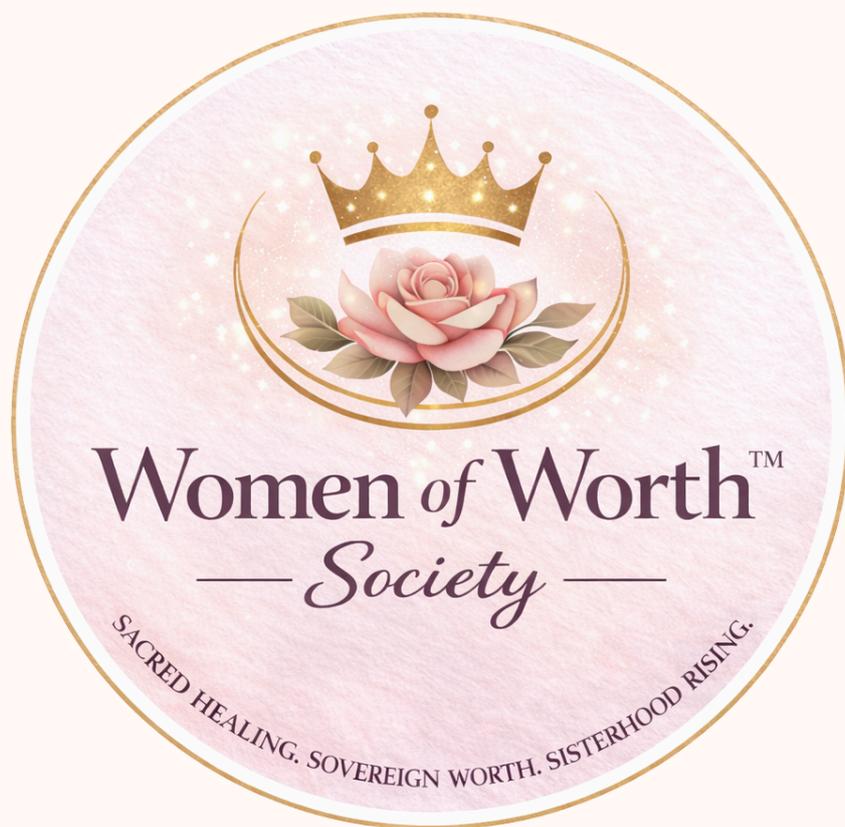


COURSE WORKBOOK

HEALTHY LOVE — The CLEAR Love
Method™



BY KIMBERLY MBAYE

What's inside:

Red Flag Checklist – Spot It Fast

No-Contact Rules – Protect Your Healing

READ THIS BEFORE YOU TEXT HIM

RED FLAG CHECKLIST (Emergency Ready)

The CLEAR Love Red Flag Checklist

If you check 3+ of these, treat it as a warning.

If you check 5+, treat it as an exit.

Communication + Consistency

- Hot and cold communication (sweet... then disappears)
- Long gaps with no explanation
- Only reaches out when it's convenient for them
- You feel anxious waiting for responses
- You're always initiating first

Intentions + Clarity

- Avoids defining the relationship
- Says "let's just vibe" but expects access to you
- Won't talk about commitment but acts possessive
- Future talks with no real action (future faking)
- Keeps you in "maybe" land

Effort + Energy

- Minimal effort but expects maximum access
- Last-minute plans are the only plans
- You feel like you're doing the most
- Doesn't follow through on what they say
- Your needs are treated like "too much"

Emotional Safety + Respect

- Makes you feel guilty for asking simple questions
- Turns everything into your fault (blame shifting)
- You feel like you can't be honest without punishment
- "Jokes" that disrespect you
- Silent treatment or emotional withdrawal to control you

Manipulation Patterns

- Love bombing (too much too fast)
- Breadcrumbing (little effort to keep you hooked)
- Gaslighting ("you're overreacting" when you're valid)
- Uses jealousy or comparison to humble you
- You feel confused more than you feel secure

Final Question:

Do I feel chosen and safe... or anxious and uncertain?



NO CONTACT RULE SHEET (Emergency Ready)

The CLEAR No-Contact Rules (7 / 14 / 30 Days)

Purpose: to heal without reopening the wound.

✓ RULE 1: No Messaging

- No “checking in.”
- No “I miss you.”
- No long paragraphs
- No responding to breadcrumbs

Emergency replacement:

Write it in your notes app instead. Do not send.

✓ RULE 2: No Social Media Checking

- No viewing stories
- No stalking likes/follows
- No checking who they’re with
- No “accidental” searches

Emergency replacement:

Mute, unfollow, or block if needed.

✓ RULE 3: No Emotional Fishing

This is when you try to get closure by:

- asking “why did you do me like that?”
- proving you’re a good person
- hoping they finally understand

Truth: closure rarely comes from them. It comes from you choosing peace.

✓ RULE 4: No “One Last Time”

- No last phone call
- No last meetup
- No “one last conversation.”

Because it usually restarts the cycle.

✓ RULE 5: No Staying Friends “To Be Mature.”

You are allowed to heal fully without access.

✓ **RULE 6: If They Reach Out, You Pause**

Before replying, ask:

1. **Are they consistent now?**
2. **Are they accountable?**
3. **Do I feel calm reading this, or anxious?**

If you feel anxious, do not reply.

✓ **RULE 7: Replace the Habit Immediately**

When you miss them, do ONE of these:

- drink water + breathe 60 seconds
- journal for 5 minutes
- go outside for a 10-minute walk
- call a safe friend
- play worship/soothing music
- read your “Never Again” list

✓ **NO-CONTACT EMERGENCY STATEMENT (Say this out loud)**

“I’m healing. I don’t go back to what broke my peace.”

READ THIS BEFORE YOU TEXT HIM

(Emergency Clarity Sheet – Copy/Paste Ready)

Stop. Pause for 30 seconds.

Before you send that text, ask yourself the truth.

✓ 1) What is the REAL reason I'm about to text?

Circle one:

- I miss him
- I feel lonely
- I feel anxious
- I want reassurance
- I want closure
- I'm triggered
- I feel ignored
- I want to prove I'm lovable
- I want him to choose me

Truth: _____

✓ 2) Is this love... or a nervous system reaction?

If it feels urgent, panicky, or obsessive... it's not intuition.
It's anxiety.

Right now I feel:

calm anxious emotional tempted weak peaceful

✓ 3) Did he earn access to me today?

Access is earned through:

- consistency
- effort
- respect
- emotional safety
- accountability

If the answer is no... don't reward inconsistency.

✓ 4) What happened LAST time I texted first?

Be honest.

I texted first and then:

- I felt embarrassed
- I felt ignored
- I got breadcrumbs
- he came back temporarily
- nothing changed
- I restarted the cycle

Pattern: _____

5) Am I texting for clarity... or chasing relief?

Clarity sounds like:

“I want to know where we stand.”

Chasing sounds like:

“Please make me feel safe again.”

If I’m chasing relief, I pause.

DO THIS INSTEAD (pick ONE right now)

- Drink water + breathe slow for 60 seconds
- Put the phone down and walk for 10 minutes
- Write the text in your Notes app (do NOT send)
- Read your “Never Again” list
- Text a safe friend instead
- Pray / journal for 5 minutes
- Open your CLEAR Love Emergency Kit

If you STILL need to text... use a secure script

Script A: Clarity (calm + direct)

“Hey. I hope you’re well. I want to be direct—are you still interested in moving forward with me intentionally?”

Script B: Consistency

“I need consistent communication to keep building. If that’s not where you are, I understand.”

Script C: Closing the door (peaceful)

“I don’t think this is aligned for me. I’m going to step back. Take care.”

Final Check (answer YES or NO)

If I text him right now... will I feel better in the long run?

Yes No

If it's No... don't send it.

My CLEAR Love Reminder

I do not text to be chosen.

I text from clarity and self-respect.

I choose peace over panic.

I choose love that chooses me.