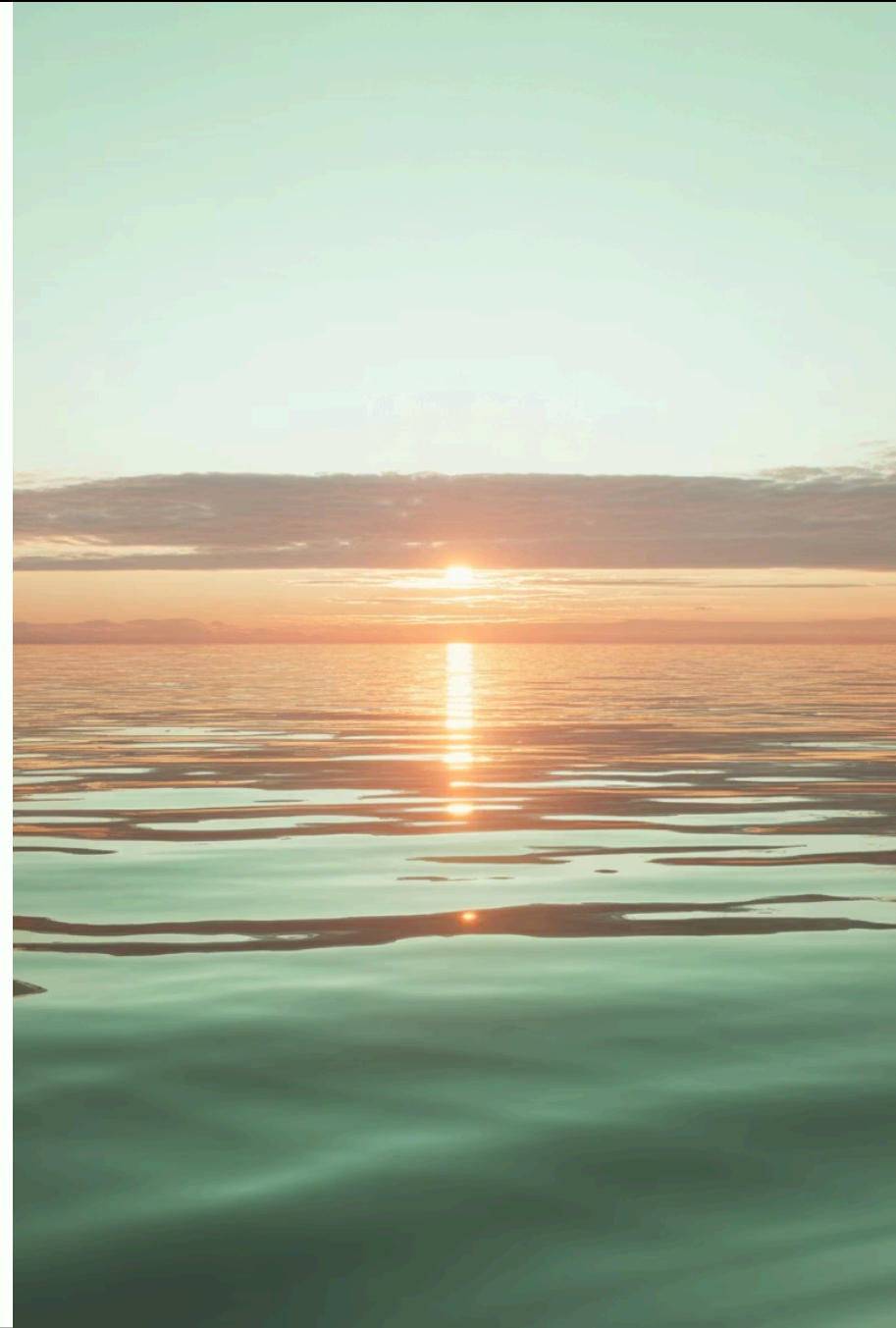


# Breaking Free from Addictive Love

## Your 7-Day Reset Plan for Clarity, Peace & Self-Reclamation

If you're here, you've already taken the bravest step: acknowledging that something needs to shift. This journey is designed to help you move from obsession to clarity, from depletion to nourishment, from losing yourself to finding yourself again. You don't need to do this perfectly—you just need to show up for yourself, one gentle day at a time.



# How to Use This Reset Plan

## Getting Started

Read through the full journey once to familiarize yourself with what's ahead. Start on any day that feels right—Mondays aren't magic, and neither is perfection. This is about progress, not performance.

Use the daily check-ins each morning and evening to anchor yourself. These moments of reflection become your compass, helping you track patterns and celebrate small victories.

## Being Gentle With Yourself

Be compassionate when you slip. This is a practice, not a test. There's no failing here—only learning, growing, and showing up again. Some days will feel harder than others, and that's completely normal.

Reach out for support when you need it. You're not meant to walk this path alone. Community, connection, and professional guidance are signs of strength, not weakness.

# Day 1: Ground & Witness

## Coming Back to Your Body & the Present Moment



### 5 Things You See

Look around you right now. Name five things in your visual field. The lamp, the tree outside, your hands, the color of the wall.



### 4 Things You Touch

Feel the chair beneath you, the fabric of your clothes, the temperature of the air, the ground under your feet.



### 3 Things You Hear

Close your eyes. What sounds exist in this moment? Traffic, birds, your own breathing, distant voices.



### 2 Things You Smell

What scents are present? Coffee, fresh air, your soap, the pages of a book.



### 1 Thing You Taste

What taste lingers in your mouth right now? Toothpaste, tea, or simply the taste of this moment.

Practice this 5-4-3-2-1 grounding technique three times today: morning, midday, and evening. It pulls you out of obsessive thinking and anchors you back into your senses, into your life, into the present moment where healing happens.

- Evening Reflection:** How many times today did thoughts of them dominate your mind? Don't judge—just witness and write the number. This is your baseline, your starting point.

# Day 2: Reclaim Your Identity

## Reconnecting With Who You Were Before

Today's practice is simple but profound: choose ONE activity you used to love and spend at least 30 minutes doing it. Not for productivity. Not to post about it. Not to impress anyone. Just for you.



### Solo Joy

Visit your favorite café with a book. Let yourself get lost in pages instead of thoughts of them.



### Nature Connection

Take a walk without your phone. Notice the trees, the sky, the way your body moves through space.



### Nourishing Creation

Cook a meal you used to make for yourself. Taste each ingredient. Feed yourself with intention.

"How did it feel to do something purely for yourself? Did guilt show up? Did joy? Both are valid. Both are information about what you've been denying yourself."

# Day 3: Track Your Emotional Patterns

## Becoming Curious Instead of Controlled

Today you become a compassionate observer of your own emotional landscape. Set three alarms throughout your day. When each alarm sounds, pause and gather data about your inner world.

Time	Mood	External Situation	Thoughts
9am	4/10	Woke up alone	Wondering if they're thinking of me
1pm	7/10	Engaged in work project	Focused on task at hand
6pm	3/10	Saw their social media	Comparing myself to others
9pm	6/10	Called a friend	Felt supported and seen

## What Patterns Reveal

Look at your chart at the end of the day. Do you see patterns emerging? Does your mood plummet when you check their social media? Does it lift when you're engaged in meaningful work or connection?

The patterns reveal the truth about what nurtures you and what depletes you.

- Evening Questions:** What external triggers consistently lower my mood? When do I feel most stable and like myself? How much of my emotional state depends on their behavior versus my own choices?

# Days 4 & 5: Boundaries & Truth



## Create Phone-Free Windows

Start with two separate hours today where your phone lives in another room on silent. Cook a real meal, take a bath, go for a walk. Prove to yourself that you can exist—and be okay—without constant contact.



## Surf the Urges

When the urge to check becomes overwhelming, set a timer for 10 minutes. Move your body vigorously—dance, jumping jacks, run in place. Urges peak and pass like waves. Ride it out.



## Examine Red Flags

Make two lists: things you'd never accept if your best friend experienced them, and things this person has actually done. Circle the overlaps. See clearly, even when the truth is uncomfortable.

Day 4 teaches you that you're still breathing, still whole, even without constant contact. Day 5 asks you to get honest about what you've been tolerating. This isn't about making them the villain—it's about honoring what you deserve.

# Days 6 & 7: Connection & Commitment

## Day 6: Nurture Your Network

Reach out to at least one person you've distanced yourself from. Not to dump or vent, but simply to reconnect. Choose someone who feels safe, someone who makes you feel like yourself.

Message template: *"Hey [name], I realized I've been distant lately and I miss you. Want to grab coffee this week?"*

Connection is medicine. You're not meant to heal in isolation.

## Day 7: Define Non-Negotiables

Write a letter to yourself one year from now. Include what you're no longer willing to tolerate, what you're actively choosing instead, and three promises you're making to your future self.

Examples: "I promise to trust my intuition when something feels off" or "I promise to choose relationships that feel calm and safe, not dramatic and consuming."

"You've completed 7 days of reclaiming yourself. That's not small. That's monumental."

# Your Emergency Toolkit

## When You're About to Break

When the urge to reach out, check their social media, or fall back into old patterns feels unbearable, use these tools. Keep this page bookmarked. Come back to it as many times as you need.

### The 24-Hour Rule

Don't do anything permanent in a temporary emotional state. Commit to waiting 24 hours. Write down what you want to say, but don't send it. If you still feel the same tomorrow, reassess. Usually, the intensity will have shifted.

### Reality Check Journal

Write answers to: What do I think will happen if I reach out? What actually happened the last 5 times I did this? What would I tell my best friend to do in this exact situation?

### Call Your Safety Person

Identify someone who can talk you off the ledge—a friend, family member, or therapist. Text them: "I need support. Can you call me?" Keep their number easily accessible.

### Somatic Release

Scream into a pillow. Do 20 burpees. Take an ice-cold shower. Shake your whole body for 90 seconds. Your body holds the emotional charge—release it physically.

# Affirmations for Hard Moments

Repeat these when you need them most. Write them on sticky notes. Set them as phone reminders. Speak them out loud until you believe them.

“

"My worth exists whether they see it or not."

”

“

"I choose peace over intensity."

”

“

"I am not abandoning love; I'm reclaiming myself."

”

“

"This discomfort is growth, not failure."

”

“

"I deserve relationships that feel safe, not consuming."

”

“

"I trust myself to know what's right for me."

”

- ❏ Some days will be harder than others. Some days you'll slip backward. That's not failure—that's being human. Keep coming back to these practices. Keep choosing yourself.

# You're Not Alone

## Support & Resources for Your Journey

### Free Support Groups

- **Codependents Anonymous (CoDA):** [coda.org](http://coda.org)
- **Sex and Love Addicts Anonymous (SLAA):** [slaafws.org](http://slaafws.org)


### Recommended Reading

- *Women Who Love Too Much* by Robin Norwood
- *Attached* by Amir Levine & Rachel Heller
- *The Power of Attachment* by Diane Poole Heller

### Professional Support

Consider working with a therapist who specializes in attachment theory, relationship patterns, codependency recovery, or trauma-informed care.

### We're Here for You

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**A Final Note:** Breaking free from addictive love doesn't mean you failed at love. It means you're learning what real love—the kind that nourishes rather than depletes—actually looks like. The version of you who exists on the other side of this pattern is worth every uncomfortable moment. **You're not broken. You're breaking through.**

With you every step, The Arcane Guides Team