



Love

vs.

Attachment

Love vs. Attachment Reflection Kit

A 7-day journey to reconnect with your heart's truth and gain clarity about your relationship

You're Here Because Something in Your Heart is Asking for Clarity

Maybe you've been feeling hollow in your relationship, going through the motions but not feeling truly connected. Maybe you're wondering if what you have is real love—or just comfortable attachment.

This journey is designed to help you listen to what your heart already knows. Over the next seven days, you'll work through prompts, reflections, and gentle check-ins that reveal the truth about your relationship.

"Clarity isn't about having all the answers. It's about being brave enough to ask the questions."

What You'll Find Inside



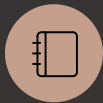
Daily Reflection Prompts

Thoughtfully crafted questions to uncover what you're truly feeling



Self-Assessment Checklist

Clear indicators to distinguish love from attachment



Journaling Space

Room to process your insights and emotions safely



Actionable Guidance

Practical next steps you can take once you have clarity

How to Use This Kit

01

Go Slowly

Don't rush through these prompts. Give yourself permission to feel whatever comes up—confusion, sadness, relief, anger. All of it is valid.

03

Trust the Process

Some days will bring clarity; others will bring more questions. Both are part of the journey.

02

Be Honest

There's no judgment here. This is between you and your heart. Write what's true, not what you think you "should" feel.

04

Seek Support

If this brings up difficult emotions, reach out. We're here to guide you through it.

Self-Assessment: Love or Attachment?

Check the statements that feel true for your current relationship. Be honest—no one is judging. This assessment will help you understand where you stand.

Need-Based Connection

- I often feel like I need to earn my partner's love through acts of service or constant reassurance
- The thought of being single terrifies me more than staying in an unfulfilling relationship
- When my partner wants to grow or change, I feel threatened rather than supportive

Surface-Level Bonds

- Physical intimacy is our strongest connection. Without it, we struggle emotionally
- I can list reasons we "should" be together, but struggle to name what I genuinely love about my partner
- Our relationship runs on routine and habit, not genuine excitement to connect

Fear-Based Staying

- I'm staying partly because leaving would be logistically complicated—finances, lease, pets, children
- I hide parts of myself. Certain topics or dreams feel "off-limits"
- I've built emotional walls. I show up, but don't let my partner fully see the real me
- If all logistics were resolved, I'm not sure I'd still choose this relationship

What Your Answers Mean

0-2

Healthy Love

You're likely in love with healthy attachment.
Keep nurturing your connection.

3-5

Mixed Signals

Elements of attachment are present. Use the daily prompts to explore what needs to shift.

6+

Attachment Pattern

You're primarily attached, not in love. This doesn't make you wrong—it makes you honest.
The work begins here.

Your 7-Day Reflection Journey

Each day, set aside 10-15 minutes in a quiet space. Read the prompt, sit with it, and write whatever comes up. Don't overthink—just let your heart speak.

Day 1: How Do I Feel When I'm With My Partner?

1

Close your eyes and imagine being in your partner's presence. What sensations come up in your body? Do you feel relaxed and open, or tense and guarded? Do you feel seen, or like you're performing?

Day 3: When Do I Feel Most Like Myself?

3

Think about moments when you feel fully alive and authentic. Are those moments with your partner, or away from them? What does that tell you?

Day 5: What Would I Tell My Best Friend?

5

If your best friend described your relationship to you—the good, the hard, the compromises—what advice would you give them? Now, can you take your own advice?

Day 7: What Does My Heart Know That My Mind Won't Admit?

7

Beneath all the rationalizing and justifying, what is the truth your heart has been trying to tell you? Write it down, even if it scares you.

2

Day 2: What Am I Afraid of Losing?

If this relationship ended tomorrow, what would I actually grieve? Is it my partner as a person—their humor, their presence, who they are—or is it the stability, the routine, the idea of not being alone?

4

Day 4: What Have I Given Up for This Relationship?

Have I set aside dreams, friendships, parts of my personality, or opportunities? Did I do it freely out of love, or out of fear that being fully myself would threaten the relationship?

6

Day 6: Do I Love Them, or Do I Love What They Give Me?

Strip away the security, the companionship, the comfort. If my partner couldn't provide any of those things, would I still want to be with them? Do I love who they are, or what they do for me?

"The truth will set you free, but first it will make you uncomfortable. That discomfort is courage."

Reflection Summary: What I've Discovered

After seven days of honest reflection, take a moment to summarize what you've learned about yourself and your relationship. This is where your insights come together.

📄 My biggest insight was...

Take time to write what you've discovered about yourself and your relationship.

📄 What surprised me most...

Note the unexpected realizations that emerged during your journey.

📄 I'm feeling...

Honor whatever emotions are present—all feelings are valid.

📄 What I need to do next...

Identify your first small step forward with compassion.

Now What? Your Next Steps

Clarity is beautiful and terrifying. If you've realized you're attached but not in love, here's how to move forward with compassion for yourself and your partner.

If You're Staying (For Now)

- Have an honest conversation with your partner about what you've discovered
- Consider couples therapy to explore if attachment can evolve into love
- Set a timeline for re-evaluation (3 months, 6 months) and commit to it
- Work on your own healing—attachment often stems from unhealed wounds

If You're Leaving

- Get support before, during, and after (therapist, trusted friends, us)
- Plan the logistics thoughtfully—housing, finances, shared responsibilities
- Be honest but kind in your conversation with your partner
- Give yourself permission to grieve, even if you initiated the ending
- Resist the urge to jump into something new—heal first

If You're Unsure

- That's okay. Sit with the uncertainty for a bit longer
- Talk to someone you trust who has your best interest at heart
- Continue journaling and noticing how you feel day to day
- Reach out to us—we can help you process what you're discovering

You Don't Have to Do This Alone

Navigating the space between attachment and love is one of the hardest emotional journeys. If you're feeling overwhelmed, confused, or stuck, we're here to guide you through it.

Ways We Can Support You



1-on-1 Guidance

Message us on WhatsApp or email for personalized support as you process what you've discovered. We'll help you make sense of your feelings and decide on your next steps.



More Resources

Visit arcaneguides.com for articles, rituals, and tools on love, healing, and self-worth.



Monthly Check-Ins

Join our community for gentle monthly prompts, new moon rituals, and ongoing emotional support.

Recommended Reading from Arcane Guides

- "9 Signs You're Staying in a Relationship Out of Habit"
- "How to Have Hard Conversations Without Breaking Your Heart"
- "Red Flags vs. Growing Pains: How to Tell the Difference"
- "New Moon Rituals for Releasing What No Longer Serves"
- "The Art of Loving Yourself First (Without Apology)"

A Final Reminder

Whatever you've discovered through this reflection kit—whether it's that you're deeply in love, comfortably attached, or realizing you need to leave—honor it. Your truth is valid. Your feelings are valid. And your decision to seek clarity is an act of courage.

Love isn't supposed to feel like work you're forcing yourself to do. It's supposed to feel like coming home to someone who sees all of you and chooses you anyway. If your relationship doesn't feel like that, it's okay to acknowledge it. It's okay to want more. It's okay to leave.

And it's also okay to stay and work on it, if both people are willing to dig deeper and transform attachment into something real.

Whatever you choose, choose yourself first.

"Choosing honesty over comfort is one of the bravest acts of self-love. We see you. We're here."

We're Here to Guide You

If you'd like support applying what you've learned, reach out anytime. We're honored to walk alongside you on this journey.

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