

# Limerence Detox Workbook

## Step-by-Step Practices to Stop Obsessive Crushes Owning Your Life

This workbook is your guided space to gently step out of limerence and back into your own life. Use it over at least thirty days. You do not need to be perfect. Each page is an invitation, not a test.

Complete these pages with honesty and kindness. If you notice strong emotions, pause, breathe, and remind yourself that nothing you write here has to be judged or shown to anyone else. This is for you.

Start date of my limerence detox:

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Optional review date (for example, after 30 days):

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One sentence intention for this detox:

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## Section 1: Mapping Your Limerence

Begin by describing what your limerence looks and feels like right now. Write freely. There are no wrong answers.

When during the day does this person usually take over my thoughts?

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What situations or triggers make my obsession stronger?

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What emotions show up in my body when I think about them?

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What do I usually do next when those thoughts appear?

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If I imagine the part of me that is most attached to them, how old does that part feel?

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## Section 2: Daily Limerence Log

Use this table to track your limerence episodes. Capture at least a few entries each week. Notice patterns rather than judging yourself for having them.

| Date | Trigger or situation | Key thoughts | Main emotions (0-10) | What I did next |
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### Section 3: Nervous System Regulation Tracker

When limerence surges, your body often carries the tension. Use this page to experiment with grounding practices and to see, in writing, that your nervous system can move toward calm without contact from the limerent person.

Before each practice, briefly describe how your body feels and rate your activation. After the practice, note any changes. No shift is too small to record.

| Date | Body sensations before | Practice I used | Activation before (0-10) | Activation after (0-10) | Body sensations after |
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## Section 4: Digital Boundary Plan

Digital boundaries create a detox container for your nervous system. Design boundaries that feel challenging but realistic. You can always review them later.

My overall intention for digital boundaries:

| App or platform | Current pattern | New boundary for this detox | Start date | Check-in notes |
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## Section 5: De-Crystallising the Fantasy

Use this split-page exercise to gently separate the fantasy story about this person from the grounded story based on observable facts.

On the left, write the story your limerence tells. On the right, write the story a compassionate outside observer might tell.

| Fantasy story my limerence tells | Grounded story based on reality |
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## Section 6: Redirecting Attachment Energy

Your limerence is carrying powerful attachment energy. Instead of trying to delete it, you can redirect it inward and outward.

Letter to my younger self who clings to this crush:

People and spaces that can hold me in a healthier way:

Name, place, or community and how I want to connect with them:

| Name or space | How I want to connect | First small step | When I will do it |
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## Section 7: Detox Reflection and Next Steps

At the end of your chosen detox period, use this page to reflect on what has shifted. Be honest and gentle. Progress can be subtle and still very real.

What has changed in my body, thoughts, or daily life since I started this limerence detox?

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Where do I still feel most attached or activated when I think of this person?

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Which practices from this workbook helped me the most, even in small ways?

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What do I want to keep doing over the next month to support my healing?

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If I imagine a future version of me who is free from this obsession, what does their life look and feel like?

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Reminder to myself: I am not detoxing from love. I am detoxing from a pattern that taught me my worth depends on one person's attention. My capacity to love deeply is a gift, and I am learning to protect it.