



THE NOTICE SERIES

Too Much, Too Soon

A GUIDE TO LOVE BOMBING

NOTICE · UNDERSTAND · RESPOND

THE MISSING VOICES PROJECT

Let's be real for a second

This is the one that's hard to see coming, because it doesn't feel like a warning. It feels amazing.

It rarely looks like a creepy stranger in the shadows. More often it's the person who feels like a fairy tale by the second week. The texts all day. The "where have you been all my life." The way they look at you like you hung the moon.

There is nothing wrong with you for loving that. Being adored feels incredible, and wanting it doesn't make you naive or desperate. It makes you human.

You and I do need to talk about the difference between someone who's crazy about you and someone who's managing you, because early on, from the inside, they can feel identical. This is how you tell them apart.

**"Nobody who truly wants you
needs you to fall this fast."**

What love bombing actually is

Strip the romance off it and the signs get a lot easier to see. Sometimes your own feelings work like a veil, blurring the things you'd catch in a heartbeat if this were happening to a friend.

Watch the speed

Love bombing is a flood of affection, attention, gifts, and promises, all cranked way past normal and way too early. Somebody moving that fast usually wants you attached before you've had time to really see who they are.

A real thing can slow down

Plenty of good relationships feel intense at the start, so the intensity on its own doesn't tell you much. What tells you something is how they handle you easing off the gas. Someone who genuinely cares can sit with "let's take our time." Someone love bombing you struggles with it, because that fast pace was doing a job for them.

The high becomes the leash

The bombing doesn't last, and that's what catches people off guard. It gets followed by the pullback: the coldness, the little criticisms, the sudden distance that makes no sense. You end up confused, chasing the way it felt at the start. That first high slowly turns into leverage. Be good, keep them happy, and maybe you'll earn it back.

Adored, then dropped, then adored again. From the outside it can look like passion, but it's really just a cycle, and living inside it wears you down.

NOTICE

The signs, the real ones

BEFORE THE LIST

Any one of these can just be someone who really likes you. It's when they start stacking up, and that quiet feeling that something's off won't go away, that it's worth paying attention. Look for a pattern more than a single moment.

- ◆ You are their soulmate, their everything, the best they have ever had, and it has been about two weeks.
- ◆ They want to lock it down fast. Exclusive, "I love you," moving in, meeting your kids, a whole future, all on fast forward.
- ◆ The gifts and grand gestures come with a weird undertow, like now you owe them something.
- ◆ Your phone never stops. They need to know where you are, who you are with, why you didn't answer.
- ◆ They get funny about your friends and family. A comment here, a sulk there, until seeing your own people starts to feel like a hassle.
- ◆ You say "let's slow down" and you get guilt, a mood, or "I just love you so much I can't help it."
- ◆ Every one of their exes was "crazy." Every single one. Sit with that.
- ◆ You keep talking yourself out of the bad feeling. That feeling is not you being dramatic. That is your gut doing its actual job.

What to actually do

Slow it down on purpose

You don't need a reason or proof to slow things down. You can just do it, and pay attention to what happens next. Try something simple and warm, like: "I really like where this is going, and I want to take it a little slower so it lasts." If they're genuine, they might be a little disappointed, but they'll understand, and they'll show you they can wait. If they sulk, push, guilt you, or go cold, they've answered the question for you. Slowing down costs you nothing and shows you almost everything.

Keep your circle. No matter what.

Isolation does a lot of the quiet work in these relationships. The further you drift from the women who love you, the easier you are to steer. So keep your circle close. Tell your friends the real story, not the highlight reel, and let them be honest with you. If someone keeps nudging you away from your circle, take that seriously, because that distance is working in their favour, not yours.

Your boundaries are the information

"I'm not ready for that yet" is a full sentence. You don't have to defend it or dress it up. Watch what they do with it. Someone who respects you takes the no and adjusts. Someone who doesn't will make you pay for it, with a mood, a guilt trip, or the cold shoulder, and that reaction tells you plenty.

You don't owe anyone access to you

Not because they were generous. Not because they were sweet. Not because they moved fast and now slowing down feels rude. Kindness is not a contract, and gifts are not a down payment on you.

If pulling back makes you afraid

Take that seriously. If the thought of setting a boundary or leaving makes you scared of how they'll react, that fear is worth listening to, and it's bigger than a rough patch. You don't have to sort it out alone. Leaving can be the most dangerous moment, so it's worth talking to people who do this every day. They're on the next page.

RESPOND

If you need someone

One more thing before the numbers. Wanting to be loved fully, intensely, all the way, doesn't make you broken. You didn't want too much. Someone took something good in you and used it, and that's on them.

People who can help, any time

If you are in immediate danger, call 911.

Canada · 1-866-863-0511

Assaulted Women's Helpline. Free, confidential, 24/7. From a mobile you can also dial #SAFE (#7233). For shelters near you, ShelterSafe.ca.

United States · 1-800-799-7233

The National Domestic Violence Hotline, or text START to 88788.

Love is Respect · 1-866-331-9474

For questions about a dating relationship, healthy or not. Or text LOVEIS to 22522.

If you are in crisis, you can call or text 988 any time in Canada and the United States.

REMEMBER THIS

Keep these four

- ◆ If it can't slow down, it was never really about you.
- ◆ A good one can wait, and won't make you pay for asking.
- ◆ That off feeling is enough. You don't need proof.
- ◆ Keep your circle close. Always.

**If someone is really yours, they can wait for you.
Anyone who can't is just hoping you won't slow down
long enough to see it.**

SOURCES

Drawn from relationship-abuse educators and victim services including the National Domestic Violence Hotline and Love is Respect, the Assaulted Women's Helpline, and guidance on coercive control and healthy relationships from Canadian and U.S. services.

The Missing Voices Project · Missing does not mean forgotten. Silenced does not mean unheard.