes you to experience obsessive feelings you might mistake as love for another person (Goldman 1). People with OLD may need to always check on their loved ones, become jealous and possessive, and even occupy in stalking or other harmful behaviors (Leo 1). Adrian's character depicts OLD as an unhealthy disorder in which "the boundaries between love and obsession become pathologically blurred" (Fisher et al.). Cecilia planned quite and psychological pain as examples of what Herman refers to as "coercive control," in which "the perpetrator seeks to destroy the victim's sense of autonomy through total domination" (382). This pattern of obsessive love, as shown in the movie *The Invisible Man*, is an extraordinary disorder that goes above typical romantic disappointment.

Within psychological frameworks, Obsessive Love Disorder represents a

complex interpersonal phenomenon that bridges clinical psychology and cultural narratives. According to Donald G. Dutton and Susan L. Painter's "traumatic bonding theory," individuals like Adrian develop pathological attachments characterized by "intermittent reinforcement and power imbalances" that create powerful emotional dependencies (216). These dynamics frequently appear in literature and movie as cautionary narratives that reflect deeper psychological truths about human attachment. Psychological research by Williams and Frieze indicates that "approximately 12-16% of the general population experiences obsessive love patterns at some point in their lives," highlighting the clinical relevance of Adrian's fictional portrayal (429). The psychological underpinnings of OLD, with its constellation of abandonment anxiety, jealousy, and control behaviors, provide a theoretical framework through which Adrian's character demonstrates the pathological extreme of romantic obsession, where normal attachment transforms into dangerous fixation. The significance of this study highlights a matter intimately connected to our lives: love. Love is a crucial element of human existence, profoundly influencing relationships, emotions, and social interactions. Love is a universal essence that is a fundamental element of human existence. Love is often shown as an all-encompassing feeling, with those in love using every effort to get the forms of love they want or think they deserve. If overstated, this may result in behaviors that motivate individuals to seek love and exert all efforts to get it.

Previous research has been conducted on Obsessive Love Disorder. Nevertheless, this research examining Obsessive Love Disorder using *The*

Invisible Man as its subject has not been done.

1.2 Research Questions

Two questions for research will help the writer in analyzing the movie *Invisible Man*. The two research questions are:

1. How are Adrian's Obsessive Love Disorder behaviors portrayed in *The Invisible Man*?
2. How do Adrian's violent actions give impact to Cecilia portrayed in *The Invisible Man*?

1.3 Objective of the Study

The two objectives of this research are to determine the answers to the research questions that have been provided.

1. To describe Adrian's Obsessive Love Disorder behaviours portrayed in *The Invisible Man*.
2. To describe the impact of Adrian's violent actions to Cecilia, portrayed in *The Invisible Man*.

1.4 Scope of the Study

This study makes use of data collected from the movie *The Invisible Man*, directed by Leigh Whannell. The research focuses on the character of Adrian Griffin, a successful and intelligent optics scientist whose obsessive conduct toward his romantic relationship creates the movie's core tension. The study examines both Adrian's revelation of Obsessive Love Disorder (OLD) and the psychological impact his behavior has on Cecilia.

This movie contains various psychological and social issues, such as post-traumatic stress disorder (PTSD), defense mechanisms, domestic abuse, and antisocial personality disorder. However, this analysis primarily focuses on Adrian's manifestation of Obsessive Love Disorder as evidenced through his behaviors, thoughts, and actions throughout the narrative, as well as the psychological and emotional consequences these behaviors have on Cecilia.

1.5 Significance of the Study

The research is mainly expected for the advantage of the academic community within the English Department. The relevance of this research may be divided into two categories.

- a) Theoretical significance is to support students interested in researching Obsessive Love Disorder, especially within literary contexts. It will constitute one of their directives.
- b) The practical significance is intended to assist students in exploring and understanding obsessive love disorders more thoroughly. Consequently, the students may investigate, understand, and expand their perspectives on obsessive-love disorders with this research.

CHAPTER II

REVIEW OF RELATED LITERATURE

2.1 Previous Study

The author has found several studies that examine the same object through a psychological lens. This allows for a comparison of the differences and similarities between this study and the previous study, which are as follows:

In the first research, (Rezeki et al.) with the title *Defense mechanism of the main character of The Invisible Man movie* to identify the forms of anxiety and defensive mechanisms shown by the main character, Cecilia, in the movie *The Invisible Man*. The study employed Sigmund Freud's methodology, which encompasses neurotic anxiety, moral anxiety, and realistic anxiety, along with defensive mechanisms like repression, sublimation, displacement, rationalization, projection, response creation, denial, and imagination. This study's findings indicated that Cecilia had two types of anxiety: neurotic anxiety (fear of unknown threat) and realistic anxiety (fear in direct, genuine situations). Cecilia uses repression as a coping strategy to mitigate anxiety, subsequently using other mechanisms such as rationalization, fantasy, denial, and response construction. This research highlights that in the movie *The Invisible Man*, Cecilia, the protagonist, employs a defensive mechanism to reduce her anxiety.

Another examination of the research object has also been conducted by Patricia in 2023 the article entitled *Antisocial Personality Disorder of Main Character The Invisible Man Movie Script by Leigh Whannell* this research seeks to identify the traits of antisocial personality disorder shown by the character Adrian

Griffin in the movie *The Invisible Man*, as well as to assess the influence of Adrian's personality on other characters. The research used a qualitative descriptive methodology. The data-gathering method involves reading, recognizing, and categorizing terms included in the movie's script. According to the findings and discussion, five characters in *The Invisible Man* movie script were identified based on Theodore Millon's theory: antisocial and passive-aggressive. Sadistic, histrionic, and egotistical. Among the five personalities identified, Adrian's character is characterized by antisocial conduct, frequently disregarding social standards, infringing upon the rights of others, and engaging in illegal activities devoid of any empathy (Jadut)

The next discussion of the study object also been conducted by Zarka in 2024 with the title *The Abuser in the Machine: The Invisible Man (2020) as Modern Gothic Horror* analyzed how the movie *The Invisible Man* (2020) modernizes Gothic horror to represent psychological abuse, especially through the theme of gaslighting. The study examined the experiences of the main character, Cecilia, and explored how the movie connects with feminist discourse and the movement. The researcher used a Gothic feminist framework to identify how Cecilia's trauma reflects broader social structures that silence and discredit women. The findings indicated that the movie utilizes horror elements to expose the invisible nature of domestic abuse and power imbalances in relationships. The study also emphasized how modern technology is used as a tool of control, showing how the antagonist's invisibility parallels real-world manipulative behaviors. The research concluded

that *The Invisible Man* redefines the Gothic heroine, using horror to critique patriarchal systems and amplify women's voices. (Zarka)

While previous studies have explored various psychological and thematic aspects of *The Invisible Man*, this study introduces a new and focused perspective by applying Forward and Buck's theoretical framework on Obsessive Love Disorder to analyze Adrian Griffin's behavior and violent actions impact on Cecilia Kass. Unlike earlier research that primarily examines Cecilia's defense mechanisms, Adrian's antisocial personality disorder, or the film's Gothic elements, this study specifically investigates how Adrian's obsessive love behaviors are portrayed throughout the narrative and examines the psychological impact these behaviors have on Cecilia. This research contributes to the educational discussion on pathological love representation in popular media by providing a systematic analysis of both the manifestation of Obsessive Love Disorder in Adrian's character and the consequential trauma experienced by his victim. Through this dual focus, the study offers a more comprehensive understanding of the psychological dynamics underlying the film's central conflict.

2.2 Theoretical Framework

Obsessive Love Disorder in romantic relationships has drawn a lot of academic interest. The data used in this study is based on the 2020 movie *The Invisible Man*, which uses Adrian Griffin as a figure to illustrate psychological control, emotional abuse, and obsessive tendencies. Applying the hypothesis of Obsessive Love Disorder (OLD), which is backed by psychological theory from Forward and Buck, this study examines how Adrian's obsessive behaviors are

portrayed throughout the narrative and analyzes the psychological and emotional impact these behaviors have on Cecilia.

2.2.1 Psychology of Literature

Literature and psychology both investigate the human soul. Psychology explains human behaviors and their causes, whereas literature depicts human behavior through fiction. Literature is a tool for understanding human experience. The study of human behavior in Literature and Psychology is interconnected and mutually beneficial (Emir 142). However, while both psychology and literature are concerned with human beings, their topics of study are different. Literature deals with made-up characters, whereas psychology deals with situations from actual life. "What is meant by literary psychology? We mean the study of the psychology of the writer, as a type and as an individual, of the study of creative compositions, or the study of the types and psychological laws that exist in literary works or ultimately influence the literature on the reader (audience)" (Levin 76). The psychological portrayal of characters reveals universal human truths. As Wellek and Warren explain, "The psychological accuracy and depth with which characters are portrayed in literature often illuminate aspects of human nature that scientific psychology struggles to articulate precisely" (93). Character psychology in literature provides a window into human experience through the detailed examination of fictional personalities.

Literary representations of psychological disorders through character portrayal offer valuable insights for both literary and psychological studies. According to Eagleton, "The fictional portrayal of psychological conditions

provides unique perspectives that complement clinical understanding, often capturing subjective experiences in ways clinical literature cannot.” (212). This intersection between clinical psychology and literary character representation demonstrates the valuable contribution of character psychology to both fields.

2.2.2 Obsessive Love Disorder

In advance of analyzing the theory of Obsessive Love Disorder, it is crucial to understand obsession in psychological terms. Obsession, as defined by American Psychological Association, a determined thought, idea, image, or impulse that is perceived as harmful or unsuitable and generates significant anxiety, distress, or discomfort (725). In other words, an obsession is more than just a passing thought; it is a mental fixation that disrupts normal thinking and emotional well-being.

Obsessive Love Disorder (OLD), while not formally recognized as a discrete mental health diagnosis in the DSM-5, is commonly addressed in the psychological literature as a condition characterized by anxiety and compulsive behavior. This term is widely used to describe a situation in which an individual becomes emotionally attached to another person, often to an unhealthy extent. The person suffering from OLD generally feels an intense, overwhelming desire to own, protect, or dominate the person they are obsessed with. This fixation is frequently motivated by a deep fear of abandonment, rejection, or losing the person they love. They may become consumed with thoughts of safeguarding the person they care about, and these thoughts tend to dominate their mental and emotional landscape, reinforcing the compulsive nature of the disorder (Forward and Buck 6-7).

Forward and Buck state that Obsessive Love Disorder pertains more to

longing than to love itself. Longing is a desire for something that is lacking. Even in a relationship, obsessive lovers struggle to provide enough time for shared activities they want. They constantly seek more affection, attention, commitment, and validation. The insatiable and demanding character of obsession will ultimately lose most targets, regardless of the initial promise of the connection. Despite their affection, obsessive lovers sometimes place their wants and desires over those of their object of affection. Healthy love is defined by trust, compassion, and reciprocal respect. Fear, possessiveness, and jealousy, conversely, preclude obsessive activity (8).

Obsessive Love Disorder patients typically go to great lengths for their partner and find it impossible to separate from them or their obsessive target. They appear to be out of control because they succumb to impulses. In addition, someone with Obsessive Love Disorder will accept their condition by convincing their partner that only someone they love can fulfill their needs, also known as the "One Magic Person" (Forward and Buck 21)

Furthermore, Forward and Buck also mention that anyone, not just men or women, can have Obsessive Love Disorder, and there are no criteria for who will be the target of obsession, but some people can make their lover a driving force for their obsession, and some can even marry their obsessive targets because their obsession makes them pursue to get what they want (7). Forward and Buck also describe some of the behaviors of Obsessive Love Disorder, identified with the following explanation:

1. The Thrill of a New Romance

We feel like we're walking on air when we first fall in love. Flowers smell better, music sounds better, the sky appears bluer, our pulse quickens, and our mood soars. These heightened sensations are not fictitious. Romantic feelings, hopes, and fantasies cause physical changes in our bodies. Our heart rate increases, we flush, our adrenaline levels rise, hormonal changes occur, and our brains release endorphins, the body's natural opiate. Due to this chemical activity, love manifests as both a physical and mental state (19)

This is an example of a case experienced by a woman named Margaret. Within a week, we were seeing each other almost every night. It was a fantastic high. He'd call me at work during the day, and I'd get the most delicious butterflies in my stomach just hearing his voice. I was in absolute heaven (18)

Even though Margaret was describing the beginnings of what would become an intensely obsessive relationship, her description could just as easily describe the beginnings of some healthy relationships. Most of us enjoy the giddy feelings Margaret mentioned (18–19)

2. Idealized Lover

It's natural to see a lover through rose colored glasses during the excitement and passion of a new romance. We go to great lengths to see only what we want to see, filtering our perceptions through romantic ex-lovers. Expectations and wishes. This optimistic filtering of reality is referred to as idealization. Obsessors believe sometimes unconsciously that their One Magic Person can make them happy and fulfilled, solve all their problems, give them the passion they crave, and make them feel more wanted and loved than they have ever felt before. With all of this power,

the One Magic Person transforms into more than just a lover he or she becomes a necessity of life. The One Magic Person has no prerequisites. It is not necessary for him or her to be particularly attractive, intelligent, witty, or successful, or to possess any of the other qualities we usually associate with desirability. Below is an example of a case experienced by Margaret (18–19)

I was overjoyed. He was flawless. I felt like my life was finally coming to a close. Not only did I have a job I enjoyed, and my son appeared to be doing well, but now I had this fantastic guy. The sex was great, the conversation was great, he cooked these romantic meals for me, and he even fixed my car. I felt completely safe with him, not only physically but also emotionally. I'd finally met the man I'd spend the rest of my life with. He made me feel more than I'd ever felt before, like I was finally a complete person. And I knew no one else on the planet could make me feel that way (19)

Margaret drew a lot of conclusions about Phil simply because he was a good lover and enjoyable to be around. She knew very little about him. In the two weeks of passion that they'd shared, she couldn't have learned much about his character or his previous relationships. Nonetheless, she was convinced that he was "perfect," that he would make a lifetime commitment to her, and that he and only he had the power to make her feel complete (Forward and Buck 20).

3. The Mental Sculptor

As lovers become more emotionally intimate in a healthy relationship, they begin to feel secure enough to reveal themselves as real people with flaws. These lovers' romantic expectations naturally evolve to reflect the changes that increased

honesty brings to their relationship. If they don't like what they find, they can leave the relationship. However, for obsessive lovers, leaving is not an option. No matter what the reality is, they imagine the relationship they desire. They shape their expectations like mental sculptors, using wishes as their clay rather than truth. These expectations are remarkably resistant to reality's inevitable hammer blows (21-22). Below is an example of case experienced by Don (21-22).

My first response was "God, I would love to be involved with her." She had this gorgeous British accent and this beautiful translucent skin and these eyes she just knocked me out. We talked for a while, then my friend left and I suddenly had this impulse to ask if I could take her to dinner. She looked at me, and said, "I'm sorry, but I'm married." Normally, that would have been the end of it, but this time the words didn't matter to me. I couldn't just let her walk out of my life. I needed to find a way to spend time with her, no matter what. So I asked her if she'd be willing to join me for a cup of coffee, just to talk. When she said "okay," I thought I'd died and gone to heaven (22).

Don fell in love at first sight, just like in the movies. But there was a problem-from the first moments of their meeting, Don knew Cynthia was married. In other circumstances this would have discouraged him, but Don was convinced that he had found his One Magic Person. So he began to mold his own reality to eclipse the magnitude of this stumbling block (23).

Most mental sculptors have had some romantic encouragement, even if it's only a few dates. However, a target is not required to encourage his or her obsession. In extreme cases, the One Magic Person may not even know the name of the

obsessor. Below is an example of a case experienced by Laurie (24).

I'm having a terrible time because I can't stop thinking about him. But I could never bring myself to ask him out for a drink or even a cup of coffee. It just wouldn't be right, given that he's married. I know it's ridiculous, but some nights I just can't stop crying. My friends are all concerned about me because I'm losing so much weight. It's as if this guy has taken over my life without even realizing it (25).

Laurie's romance was entirely composed of imaginative components. She had no reason to believe that her fantasy lover would ever be interested in her. All evidence pointed to the opposite. Despite knowing she had no chance of finding love, she remained completely fixated on her One Magic Person (25).

4. The Power of Great Sex

Most obsessors do have some sort of relationship with their One Magic Person, ranging from infrequent dating to marriage. But whatever the nature of the relationship, sex almost always plays a major part. And obsessors often report incredible sexual experiences with their target. This steamy cycle of sex, idealization, and enchantment draws obsessors even deeper into their relationships. Obsessors see their raging sexuality as a cosmic sign that they and their lovers were made for each other. Below is a case study of Margaret (26).

The first time we slept together, I felt as though I was experiencing sex for the first time. During our first sexual encounter, he inquired about my preferences, something no one had ever done before. By the end, he knew everything there was to know about me, and I mean everything. He applied pressure to my tongue, causing me to feel as though I might burst. We kept going for about three hours, and

it just got better and better. And it was the same every time (26).

Margaret's heightened emotions, romantic fantasies, and extreme expectations intensified her sexual encounters with Phil. The intoxicating pleasure she experienced from their hot-blooded lovemaking led her to idealize Phil even more. This, in turn, made him seem increasingly alluring and irreplaceable to her, thereby intensifying the sexual heat even further.

5. From Romance to Rejection

When rejection comes into play, the distinction between healthy and obsessive partners becomes more apparent. Healthy lovers who are rejected tend to grieve and go on with their lives. Obsessive lovers experience panic, insecurity, fear, and anguish, leading them to resist the degradation of their relationship (27).

We all face the risk of rejection when we embark on a new relationship. Most of us have occasional doubts about the possibility of our lover leaving us. Because obsessors believe that the success of their relationship is critical to their emotional survival, they frequently become hypersensitive to every nuance of their lover's behavior, whether it is a changed tone of voice, a broken date, or a new hobby. Anything less than their target's complete devotion and attention can make an obsessor feel isolated. Many obsessives try to guess what kind of person their lover wants them to be to protect themselves from the rejection they fear. They agonize over how they look, how they speak, how they perform in bed, and how intelligent they appear, twisting themselves into pretzels to be desirable to their One Magic Person. Anything to avoid being rejected. Below is a case study of Margaret (28).

He called one night to say he'd be out late playing poker with the guys. He

didn't arrive until three a.m., and the whole time I was wondering why he wanted to be with them and not with me. Was he getting tired of me? Was he getting restless? I tried to suppress my emotions, but it scared me. I began asking him if he loved me every time he left the house. I knew it bothered him, but I couldn't stop myself from hearing him say it. I was madly in love with him. I started hating it when he had to go to work because I wanted to be with him all the time (28-29). When her rejection anxiety escalated, Margaret's need for reassurance became insatiable. Anything and everything that took Phil away from her made her feel threatened. She became clingy and demanding, which heightened her fear because she knew such behavior would cause Phil to reject her. However, she couldn't stop herself. Her obsessive tendencies had taken on a life of their own after being brought to the surface by rejection anxiety. Margaret's better judgment couldn't stand up to the power of her obsessive love (29).

6. Denying the Undeniable

When rejection clouds the obsessive lover's reality, he or she will invariably seek refuge in denial. Denial is one of our most fundamental and effective defense mechanisms. In its most extreme form, denial can completely negate reality, leading one to believe that the truth isn't true. But most people use less extreme forms of denial (33).

7. Acting Out Through Self-Punishment

The image of obsessive lover behavior that we get from the news, movies, and television involves intrusions into a target's life as well as threats or even harm to a target. However, many obsessive lovers respond to the pain of rejection by

unconsciously turning against themselves, acting in ways that harm their own emotional and, in some cases, physical well-being (39).

8. Obsessive Pursuit

When obsessors feel as if their lives are spinning out of control as a result of rejection, they usually see only one course of action: to keep their relationship from ending or, if it has ended, to bring it back to life. Obsessive pursuit aims to rekindle the One Magic Person's interest. When obsessors attempt this, they often straddle a delicate boundary between acting out against themselves and acting out against others. Pursuit is not necessarily obsessive in and of itself. New lovers frequently withdraw temporarily, sometimes due to their initial flood of emotion makes them fearful of being hurt. A little encouraging pursuit may allay their fears in such cases. This pursuit, however, should be limited to a few attempts. If the person continues to withdraw, finds a new lover or returns to an old one, or otherwise resists efforts to rekindle the relationship, it is time to let go, no matter how painful. However, obsessors see letting go as equivalent to jumping off an emotional cliff. These include sending unwelcome gifts, flowers, or letters, creating excuses to meet the target, phoning incessantly, stalking, showing up unannounced, or even threatening harm to themselves or others. Such behaviors are not mere acts of affection but are attempts to regain control and avoid emotional devastation caused by rejection. (42).

9. Revenge Fantasies

When obsessive rage becomes too strong to suppress, most obsessors fantasize about exacting revenge. Nothing is wrong with that. Everyone has a malicious fantasy now and then. However, for obsessive lovers, revenge fantasies

frequently become a never-ending loop in their minds, taking yet another toll on their emotional well-being (64).

The rage that fuels revenge fantasies energizes and empowers people. Depression, on the other hand, has the opposite effect. People who are depressed often feel powerless, exhausted, and hopeless. Therefore, while rage and depression can coexist in the same person, they rarely occur simultaneously and at the same time. Rage and depression are two extremes of the same force: anger. Rage is usually anger directed at someone else (65).

10. Acts of Revenge

For obsessors, revenge means the end of the road. It is at this time that they stop their battle to reclaim their One Magic Person and focus on a new goal: punishing the person who has brought them so much awful conditions. When obsessors seek revenge, the struggle for supremacy between love and wrath is finally over, rage has succeeded.

These actions can range from emotional manipulation to physical harm and are used to regain a sense of control or superiority. Examples of revenge tactics described in the book include, Spreading rumors about the target, Sabotaging the target's personal or professional life, Destroying the target's belongings, Turning mutual friends or family members against the target, Threatening or enacting self-harm as emotional blackmail, Physically hurting the target(67-75)

11. The Savior Complex

The conviction that the object of their obsession is the only person who can deliver them from their demons by providing them with love and the ideal

relationship they crave. Some obsessive lovers are attracted magnetically to targets who have massive life problems. The partner could be unemployed, an alcoholic who is frequently drunk or hungover, a drug addict whose life revolves around the next fix, or a con artist. The partner may have severe or chronic sexual problems, or in extreme cases, may be a physical abuser or a habitual criminal (77).

Whatever the issue, the obsessors who are drawn to these lovers believe they have the power to solve it. They believe that if they just love enough, give enough, do enough, or sacrifice enough, they will be happy. If they care enough, they can free their lover from the clutches of personal demons, allowing him or her to pursue the idyllic relationship they so desperately desire. This powerful set of beliefs is known as the Savior complex, and the people who live by them are known as Savors. Many people associate the word Savior with religion. Others envision knights slaying dragons, cavalry riding to the rescue, or superheroes saving the world. The word Savior evokes strength, nobility, virtue, and compassion. The Savior role is one of the most romantic and enticing of all the roles we play in our lives (77-78).

2.2.3 When Obsession Turns to Violence

In certain severe circumstances, when people with obsessive love are rejected by the object of their fixation, their mental distress can lead to violent conduct. For these individuals, known as obsessors, the inability to accept rejection can have negative effects not only for themselves but also for those they target. As Forward and Buck point out, violence becomes a tragic and unpleasant reality for some victims of obsessive love. This violence cannot be downplayed or ignored;

pretending it does not exist merely reduces the dangers faced by those attacked. The terrible reality is that, in certain cases, obsessive love can lead to harmful and permanent effects for everyone concerned, especially when the obsession becomes hostile or vindictive (149).

According to Forward and Buck, for many obsessors, the path of obsession often culminates in a desire for revenge. This marks a significant turning point in their emotional journey. Initially driven by a need to regain the affection or presence of what they perceive as their “One Magic Person” the individual they obsess over, they may remain hopeful and persistent. However, when all efforts to restore the relationship fail, the obsession can shift from love to resentment. At this stage, the obsessors no longer seek reconciliation. Instead, they focus on punishing the person they blame for their emotional suffering. As Forward and Buck note, this transformation represents the moment when rage ultimately overpowers any lingering feelings of love. The internal struggle between the desperate need for emotional connection and the pain of rejection ends with anger taking control. In this state, the obsession becomes less about love and more about dominance, control, and emotional retaliation (66-67).

According to Forward and Buck, this is a form of act of revenge performed by obsessors :

1. Emotional Violence

According to Forward and Buck, one form of obsessive revenge is emotional violence, which can be just as damaging to a target’s psychological well-being as physical violence, since it produces feelings of violation, fear, helplessness,

frustration, and rage. This type of violence is often carried out through actions meant to harm the target's personal, social, or professional life, such as sabotaging a career, destroying a reputation, or manipulating others, yet it frequently occurs without breaking any laws, leaving victims without legal protection.

Forward and Buck describe how obsessors, driven by desperation or anger, may reveal personal secrets, make scenes in public or at workplaces, spread harmful rumors, or create financial burdens, all with the aim of causing emotional harm. An example provided in their work is the case of Don, whose act of revenge against Cynthia was entirely emotional rather than physical. Though he did not commit physical assault, his actions caused deep psychological harm by undermining her personal life, showing that emotional violence can be equally destructive. This reflects how obsessive lovers may channel their emotional turmoil into calculated acts intended to wound their former partners, even without direct physical aggression. (68-69).

2. Violence Against Property

Obsessive lovers who believe they are incapable of using physical violence against another person are frequently surprised by how explosive they can become when they direct their vengeful rage at their target's property. When obsessives fixate on a possession that represents their target, it is usually something that is part of the target's daily life, something to which the target is particularly attached, or something that has meaning in the relationship. What about houses, cars, clothing, furniture, and appliances? The obsessors rage may be directed at anything, including pottery, glassware, jewelry, art, and gardens. Some obsessive lovers believe that by

attacking objects, they are preventing themselves from attacking their target personally, as if attacks on property are somehow justified because they derail a larger crime. However, while destroying property may temporarily relieve the pressures of accumulated rage, those pressures are not relieved. And, because the rage persists, attacks on the property offer no protection against personal assaults(69).

3. Physical Violence

Obsessed people lose their sense of self, become unpredictable, and do things they never thought they were capable of. The most extreme example is physical violence against others. Obsessive lovers who resort to physical assault are often consumed by rage, which interferes with their ability to function in their daily lives. Vengeful assault is an attempt by these obsessors to regain control by exorcising their rage. However, physical assault is a futile catharsis. Obsessors who inflict pain on others are unconsciously attempting to deflect their pain. However, this type of transfer is doomed to fail because the rejection that caused the pain in the first place is not eliminated, but rather exacerbated (75).

4. When Obsession Leads to Murder

Some obsessors lose control and only assault their victim once. Other obsessors with severe personality disorders are chronic batterers. The tragic reality is that a victim's life can be taken with just one uncontrollable outburst. Obsessors who hit their targets during the relationship are extremely likely to use assault to regain control or exact revenge if they are rejected. Even if obsessors never hit their target, they may have expressed their rage in other ways. They may have a history

of fighting, breaking or throwing objects, or punching walls. When these obsessors are upset, they tend to resort to violence, and under the extreme stress of rejection, they are especially likely to lose control and assault their target (75).