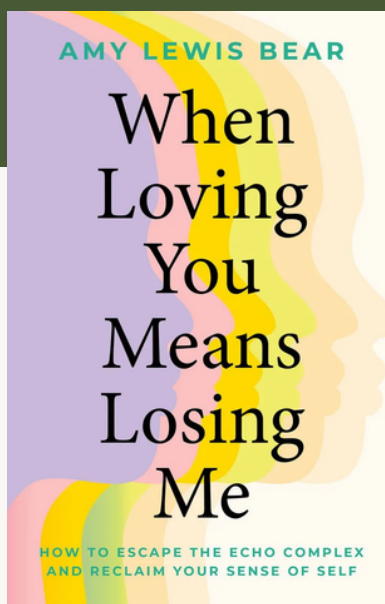


Amy Lewis Bear

When Loving You Means Losing Me

How to Escape the Echo Complex and Reclaim Your Sense of Self

Psychotherapist, author, and leading voice on emotional abuse and the loss of self in intimate relationships.



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“Grounded in solid psychoanalytic theory and trauma research, this book is an essential resource for both therapists and survivors seeking real understanding and recovery.”

JOHN GRAY, PHD · MEN ARE FROM MARS, WOMEN ARE FROM VENUS

MEDIA ENQUIRIES

Vicky Lynch, KT Media Strategies · vicky@ktmediastrategies.com

amylewisbear.com

Amy Lewis Bear, LPC

Psychotherapist · Author · Licensed Professional Counselor, Georgia

The first sign that something was deeply wrong with Amy Bear's marriage came before the reception was even over, when her husband shoved wedding cake into her face. While everyone else laughed, Amy felt humiliated.

That moment confirmed two years of subtle warning signs, and over the next eight years, the emotional abuse only escalated. Realizing she would never feel emotionally safe, she finally left the marriage in order to prevent her son from abuse.



Amy Lewis Bear, LPC, is a psychotherapist, author, and leading voice on emotional abuse and the loss of self in intimate relationships. For nearly twenty years, she has helped individuals recognize psychologically harmful relationship patterns, recover from emotional abuse, and reclaim the parts of themselves they lost along the way.

Amy lived experience as a survivor of psychological abuse, giving her a deeply informed perspective on the subtle dynamics that can leave people questioning their perceptions, silencing their needs, and becoming increasingly disconnected from themselves.

Through her private practice, writing, and educational YouTube videos, she is dedicated to helping people name what is happening in their relationships and find a path back to clarity, confidence, and self-trust.

She is the author of *From Charm to Harm: The Guide to Spotting, Naming, and Stopping Emotional Abuse in Intimate Relationships*. Her second book, *When Loving You Means Losing Me*, will be published by Broadleaf Press on September 1, 2026.

AREAS OF EXPERTISE

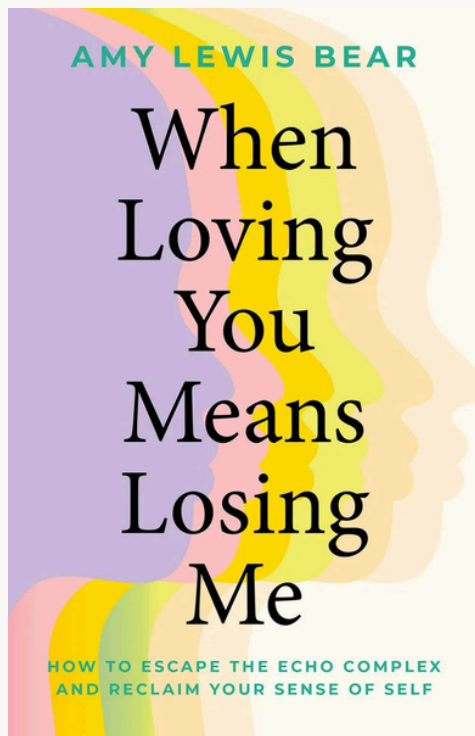
- Relationship Psychology
- Personal Empowerment
- Emotional Healing
- Psychological Abuse

AT A GLANCE

In practice	Nearly 20 years
Licensed in	Georgia
YouTube	@therapywhenlovefeelshard

When Loving You Means Losing Me

How to Escape the Echo Complex and Reclaim Your Sense of Self



PUBLISHER

Broadleaf Press

PUBLICATION DATE

September 1, 2026

AVAILABLE

[Amazon](#)

SYNOPSIS

People enter relationships looking for love, safety, and fulfillment. But sometimes closeness takes a dark turn.

One partner fears intimacy and mistreats the other, first subtly, then openly. The hurt partner, confused and in pain, adopts behaviors meant to appease, desperate to regain affection or keep the peace. Gradually, they become a reflection—or echo—of their partner's fear and fall into a trap of losing themselves.

Psychotherapist Amy Lewis Bear knows this pain firsthand, and in *When Loving You Means Losing Me*, she clearly identifies this phenomenon as the Echo Complex. The Echo Complex is a pattern of reactive thoughts, emotions, and behaviors that an individual develops in response to their partner's fear of genuine intimacy.

Rather than demonstrating love, the fearful partner pushes the other person away through distancing behaviors, manipulation, and emotional isolation. In response, the intimacy-seeking partner fights harder for connection, conforming to an inauthentic version of themselves in an effort to find acceptance. But this only leaves them feeling consumed, exhausted, and more disconnected from both their partner and themselves.

Healing, however, is possible. Amy Lewis Bear shines a piercing light on why some partners withdraw emotionally, and why molding yourself to get closer only deepens the damage. Through Amy Lewis Bear's story and the raw experiences of others whom she has helped, you will discover the hidden psychological forces that block emotional intimacy, the paradoxes that keep people stuck, and the way toward emotional safety, wholeness, and love that doesn't require you to be anyone but who you are.

What Amy can talk about

POTENTIAL INTERVIEW TOPICS

- The Hidden Cost of Losing Yourself in a Relationship
- The Emotional Abuse Red Flags Most People Miss in a Relationship
- Healing After Emotional Abuse: Reclaiming Your Story and Sense of Self
- The Echo Complex: Understanding Identity Loss After Emotional Abuse
- Why People Stay in Emotionally Abusive Relationships
- What to Do When Couples Therapy Isn't the Answer

INTERVIEW QUESTIONS

- 01 You've coined the term "The Echo Complex." What is it, and how is it different from simply having low self-esteem or experiencing trauma?
- 02 Many people think emotional abuse is obvious, but you argue it's often invisible. What are the biggest warning signs someone is losing themselves in a relationship before they even realize it's happening?
- 03 You write about the "seven stages of losing yourself." What does that progression look like, and at what point should someone become concerned?
- 04 Why do so many intelligent, successful, and capable people stay in emotionally abusive relationships, even after they recognize something is wrong?
- 05 Some controlling behaviors are often mistaken for love, loyalty, or commitment. What are the most common relationship red flags people dismiss because they seem caring on the surface?
- 06 You caution that couples therapy isn't always the right answer. When can it actually make an emotionally abusive relationship worse, and what should someone do instead?
- 07 For someone who says, "I don't even know who I am anymore," where do they begin rebuilding their identity, especially if therapy isn't immediately accessible?
- 08 Narrative therapy plays a major role in your work. How does changing the story someone tells about themselves help them recover from emotional abuse and reclaim their sense of self?
- 09 You've identified several paradoxes that keep people stuck in unhealthy relationships. Which one do you see most often, and why is it so difficult to break free from?
- 10 If you could leave listeners with one message about healthy relationships and protecting their sense of self, what would you want everyone to remember?

Television, radio, and how Amy works

SELECTED TELEVISION

WTMJ-TV Milwaukee

KNXV-TV Phoenix

KAZT-TV Phoenix

KOB-TV Albuquerque

KATU-TV Portland

WTVR-TV Richmond

ALSO ON TELEVISION

WREG-TV "Live at 9" Memphis · WHBQ-TV (Fox) "Good Morning Memphis" · WXIA Channel 11 "Atlanta & Company" (regular guest) · AIBTV Atlanta Interfaith Broadcasters "A Woman's Place" · San Diego 6 CBS/Warner "San Diego Living" · KASA-TV "New Mexico Style" Albuquerque

RADIO

The Maggie Linton Show, Sirius XM · MyNDTALK with Dr. Pam Brewer, Pacifica Radio Network · Women's Watch with Ellen Sherman, WBZ-AM Boston · Conn Jackson Radio, iHeart Love 860 AM Atlanta · The Adams Report, WHCR 90.3 FM New York · Marybeth Conley Show, KWAM 990 Memphis · Chat with Women, KKNW-AM Seattle · The Frankie Boyer Show Boston · and others

WRITING

[The Rise of "Silent Divorces" \(& Why Couples Stay Anyway\) — Scary Mommy](#)

[Healing From Toxic Relationships — Authority Magazine](#)

COLUMN

[Charm to Harm — Psychology Today](#)

SESSIONS & SERVICES

Consultation, 50 minutes · \$195

For women living inside and outside Georgia, as a specialist in difficult relationships, emotional abuse, and loss of self.

Psychotherapy, 50 minutes · \$195

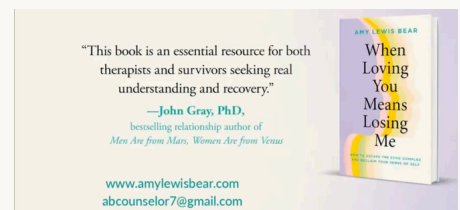
For residents of Georgia, where Amy is licensed as a psychotherapist. Short or long term.

SPEAKING

Podcast and broadcast interviews, panels, keynotes, and workshops for practitioners.

FREE RESOURCES

Relationship quizzes, blog articles, and the YouTube channel for producers who need supporting material.



BOOK TRAILER

[Watch the trailer →](#)

Praise for the book

“This book puts words to what so many women feel but struggle to explain: the slow, quiet loss of self that can happen in love.... When Loving You Means Losing Me is not just eye-opening; it’s freeing.”

RAINIE HOWARD Bestselling author of *The Love Habit*

“Grounded in solid psychoanalytic theory and trauma research, this book is an essential resource for both therapists and survivors seeking real understanding and recovery.”

JOHN GRAY, PHD

Bestselling relationship author of *Men Are from Mars, Women Are from Venus*

“Psychotherapist Amy Lewis Bear shines a compassionate light on the emotional patterns that can slowly erode a person’s sense of identity within unhealthy relationships.... This thoughtful guide is both validating and empowering.”

PORTLAND BOOK REVIEW

“Amy Lewis Bear helps us understand the dangers of losing oneself in a relationship.... She walks us so brilliantly through the process of healing and ending self-neglect to help us reconnect with our true selves.... This is a masterfully written must-read.”

TARA ARNOLD, PHD

Licensed clinical social worker; founder and clinical director of Deepen Wellness & Psychotherapy

“An eye-opening, heart-awakening guide for anyone who has slowly disappeared inside a relationship.... Amy Lewis Bear invites the reader to recognize the subtle ways we trade our needs, desires, and values—our very sense of self—for connection.”

GG RENEE HILL

Author of *Story Work: Field Notes on Self-Discovery and Reclaiming Your Narrative*

“Anyone who has loved and struggled to understand why their energy is consumed, their empathy depleted, and their heart fortified against lies will find this book on their nightstand, dog-eared, highlighted, and with pencil marks in the margins.”

CHRISTINA CHAPMAN

Medical social worker and case management educator

“This book will benefit psychotherapy practitioners working with clients who are experiencing relational abuse, as well as those with lived experience of relational abuse who are seeking a deeper understanding of their experiences.”

COURTNEY L. CROOKS, PHD

Clinical psychologist and psychoanalytic psychotherapist

MEDIA ENQUIRIES

Vicky Lynch, KT Media Strategies

vicky@ktmediastrategies.com

IMPORTANT LINKS

amylewisbear.com

YouTube @therapywhenlovefeelshard

LinkedIn in/abearcounselor