Understand
Feel
Choose
Grow

MINDTHEORY

Better Minds. Kinder Humans. A Brighter Tomorrow.

Same People Brighter You

Limerence vs. Love: Visual Summary Guide

Different feelings. Different foundations. A healthier you.

1 The Dopamine Loop

Why it feels so intenee (and why love feels different)

Limerence: Intermittent Reinforcement

Unpredictable attention keeps you hooked, like a slot machine.



Love: Secure Communication

Consistent, open and caring communication builds safety, trust and real connection.



2 Key Differences Table

Same butterflies? Very different stories.

Limerence	Authentic Love
Intense infatuation and obsession	Deep care and genuine affection
Fantasy-driven (you idealize them)	Reality-based (you see the whole person)
Emotional highs and lows	Emotional stability and consistency
Focus on "them" and constant thinking	Focus on "us" and shared life
Anxiety, uncertainty and need for reassurance	Security, trust and open communication
Feels urgent — "I can't stop"	Feels peaceful — "I choose this"
Often one-sided or unavailable	Mutual, present and committed
Drains your energy	Adds to your well-being

3 3 3teps to Reality

From obsession to clarity.

1 Track Triggers



- Notice what sets off the obsessive thoughts.
- Keep a simple note (time, situation, feeling).
- Awareness breaks the loop.

2 Reality Check



- Ask: "What do I actually know vs. what am I assuming?"
- Look for red flags and inconsistencies.
- See the person, not the fantasy.

Facts over fantasies.

3 Self-Sooth



- Ground yourself when the cravings hit.
- Try deep breathing, a walk, creative work or time with supportive people.
- You can feel it and still choose what's best for you.

A calmer you is a stronger you.