7 signs of love bombing in a relationship:

\*\*Video starts\*\*

\*intro\*

Love has likely been one of the most discussed topics throughout human history. Despite centuries of obsession with this term, love continues to overwhelm us. It always feels new, like you’ve never felt it before, exciting and magical. This’s typically what everyone who has just got into a relationship would tell you about how they feel in their early stages, and these butterflies will fly eventually.

However the sad reality is that unhealthy relationships often start out in the form of Love Bombing.

Love bombing can be defined as a pattern of behaviors used to manipulate or control someone through excessive affection, attention or unnecessary gifts. These behaviors aren’t meant to be as acts of love, while they might seem otherwise and perfectly lovely. This excessive attention can make the target feel special and cared for, which might lead to feelings of dependence and vulnerability.

If you are used to terrible dates [like me], a Love bomber might feel like a welcome break from emotionally unavailable dates and ghosters, which makes you an easy target, therefore it’s important to understand common patterns of abusive behavior. So is your partner love bombing you or he is just showing pure affection?

Let’s find out with these 7 signs of love bombing:

\*main content\*

-They give you overwhelming attention: Normally when you are into someone, you have a consistent flow of communication. However, if they shower you with an excessive amount of attention, gifts, and compliments, this can be a sign of love bombing. This can make you feel special and loved at first, but it can quickly become overwhelming. They may make you feel like you're the center of their world, but this kind of intense focus can also be a way to control and manipulate you.

-They’re overly needy: At the very beginning of every relationship it is normal that couples would want to spend more time together, eventually this tend to fade slowly as couple will want some alone time. With love bombing though, they want you all for themselves and try to isolate you from your friends and family, they even might get upset or give you the silent treatment if you want to spend sometimes alone or making plans.

-They tend to be overly Jealous: You partner may display an excessive amount of jealousy and possessiveness, constantly wanting to know your whereabouts and who you're with. This can be a sign that they are trying to control you and limit your freedom. For example, when you are out with friends, partners in healthy relationships will wish you a good time and be happy for you. Yet in case of someone who is love bombing you, it is totally different, they will guilt trip until you longer can have fun.

Excessive jealousy is never a good sign in a relationship, and you should soon talk it with your partner to solve it or eventually move on.

Your relationship feels like it’s on fast forward—They want you to commit early in relationship: In love bombing case, they may pressure you into committing to the relationship at a pace that may not be comfortable for you. This can include pressuring you to move in together, get married, or have children. Ultimately, the goal is to establish a level of control and commitment in the relationship as quickly as possible.

They shower you with unnecessary gift: Are you getting lots of expensive gifts from you partner that are making you question for what event are the gifts for? This might be huge sign that you are with a love bomber. Although gift-giving is a love language for some people. Yet, when the gifts are unnecessary, unwanted or extravagant it become a red flag. The reason behind this is that they are trying to make you indebted to them, therefore gaining control over you. As Tabitha Westbrook -a licensed professional counselor- says “Most often, love bombing is done by a narcissist with the intent of drawing in and gaining control over the person who is being love bombed”

They don’t respect your boundaries: Love bombers are considered to be narcissists do not respect their partner's boundaries. They may ignore requests for space or privacy, become possessive or jealous, and try to control your behavior. Love bombers are focused on their own needs and desires and can be manipulative in order to get what they want. This can lead to a disregard for the boundaries and needs of their partner, creating a relationship dynamic that is harmful and unhealthy. It's important for individuals in a relationship to have mutual respect and understanding, and to establish clear and healthy boundaries in order to maintain a positive and fulfilling dynamic.

They might guilt trip you or try to control you: If there’s one thing that love bombers are famous for, it is going to be manipulation and most especially using guilt, they tend to guilt trip their partners as a way of establishing control and manipulating them. It varies from playing the victim, constantly blaming you to shaming you

\*conclusion\*

In the end, Love bombing can be positive in the sense that it can involve genuine and spontaneous acts of affection, attention, and gifts given in the early stages of a romantic relationship. However, it is important to remember that excessive and overwhelming displays of affection can also be a red flag for potential emotional or psychological manipulation or control. In order to determine if love bombing is positive or not, it is important to consider the motivations and behaviors of the person engaging in the behavior, as well as the feelings and experiences of the person on the receiving end. In general, it is important to approach relationships with caution, to communicate openly and honestly with your partner, and to seek support if you have concerns about the health or safety of the relationship.

Don’t forget to check out our \* 7 Signs someone is secretly Narcissistic \* video as well as \* 5 Signs of an Unhealthy Relationship\*.

And remember you are a wonderful person and you always deserve what’s the best for you as well as a honest loving partner.

\*\*Video ends\*\*

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Sources:

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[Can love bombing last forever?](https://www.calendar-canada.ca/faq/can-love-bombing-last-forever)