

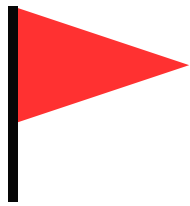


Family
Violence
Prevention
Services, Inc.

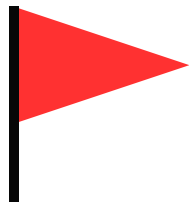
The Battered Women
and Children's Shelter

Love Bombing:

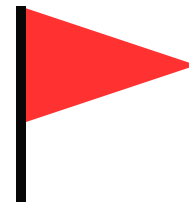
A common manipulation tactic where someone overwhelms you with excessive affection, attention, gifts, praise, and rapid commitment early on to create quick emotional dependency. The intensity later drops or flips into criticism, control, or withdrawal once you're hooked.



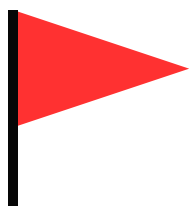
Over-the-Top Affection such as grand gestures, over the top idealization, and declarations of love very early in the relationship



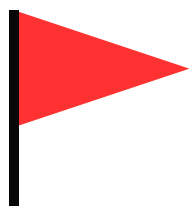
Recipients receive extravagant gifts that can create a sense of “obligation” or “indebtedness”



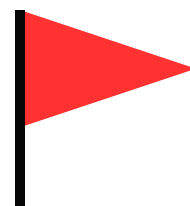
Pressure to reciprocate; and expecting constant attention, affection and emotional dependency



Love bombers attempt to isolate their partners from friends, family and other loved ones; making them more reliant on the love bomber for emotional support



The love bomber will display inconsistent behavior, or an overall dramatic shift in behavior and affection, after the initial phase. This leads to emotional confusion and turmoil



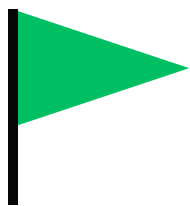
The love bomber will ignore your boundaries and comfort level with the displays of affection



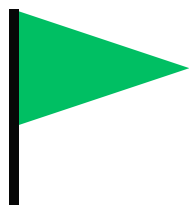
Family
Violence
Prevention
Services, Inc.

The Battered Women
and Children's Shelter

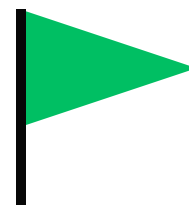
Protecting Yourself from Love Bombing



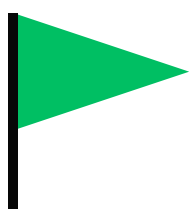
Set and enforce clear boundaries immediately



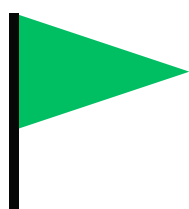
Take time to reflect and assess whether the affection seems genuine or whether it seems controlling and overwhelming. Track patterns.



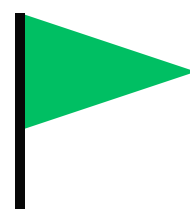
Go slow on purpose. Do not rearrange your life, cancel plans or isolate yourself from friends/family



Test consistency, not intensity. Observe how they treat you and others when you disagree, when you're busy, or when they don't get immediate validation.



Protect your vulnerabilities. Be cautious with sharing finances, living situations, passwords, or deep personal history until trust is proven over time.



Have an exit plan. You can end things at any sign of manipulation without needing a dramatic reason. Stating "The pace doesn't feel right for me" is enough