



UNAPOLOGETICALLY

Reborn

ADDICTED TO PEOPLE

IT'S NOT LOVE.

It's a pattern.

YOU CAN LOVE PEOPLE WITHOUT LOSING YOURSELF.
YOU ARE NOT TOO MUCH. • YOU ARE NOT THE PROBLEM.

THE PATTERN IS.

WHAT IS ADDICTION TO PEOPLE?

It's becoming emotionally dependent on others to feel okay, worthy, or secure.

Not connection.

Not love.

But dependency.



SIGNS YOU MIGHT BE ADDICTED TO PEOPLE



You feel empty without constant attention or validation.



You ignore red flags just to keep them in your life.



You confuse intensity with love and drama with passion.



You lose yourself trying to keep the peace.



You feel anxious, unworthy, or replaceable often.

WHY WE BECOME ADDICTED TO PEOPLE

- ✓ We crave validation.
- ✓ We fear abandonment.
- ✓ We weren't shown healthy love.
- ✓ We confuse love with survival.
- ✓ We believe we have to earn love.
- ✓ We ignore our own needs.
- ✓ We stay long after it hurts.

*It feels like love.
But it's a trauma bond.*



THE IMPACT ON YOUR LIFE



It drains your energy and peace.



It lowers your self-worth and confidence.



It keeps you in cycles of hope and heartbreak.



It blinds you to your own needs and truth.



It keeps you stuck, not growing, not healing.

You lose years of your life trying to be chosen.



BREAKING THE ADDICTION



You are enough, even when no one chooses you.



You are allowed to walk away.



You are not too much. You are not the problem.



You are allowed to have needs and boundaries.



You do not have to earn love to receive love.



You are safe to be yourself.



You deserve consistency, not confusion.



You are worthy of real, mutual connection.



You choose peace over people-pleasing.

The right people won't make you chase, beg, or feel not enough.



HEALTHY LOVE IS NOT ADDICTIVE

Healthy love feels safe, steady, and respectful.

It doesn't leave you anxious, confused, or small.

It doesn't require you to change who you are.

It meets you where you are and grows with you.

It doesn't take more than it gives.

*Real love builds you up.
It doesn't break you down.*



HOW TO BREAK FREE

- ✓ Awareness is the first step.
- ✓ Feel your feelings. Don't run from them.
- ✓ Grieve what wasn't real love.
- ✓ Stop over-explaining and over-giving.
- ✓ Build your life around you.
- ✓ Choose people who choose you.
- ✓ Let go of people who drain you.
- ✓ Trust the version of you who chooses yourself.

Freedom starts when you choose you.



REBUILD YOUR RELATIONSHIP WITH YOURSELF



You are the one who will always be there for you.



Protect your peace fiercely.



You get to be your own safe place.



Your worth is not up for debate.



You are becoming everything you once looked for in others.

Home is within you.



SET BOUNDARIES. STAY FREE.

You don't need permission to protect your peace.

No is a complete sentence.

Boundaries are not mean. They are self-respect.

You can love someone and still walk away.

You are allowed to outgrow people and situations.

Boundaries keep you from abandoning yourself again.



AFFIRMATION

“ I release the need to be chosen by everyone.
I choose me.

I am enough, just as I am.

I attract the right people by being myself.

I am no longer addicted to being loved.

I choose healthy love and peace instead.

*I choose freedom.
I choose me.*



YOU DESERVE CONNECTION, NOT ADDICTION.
YOU DESERVE LOVE THAT STAYS, NOT LOVE THAT HURTS.

You are worthy of real, healthy, lasting love.



YOUR STORY ISN'T OVER.

This is where your healing begins.

