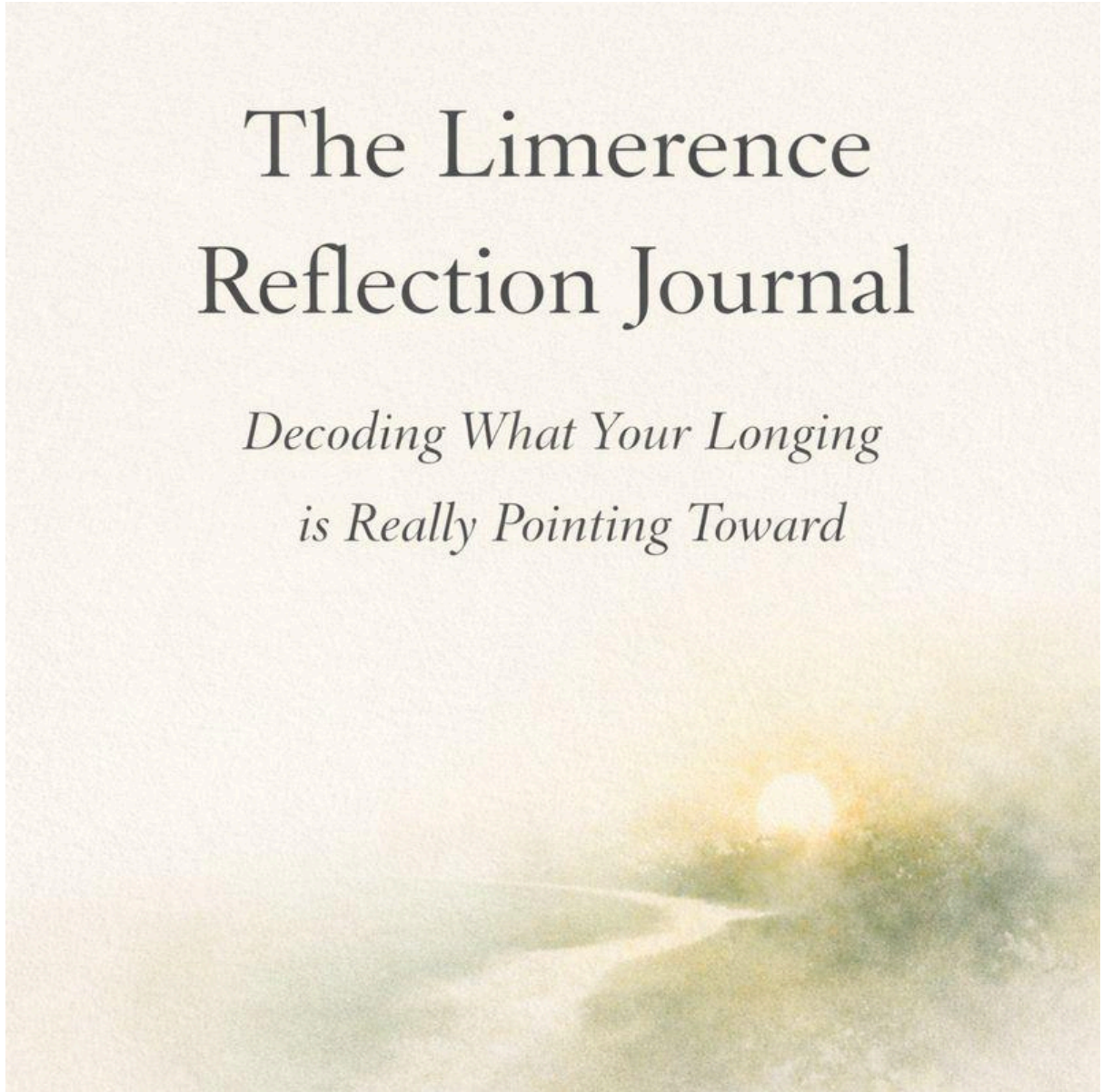


The Limerence Reflection Journal

*Decoding What Your Longing
is Really Pointing Toward*



This journal is not designed to help you suppress desire or “get over” someone. It is an invitation to listen more carefully to what your longing may be pointing toward.

Move slowly. You do not need to answer every prompt. Let what resonates find you.

Mapping the Longing

- Who am I experiencing limerence toward right now—or have I in the past? How would I describe them?
- How well do I actually know this person in everyday reality?
- What feels most compelling about them? (Not who they are, but what they seem to represent.)

Identifying the Missing Quality

Complete the sentence, intuitively, without overthinking:

When I imagine this person, I imagine a life that includes more _____.

Some possibilities (use or ignore):

- steadiness / reliability
- emotional closeness
- ability to say “no”
- rest or ease
- permission to want
- control over my circumstances
- connection to nature/God
- freedom from responsibility
- being seen or prioritised
- courage to pursue my goals
- belonging to a loving family
- beauty, pleasure, or play

What surprises me about what I wrote?

Timing and Context

- When did this longing first appear?
 - What was happening in my life at the time—emotionally, relationally, practically?
 - Where did I feel stretched thin, constrained, or quietly deprived?
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Redirecting Without Self-Betrayal

- If this longing is a signal, what might it be asking for?
- How could this need be met **partially and realistically**, without upending my life?
- What small change—internal or external—might bring this quality closer?

Integration

- How do I feel toward the limerent object when I imagine this need being met elsewhere?
- What does this experience teach me about what I can no longer ignore?
- What kind of self-trust is beginning to form?

Final Words

Close the journal when you feel a softening—not clarity, not certainty, just a little more room inside.

For more reflections and resources like this one, visit me at www.fromcentowholeness.com

Warmly,
Mina