

10 SIGNS

You're Emotionally Exhausted in Love

Love should not leave you depleted, confused, or constantly trying to prove your worth.

EMOTIONAL EXHAUSTION
is your heart's way of
asking for help.



RESOURCES. HEALING. HOPE.
You don't have to do this alone.

Visit


www.wbfcounseling.com

to access helpful resources
and learn more.




**Walk by
Faith Counseling**

Healing one step at a time

 Indianapolis, Indiana

 www.wbfcounseling.com

 (317) 300-4181

1



YOU FEEL DRAINED AFTER MOST INTERACTIONS.

You leave conversations feeling tired, not fulfilled.

2



YOU OVERTHINK EVERYTHING.

You replay conversations, second-guess yourself, and try to figure out what went wrong.

3



YOU WALK ON EGGSHELLS.

You change your mood, tone, or behavior to avoid conflict or disappointment.

4



YOU FEEL UNSEEN AND UNAPPRECIATED.

No matter how much you do, it's never enough.

5



YOU LOSE YOURSELF TRYING TO KEEP THE PEACE.

You silence your needs, opinions, and boundaries to keep the relationship stable.

6



YOU FEEL ANXIOUS MORE THAN SECURE.

You're constantly wondering where you stand.

7



YOU KEEP EXCUSING HURTFUL BEHAVIOR.

You justify, downplay, or make excuses for things you know aren't okay.

8



YOU FEEL MORE ALONE WITH THEM THAN WITHOUT THEM.

Instead of feeling loved, you feel lonely.

9



YOU FEEL STUCK BUT UNHAPPY.

You know something isn't right, but leaving feels scary, confusing, or impossible.


10



YOU FEEL EMOTIONALLY AND MENTALLY DEPLETED.

You have nothing left to give—to them or to yourself.

You deserve peace. You deserve healing. You deserve better.

YOU ARE NOT ALONE.  YOU ARE NOT BEYOND HEALING.