

LIMERANCE

It Feels Like Love,
BUT IT'S NOT. 

Understanding the Difference. Breaking the Cycle. Choosing Freedom.



WHAT IS LIMERANCE?

Limerance is an involuntary emotional state of intense infatuation and obsession with another person.

It's not based on who the person truly is, but on the **fantasy, hope,** and high of **unreciprocated** or **uncertain love.**







LIMERANCE THRIVES ON UNCERTAINTY. HEALTHY LOVE THRIVES ON CONSISTENCY.

HOW LIMERANCE FORMS



LIMERANCE IS NOT:

-  Not genuine intimacy
-  Not healthy love
-  Not God's best for you
-  Not a safe foundation for a relationship



SIGNS YOU MAY BE EXPERIENCING LIMERANCE



INTRUSIVE THOUGHTS

They are constantly on your mind, and you can't stop thinking about them.



IDEALIZATION

You focus on their good qualities and overlook their flaws.



EMOTIONAL HIGHS AND LOWS

You feel euphoric one moment and devastated the next based on their behavior.



OBSESSION WITH ATTENTION

You seek signs, texts, or interactions to feel seen, chosen, or validated.



UNCERTAINTY KEEPS YOU HOOKED

Mixed signals, inconsistency, or distance intensify the attachment.



PAIN, ANXIETY & SELF-DOUBT

You question your worth and feel emotionally dependent on their response.

HOW TO BREAK FREE FROM LIMERANCE



AWARENESS

Recognize the pattern for what it is.



TRUTH

Face reality. Know the real person, not the fantasy.



BOUNDARIES

Limit contact and stop feeding the cycle.



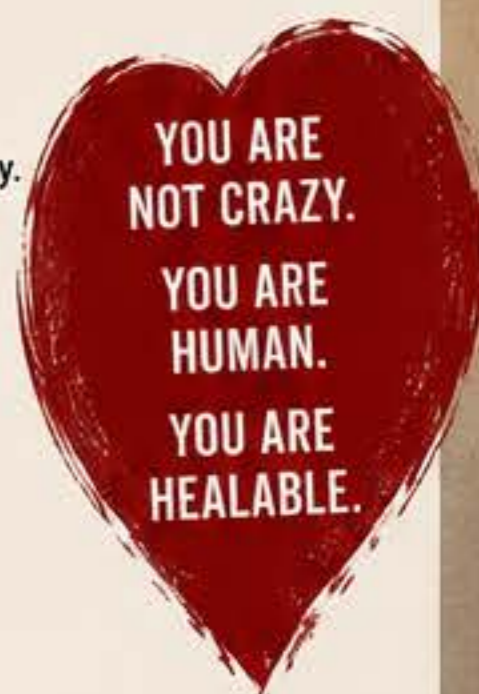
HEALING

Address emotional wounds, trauma bonds, and unmet needs.



SURRENDER

Release the outcome and trust God with your heart.



Want to go deeper?

My book **WHEN LOVE HURTS: TOXIC RELATIONSHIPS and Breaking Trauma Bonds**

will help you understand the patterns, break trauma bonds, and rebuild your life.



“ YOU DESERVE REAL LOVE, REAL PEACE, AND REAL HEALING. The right love won't make you beg, compete, or lose yourself. ”


RESOURCES. HEALING. HOPE.


You don't have to do this alone.




Walk by Faith Counseling™

Healing one step at a time

 www.wbfcounseling.com

 Indianapolis, Indiana

 317.300.4181

AWARENESS IS THE FIRST STEP. HEALING IS THE NEXT. FREEDOM IS YOURS. 