



LIMERENCE RESET

Online Course

Created by a licensed therapist and board certified coach

[Limerence playlist click here](#)

[Limerence blog posts click here](#)

TOPICS COVERED

- Limerence Patterns
- Limerence Triggers
- Limerence and Attachment Styles
- Limerence and Neurodivergence
- Limerence Coping Strategies

SELF-PACED

● 16 Videos

12 lessons plus bonus content
Homework demonstrations
Lifetime access and updates

● 32 Page Workbook

Easy-to-digest
Reinforces concepts from videos
Lifetime access and updates

CONTACT



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@mentalhealthwellnessmhw.com



[www.mentalhealthwellnessmhw.com/
limerence-reset](http://www.mentalhealthwellnessmhw.com/limerence-reset)

INSTRUCTOR:

Jessica Taylor
LPC, LADC/MH, BCC

LOCATION:

Online Course
Virtual On-Demand

CURRICULUM

● Course Introduction

| Welcome

This lesson welcomes you to the program, setting expectations, discussing the structure, and introducing the importance of understanding your unique limerence experience.

● Lesson 1:1

| What Is Limerence

This lesson defines limerence, its key traits, and how it differs from love, helping to recognize patterns and foster healthier relationships.

● Lesson 1:2

| The Science of Limerence

This lesson explores the science behind limerence, helping to understand the brain's role in forming intense attachments and how to manage these emotions effectively.



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CURRICULUM

● Lesson 1:3

| Common Triggers of Limerence

This lesson explores the triggers of limerence, helping to identify emotional vulnerabilities and develop strategies to manage them effectively.

● Lesson 2:1

| Emotional and Behavioral Signs of Limerence

This lesson explores the emotional and behavioral patterns of limerence, helping recognize and disrupt cycles to regain emotional balance and clarity.

● Lesson 2:2

| How to Identify Limerence Patterns

This lesson focuses on recognizing the signs of limerence in thoughts, feelings, and behaviors, and provides tools to manage its impact on emotional well-being.

● Lesson 2:3

| The Impact of Limerence on Relationships

This lesson explores how limerence impacts relationships, the importance of self-awareness, coping strategies, and setting boundaries to foster healthier connections.

● Lesson 3:1

| Building Self-Awareness

This lesson emphasizes self-awareness in managing limerence, focusing on techniques to identify emotional triggers and patterns for healthier emotional regulation.



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● Lesson 3:2

| Coping Mechanisms for Limerence

This lesson provides practical strategies for managing limerence, focusing on grounding exercises, mindfulness, and thought reframing to help regain emotional balance.

● Lesson 3:3

| Developing Emotional Resilience

This lesson emphasizes building emotional resilience through self-awareness, self-care, reframing thoughts, and setting boundaries to overcome limerence.

● Lesson 4:1

| Setting Boundaries with the Limerent Object

This lesson emphasizes the importance of setting and maintaining boundaries to protect emotional well-being and help prevent the negative effects of limerence.

● Lesson 4:2

| Rebuilding Healthy Relationships

This lesson focuses on rebuilding relationships after limerence by fostering trust, respect, and emotional connection for healthier, more balanced connections.

● Lesson 4:3

| Long-Term Strategies for Growth

This lesson focuses on strategies for preventing limerence and fostering long-term emotional growth through self-awareness, resilience, and healthy relationship practices.



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● Limerence Bonus 1

The Role of Attachment Styles in Limerence

This lesson explores how attachment styles influence limerence, highlighting the impact of early relationship patterns on emotions and behaviors.

● Limerence Bonus 2

Factors of OCD and ASD in Limerence

This lesson focuses on self-reflection to identify patterns related to OCD, ASD, and limerence, promoting self-awareness and emotional growth.

● Limerence Bonus 3

Factors of ADHD and AuDHD in Limerence

This lesson explores limerence in neurodivergent brains, helping to understand its traits and develop strategies for emotional balance.

RECOMMENDED READS

[Living with Limerence: A Guide for the Smitten by Dr L](#)

[Love and Limerence: The Experience of Being in Love by Dorothy Tennov](#)

[The Limerence Journal: A Daily Guide for Reflection and Healing by Elle Lovielo](#)