

# Love-Bombing

## Common Signs To Look Out For

This tactic can be a dangerous form of emotional abuse and is a common early warning sign of domestic human trafficking in Canada.

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### Everything is moving way too fast

This could look like intense and early declarations of love, especially claims of "soulmate" and "twin flame."



### Over the top gifts, compliments, and gestures

They will make grand gestures, and give you excessive gifts. If it feels "too good to be true," it probably is.



### Expecting all of your attention

They get upset when they don't get your undivided attention or maybe blow up your phone across all platforms.



### Pushing for Commitment Early on

They may use words like "forever" or make immediate promises about the future.



### They resist boundaries

If you ask for space or respect for your boundaries, this could result in them getting upset or declaring that you no longer care for them.

