

Love Bombing & Weak Boundaries

A pause-and-reflect guide from Loose Gravel

What Love Bombing Is

Love bombing is intense attention, affection, or promises early on that create emotional urgency before trust is built. It often feels exciting, affirming, or relieving — but it moves faster than safety can form.

Common Love Bombing Behaviors

- Excessive compliments early on
- Fast emotional intimacy
- Pressure to commit quickly
- Constant contact disguised as care
- Big promises without consistent action

Where Weak Boundaries Come In

Weak boundaries are not a flaw. They often develop from conditioning, empathy, or a desire for connection. Love bombing works because it bypasses the nervous system's ability to assess slowly.

Signals to Pause

- A sense of urgency you didn't choose
- Feeling overwhelmed but flattered
- Ignoring discomfort because it feels good
- Rationalizing behavior you'd normally question
- Losing your usual pace or routines

How to Interrupt the Cycle

You don't need confrontation. You can slow responses, maintain routines, delay decisions, and watch how pace is respected. Healthy connections allow space.

Grounding Reminder

You are allowed to go slowly, change your mind, and choose clarity over chemistry. Regulation restores choice.