A PRACTICAL GUIDE

Stop Chasing Someone Who Doesn't Choose You

Reclaim your worth, one step at a time

PURE SERENITY

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Reclaim your worth, one step at a time

Pure Serenity

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The worksheets may be printed for personal use.

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CHAPTER 01

Why you chase, and why it's not your fault

It's 11:47 p.m. Your phone is lying next to you, screen up. You've unlocked it a dozen times since dinner. No message. You open the chat and reread the last exchange. Your "What are you up to this weekend? 😊" sent at 6:12 p.m. Seen at 6:40. No reply.

So you start overthinking. Maybe they're busy. Maybe your question was too direct. Maybe you should have waited for them to text first. You check whether they're online. They were, four minutes ago. You look at their story: they're out with friends, and they look happy. Your stomach tightens.

You type a message. "Have a good night then!" You delete it. You type "Did I bother you?" You delete that too. You put the phone down, then pick it back up. Deep down, you already know how this ends: tomorrow you'll text anyway, all light and breezy, as if nothing happened. And if you get a reply, even three words, you'll feel relieved for a few hours. Until next time.

If you recognise yourself in this scene, even a little, this book is for you.

What does chasing look like?

Chasing someone doesn't have to mean begging or bombarding them. Most of the time it's quiet. It's always being the one who texts first. It's shaping your schedule around theirs, just in case they're free. It's accepting last-minute cancellations with a "no worries". It's decoding every emoji, every delay, every shift in tone. It's giving a lot, hoping that one day they'll give as much back.

Above all, it's that exhausting feeling of always waiting. Waiting for a message, for proof, for a sign that they care. As if your peace of mind belonged to someone else.

It can happen with someone you've been talking to for two weeks, with an ex who drifts back from time to time, with the person you've been with for years, or even with a friend. The shape changes, but the pattern stays the same: you run forward, and they step back.

Why we keep going even when it hurts

The question you're probably asking yourself is: "Why can't I stop?" You're not naive. You can see the relationship is unbalanced. The people close to you may have told you already. You may have promised yourself a hundred times that you wouldn't text again. And yet, here you are.

There's a simple reason for that: when someone's attention arrives unpredictably, it becomes even more precious. One day they're lovely, the next they vanish. That back-and-forth creates a kind of hook. Every message after a silence feels like a reward, and your mind learns to wait for the next one. It isn't a lack of willpower. It's a deeply human mechanism, and an incredibly common one.

There's hope, too. You remember the beginning, when they were attentive, funny, present. You tell yourself that version of them still exists somewhere, and that if you try hard enough, it will come back. So you hold on to the memory instead of the reality.

And then there's fear. Fear of being alone, fear of never finding anyone else, fear of having "ruined everything" if you stop texting. Sometimes chasing is a way of not looking that fear in the eye.

> “
> What was learned can be unlearned.

Why it's not your fault

I'm going to tell you something important, and I'd love for you to read it slowly: it's not your fault.

That doesn't mean you're powerless. Quite the opposite: you have a lot of power, and that's what this whole book is about. But the way you attach to people today isn't something you chose one morning. It was built little by little through your story: the way you were loved as a child, the messages you received about your worth, the relationships you saw around you, the disappointments you lived through. If you learned very early that you had to work hard to earn attention, it makes sense that as an adult, you keep working hard.

You're not "too much". You're not "clingy". You're not "desperate". You're someone with a lot of love to give, who learned to give it in a way that wears you out. And what was learned can be unlearned.

Guilt won't help you change. It will only make you feel worse, and when we feel bad, we need even more reassurance… so we chase even harder. What will help is understanding what's going on inside you, gently, and then practising, day after day, doing things differently.

What you'll find in this book

This book isn't here to hand you manipulation tricks or "rules" to make someone come running back. It's here so that you stop forgetting yourself.

You'll start with a quiz to discover which of four attachment profiles fits you best: the Anxious, the Rescuer, the Invisible and the Passionate. Each profile has its strengths, its traps and its needs. Knowing yours already explains a lot about why you react the way you do.

Next, you'll look at the concrete signs that show you're chasing someone, and where those behaviours come from. You'll also understand what goes on in the other person's mind when you chase them, and why it so often produces the opposite of what you hope for.

Then we'll move into action, with a 30-day plan, week by week, and a small challenge every day. You'll get an SOS sheet for the moments when the urge to text feels overwhelming, exercises to rebuild your self-worth, a 21-day journal, and finally the keys to recognising someone who truly chooses you.

How to use this book

Take your time. You don't need to read it all in one evening. Keep a notebook or a note on your phone nearby: throughout the book I'll ask you questions, and your answers matter more than any advice.

Be honest with yourself, especially during the quiz. No one will read your answers. There are no right or wrong answers, only yours.

And be patient. You may slip up and text someone after promising yourself you wouldn't. That's not failure. It's practice. Every time you notice what you're doing, you're making progress.

One last thing: this book is a personal-growth guide. It doesn't replace support from a professional. If you're going through a very hard time, if you feel unsafe in your relationship, or if the pain becomes too heavy, please reach out to someone qualified.

Before you turn the page

Close your eyes for a few seconds and picture yourself three months from now. Your phone buzzes, and your heart no longer races. You reply when you feel like it. You go out, you laugh, you make plans for yourself. And if someone comes into your life, it's because they want to be there too, not because you carried the relationship on your own.

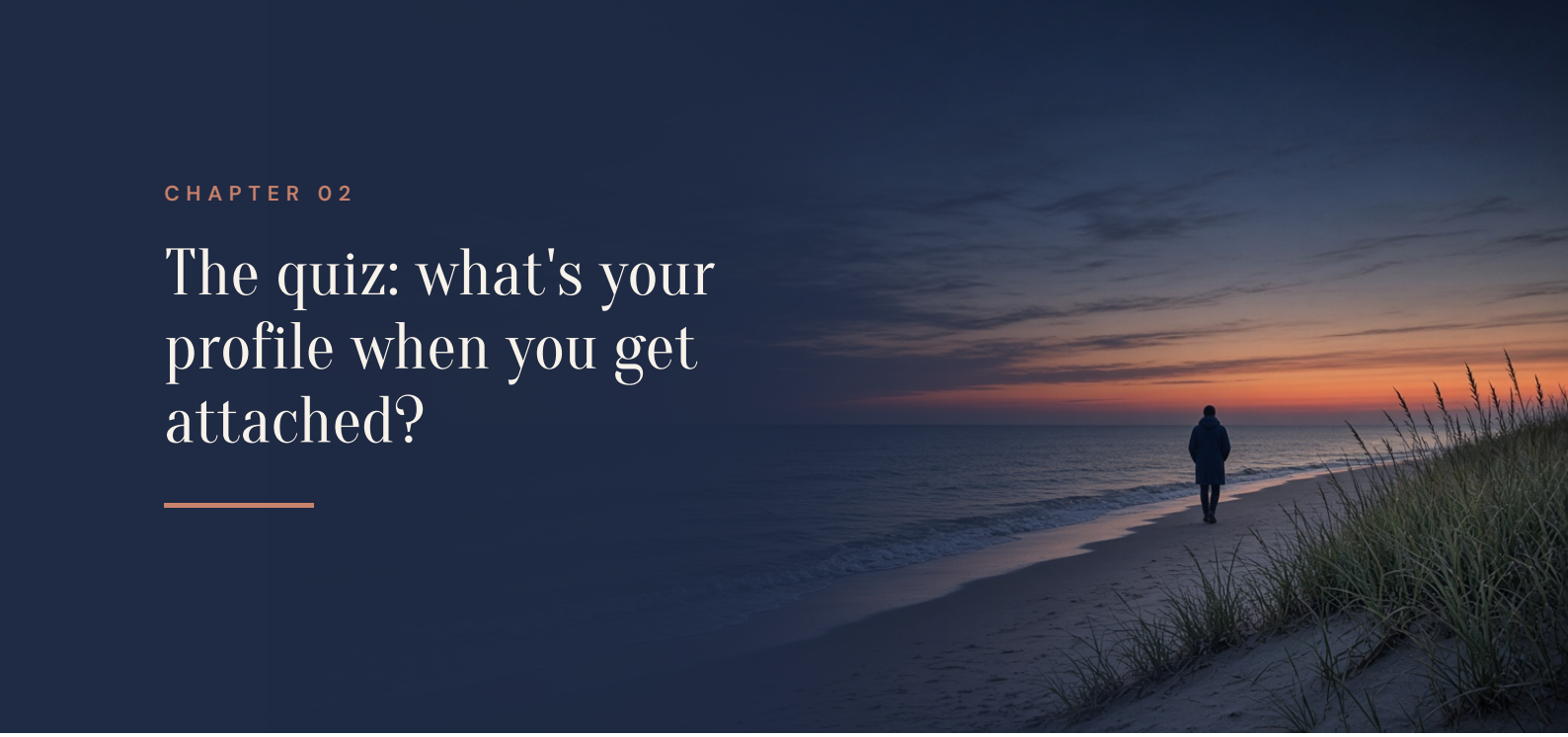
That person isn't someone else. It's you, once you've stopped chasing.

EXERCISE

Write, in one sentence, the reason you opened this book today. Keep it somewhere safe; we'll come back to it at the end.

CHAPTER 02

The quiz: what's your profile when you get attached?



For each question, choose the answer that sounds most like you, even if none fits perfectly. Think about how you really react, not how you'd like to. Note the letter you choose (A, B, C or D) each time. In the questions, "they" means the person you're attached to, whatever their gender.

1 **They haven't replied to your message for several hours.**

- ☐ **A** You keep checking your phone and imagine the worst.
- ☐ **B** You wonder if something's wrong and offer to help.
- ☐ **C** You tell yourself your message probably wasn't interesting.
- ☐ **D** You feel frustrated and send a slightly curt text.

2 **At the start of a relationship, you tend to be…**

- ☐ **A** Worried about where it's going.
- ☐ **B** Very attentive; you take care of them.
- ☐ **C** Low-key; you go along with what they want.
- ☐ **D** Completely swept away; you think about them day and night.

3 **They cancel a date at the last minute.**

- ☐ **A** You're scared they're getting bored of you.
- ☐ **B** You say "no worries, you seem tired, get some rest".
- ☐ **C** You say nothing, even though it hurts.
- ☐ **D** You're angry, then forgive them the moment they come back.

4 **What scares you most in a relationship...**

- [ ] **A** Being abandoned.
- [ ] **B** No longer being useful.
- [ ] **C** Being a bother or taking up too much space.
- [ ] **D** The spark fading.

5 **When they're struggling...**

- [ ] **A** You're afraid it's because of you.
- [ ] **B** You drop everything to help.
- [ ] **C** You wait for them to come to you, without daring to ask.
- [ ] **D** You feel their emotions as intensely as they do.

6 **People close to you often say...**

- [ ] **A** "Stop stressing, they'll reply."
- [ ] **B** "You're not their parent."
- [ ] **C** "And what do you want?"
- [ ] **D** "You get carried away too fast."

7 **During an argument...**

- [ ] **A** You need to fix it right away, or you won't sleep.
- [ ] **B** You apologise even when it's not your fault.
- [ ] **C** You go quiet to avoid conflict.
- [ ] **D** Things escalate fast, with lots of emotion.

8 **They tell you they need space.**

- [ ] **A** You panic and ask what you did.
- [ ] **B** You wonder how to make them happier.
- [ ] **C** You shrink and disappear too.
- [ ] **D** You feel rejected and swing between anger and pleading.

9 **Your needs in the relationship...**

- [ ] **A** To be reassured often.
- [ ] **B** They come second; their needs matter more.
- [ ] **C** You're not really sure; you don't dare express them.
- [ ] **D** To live something intense and all-consuming.

10 **On social media...**

- [ ] **A** You keep an eye on when they're online.
- [ ] **B** You like and comment on everything to support them.
- [ ] **C** You watch their stories without ever reacting.
- [ ] **D** You reread old chats and scroll through your photos together.

11 **When they pull away, you think...**

- [ ] **A** "They're going to leave me."
- [ ] **B** "They need me; I have to be there."
- [ ] **C** "I'm not good enough for them."
- [ ] **D** "There's no way they feel less than I do."

12 **Your way of showing love...**

- [ ] **A** Texting often, checking in.
- [ ] **B** Doing favours, giving gifts, organising.
- [ ] **C** Always being available and never asking for anything.
- [ ] **D** Big declarations and grand gestures.

13 **You often end up with people...**

- [ ] **A** Who blow hot and cold.
- [ ] **B** Who have problems or "need saving".
- [ ] **C** Who don't really see you.
- [ ] **D** Who take you on a rollercoaster.

14 **After a breakup...**

- [ ] **A** You try to understand and look for a way to reach out.
- [ ] **B** You wonder what more you could have done.
- [ ] **C** You suffer in silence, without talking about it.
- [ ] **D** You feel like you'll never get over it.

15 **When they pay you a compliment...**

- [ ] **A** You feel relieved: proof, at last.
- [ ] **B** You say thank you and send back ten.
- [ ] **C** You feel awkward and don't really believe it.
- [ ] **D** You're on cloud nine all day.

16 **Saying no, for you, is...**

- [ ] **A** Risky; they might leave.
- [ ] **B** Hard; you're afraid of disappointing them.
- [ ] **C** Almost impossible.
- [ ] **D** Possible, but you often go back on it.

17 **Your ideal weekend as a couple...**

- [ ] **A** Together the whole time, to be sure everything's fine.
- [ ] **B** Treating them, planning everything for them.
- [ ] **C** Whatever they want, it doesn't matter.
- [ ] **D** An intense, romantic getaway.

18 **When you're alone with no news...**

- [ ] **A** You feel a knot in your stomach.
- [ ] **B** You feel useless.
- [ ] **C** You feel invisible.
- [ ] **D** You feel a huge emptiness.

19 **What you secretly hope for...**

- [ ] **A** That they'll reassure you once and for all.
- [ ] **B** That they'll realise everything you do.
- [ ] **C** That they'll truly notice you.
- [ ] **D** That they'll love you as much as you love them.

20 **If you had to sum up the way you love...**

- [ ] **A** I love with fear.
- [ ] **B** I love by giving everything.
- [ ] **C** I love by fading into the background.
- [ ] **D** I love madly.

Working out your result

Count your As, Bs, Cs and Ds. The letter you chose most often gives you your main profile. If two letters are tied or very close (one or two points apart), read both profiles: you have a mixed profile, which is very common. Mostly As: the Anxious profile. Mostly Bs: the Rescuer profile. Mostly Cs: the Invisible profile. Mostly Ds: the Passionate profile.

Letter	A	B	C	D
My total				
Profil	Anxious	Rescuer	Invisible	Passionate

Profile A – The Anxious

For you, loving often means living with a small inner alarm that never quite switches off. A late reply, a cooler tone, an "ok" without an emoji, and your mind starts racing: you analyse, you imagine, you dread. What you're looking for above all is security, and until you have it, you chase proof.

Your strengths: you're attentive, tuned in to details, fully invested. When you love, you don't pretend. You sense quickly when something is off.

Your trap: by seeking reassurance, you hand the other person full control over your mood. The more proof you ask for, the more some people step back, which confirms your fear and restarts the cycle.

What you need: to learn to reassure yourself, to sit with waiting without acting straight away, and to choose people who are consistent and clear.

> YOUR PHRASE
> “My calm doesn't depend on their next message.”

Profile B – The Rescuer

You're the one who listens, helps, fixes. You give your time, your energy, sometimes your money, and you feel loved when you feel useful. You're often drawn to people who are hurt, complicated, who "just need someone to believe in them".

Your strengths: your generosity, your loyalty, your ability to see the best in others. You make life sweeter for the people you love.

Your trap: you chase by trying to earn your place. You become indispensable rather than loved, and you end up drained, feeling that no one takes care of you the way you take care of others.

What you need: to understand that you have worth even when you're doing nothing for anyone, to learn to receive, and to let people carry their own problems.

> YOUR PHRASE
> “I deserve to be loved, not just to be useful.”

Profile C – The Invisible

You chase in silence. You don't make scenes, you don't ask for anything. You adapt, you accept, you wait to be noticed. You're afraid of being a bother or asking too much, so you take up as little space as possible, hoping it'll be enough for them to keep you.

Your strengths: your gentleness, your patience, your ability to listen. You're a soothing presence and you deeply respect others.

Your trap: by constantly stepping aside, you become invisible, even to yourself. They don't know what you want because you never say it, and you pile up hurts that nobody is aware of.

What you need: to recognise your wants, dare to express them, even clumsily, and discover that taking your place doesn't scare the right people away.

> YOUR PHRASE
> “My voice matters, and I'm allowed to ask.”

Profile D – The Passionate

You love hard, fast and intensely. When someone catches your eye, they take over your whole mind. The highs feel like fireworks and the lows like storms. Calm can sometimes feel boring to you, and you easily mistake intensity for love.

Your strengths: your enthusiasm, your ability to commit, your warmth. You give people unforgettable moments.

Your trap: you chase the feeling as much as the person. Rollercoaster relationships hook you, and you can stay a long time with someone who hurts you because the good moments are so strong.

What you need: to learn to appreciate stability, to slow down at the start of relationships, and to feed your passion in areas of your life other than love.

> YOUR PHRASE
> “Healthy love can be gentle and still be precious.”

So, what now?

Your profile isn't a label or a diagnosis. It's a snapshot of the way you love today, and it can change. Write down your main profile (and your secondary one, if you have one): throughout the book you'll find advice tailored to each. In the next chapter, we'll look at the concrete signs that you're chasing someone.

CHAPTER 03

The signs you're chasing someone

When you're chasing someone, you don't always realise it. From the inside, it feels like love, kindness, patience. You tell yourself you're just a caring person, that you're making an effort because the relationship is worth it. And that's often partly true. But there's a line between giving because you want to and giving so you don't lose them. This chapter is here to help you see where you stand, without judging yourself.

Read the signs below slowly. You'll probably recognise yourself in some and not at all in others. That's normal. The goal isn't to tick as many boxes as possible, but to put words to what you're living.

Sign 1 – You're almost always the one who texts first

Good morning, good night, "how are you?", "what are you up to tonight?": if you don't start the conversation, nothing happens, or almost nothing. Maybe you've already tried not texting for a day, just to see. And the silence lasted. Instead of thinking "well, that tells me something", you thought "I'd better text, or we'll lose the connection".

In a balanced relationship, the initiative goes both ways. Sometimes it's you, sometimes it's them. When it's always you, you're carrying the relationship alone.

Sign 2 – You live by the rhythm of their replies

Your mood depends on your phone. A quick, warm reply and your day lights up. A few hours of silence and you become irritable, distracted, unable to focus at work or with the people around you. You may have rituals: checking when they were last online, seeing whether your messages have been read, rereading the conversation to find what you "said wrong".

If you have the Anxious profile, this sign probably hits close to home. But the other profiles live it too, each in their own way.

Sign 3 – You're constantly adjusting

You move your plans around in case they become free. You turn down a night out with friends because they might suggest meeting up. You change your tastes, your style, your opinions to please them. You say "whatever you like" when you actually had a preference.

Adapting a little is normal in any relationship. But when your life is put on hold while you wait for them, it's a sign you're chasing. The Invisible profile knows this pattern well: you fade into the background so much that you no longer know what you want.

Sign 4 – You accept less than you deserve

Cancelled dates, broken promises, messages only late at night, a relationship that's stayed vague for months. Deep down you're not okay with it, but you say nothing, or you say something and then backtrack. You settle for crumbs and tell yourself it's better than nothing.

You might hear yourself saying: "It's not that big a deal", "That's just how they are", "I don't want to put pressure on them". Those sentences protect the relationship, but not you.

Sign 5 – You give far more than you receive

You offer your time, your listening ear, gifts, favours, sometimes money. You remember everything that matters to them. And when you take an honest look, the scales tip heavily to your side.

The Rescuer will recognise themselves here. Giving is a beautiful quality. But giving to be chosen, to become indispensable, always ends up wearing you out.

Sign 6 – You're always looking for proof

"Do you love me?", "Do you care about me?", "Are we okay?". You need reassurance again and again, and each dose only lasts a few hours. You analyse their words, their emojis, their likes, their stories. You compare the length of your messages.

This need for proof isn't a flaw. It shows that you don't feel safe in the relationship, and often that something in you needs soothing.

Sign 7 – You make excuses for them to other people

When your loved ones worry, you defend them. You explain that they had a difficult childhood, a lot of stress at work, a fear of commitment. You talk about the good moments and skip over the rest. Sometimes you stop mentioning the relationship at all, to avoid the comments.

When you constantly have to justify a relationship, it's often because part of you already knows it isn't good for you.

Sign 8 – You're afraid to say how you feel

You have needs, limits, complaints, but you keep them to yourself. You're afraid of being "too much", of scaring them off, of seeming complicated. So you smile, you play it down, and you swallow what hurts.

Sign 9 – You live in the future rather than the present

You fall in love with the person's potential. You imagine what the relationship could become "when they're ready", "when things get better for them". You wait for a change that never comes. The Passionate profile often feels this sign very strongly: you get attached to a dream story more than to reality.

Sign 10 – You always go back, even after promising yourself you'd stop

You've already said "it's over", blocked them, deleted their number. Then a message arrives, or you give in, and it all starts again. Every return brings instant relief, followed by shame or disappointment in yourself.

If this sign applies to you, remember what we saw in chapter 1: it isn't a lack of willpower, it's a hook mechanism. And it can be worked on.

What these signs have in common

All these behaviours share the same root: you put the relationship, or rather the fear of losing it, before yourself. You forget yourself to keep them. And paradoxically, the more you chase, the more unbalanced the relationship becomes, and the more you feel you have to chase.

The good news is that every sign you spot is a doorway to change. You can't transform what you can't see. And now, you're starting to see.

> “
>
> You can't transform what you can't see. And now, you're starting to see.

WORKSHEET

Behaviour checklist

For each statement, score 0 if it never happens to you, 1 if it happens sometimes, 2 if it happens often. Think about your current relationship, or the last one that had you chasing.

#	Behaviour	Score
1	I almost always text first.	0 1 2
2	I often check whether they're online or have read my messages.	0 1 2
3	My mood depends on their replies.	0 1 2
4	I cancel or move my plans in case they're free.	0 1 2
5	I accept cancellations or lateness without saying anything.	0 1 2
6	I give much more than I receive.	0 1 2
7	I often ask for reassurance.	0 1 2
8	I reread our conversations to work out what's wrong.	0 1 2
9	I defend them when my loved ones worry.	0 1 2
10	I don't dare express my needs or my limits.	0 1 2
11	I picture a future with them more than I live the present.	0 1 2
12	I go back after promising myself I'd stop.	0 1 2
13	I change my tastes or opinions to please them.	0 1 2
14	I feel empty or anxious when I don't hear from them.	0 1 2
15	I feel like I have to earn their attention.	0 1 2

#	Behaviour	Score
	Total	**_____ / 30**

Add up your score. 0 to 10: you have a few habits to watch, but you keep a good balance. 11 to 20: you chase regularly, and this book will help you take your place back. 21 to 30: you chase a lot and often forget yourself. Be gentle with yourself: this score isn't a grade, it's a starting point.

EXERCISE

Circle the three statements where you scored 2. They're your priorities for the 30-day plan. Write them in your notebook.

CHAPTER 04

Where it comes from

Now that you can see more clearly how you chase, a question naturally comes up: why? Why you, why like this, why with this kind of person? This chapter isn't looking for someone to blame. Not you, not your parents, not your exes. It's looking to understand. Because once you understand where a behaviour comes from, it loses some of its power over you.

What you'll read here are ideas for reflection drawn from personal growth, not a diagnosis. Take what speaks to you and leave the rest. And if some of it stirs up painful memories, go gently, and don't hesitate to talk to someone you trust or to a professional.

The wounds of abandonment and rejection

Many people who chase others carry an old fear inside them: the fear of being left, or the fear of not being wanted. These are often called the abandonment wound and the rejection wound.

Fear of abandonment is that feeling that people always end up leaving. It can come from an absent parent, a move, a separation, a loss, or simply an adult who was physically there but not really emotionally available. As a child, you may have learned that you had to hold on tight so you wouldn't be left. As an adult, when someone pulls away, that old alarm goes off, much louder than the situation calls for. The Anxious profile is often linked to this fear.

Fear of rejection is more the feeling of not being enough: not interesting enough, not attractive enough, not good enough to be chosen. It can come from repeated criticism, comparisons with a brother or sister, teasing at school, a first love who made you feel like too much. So you learn to keep a low profile, or on the contrary to always do more to be accepted. The Invisible and the Rescuer profiles often grow out of this fear.

Neither of these fears is a weakness. They're protections you built at a time when you needed them. The problem is that they keep running even though you're no longer that child.

Self-esteem: the worth you give yourself

Self-esteem is the value you give yourself, regardless of what you do or what others think of you. When it's fragile, we look for that value outside ourselves. And someone's love becomes the proof that we're worth something.

That's where chasing makes perfect sense: if this person chooses me, then I'm a good person. If they drift away, then I'm worthless. See the trap? You're handing someone else the job of deciding your worth. And that person often doesn't even know they're carrying that weight.

Fragile self-esteem shows up in a few familiar thoughts: "I have to prove myself", "If people really knew me, they'd leave", "I don't deserve better", "I have to be perfect to be loved". If these sentences resonate with you, it isn't a life sentence. Self-esteem can be rebuilt, and that's what chapter 8 is all about.

Childhood blueprints

As children, we learn what love is by watching the people around us. Not through words, but through examples. The way the adults in your life spoke to each other, argued, made up and showed affection became, without you knowing it, your first user manual for relationships.

Maybe you saw a parent waiting for the other, forgiving again and again, sacrificing themselves. Maybe love in your home was unpredictable: warm one day, cold the next. Maybe no one ever talked about feelings, and you learned to keep everything inside. Maybe you were loved mostly when you were good, helpful, high-achieving. Or maybe everything was very intense, with lots of shouting and lots of making up, and calm now feels suspicious to you.

Each of these blueprints can explain a profile. Conditional love often feeds the Rescuer: I'm loved when I'm useful. Unpredictable love feeds the Anxious. Emotional silence feeds the Invisible. Rollercoaster relationships feed the Passionate.

Once again, this isn't about blaming your family. The adults who raised you did what they could with what they had, often with their own wounds. It's simply about recognising: "Ah, so that's where this habit comes from. And I'm allowed to choose a different one."

Why we keep falling for the same people

You may have noticed that your stories look alike. The faces change, but the script stays the same. It isn't bad luck. When something feels familiar, we recognise it quickly and feel drawn to it, even if it hurts. A distant person can seem fascinating because they awaken something you know. A stable, available person might seem "boring" at first, simply because you're not used to it.

Sometimes there's also an unconscious wish to repair the past: if this time I can make someone who doesn't see me love me, then I'll finally be healed. But you don't heal an old wound by replaying it. You heal it by taking care of yourself, differently.

> “
> You don't heal an old wound by replaying it.

The stories we keep telling ourselves

Over time, these experiences leave sentences in your head. Beliefs we mistake for truths: "Love has to be earned", "People always leave in the end", "If I say what I think, I'll be rejected", "Being single means I've failed". These beliefs work silently. They decide for you to send that message, to accept that cancelled date, to stay.

Spotting them is the first step to questioning them. Is it really true? Always? For everyone? Who taught me this? Do I want to keep believing it?

What to take away

The way you chase didn't appear by chance. It has a story, and that story deserves tenderness, not judgement. But understanding isn't enough on its own: it's a starting point. The rest of this book will help you turn that understanding into new habits, day by day.

WORKSHEET

My recurring patterns

Grab your notebook and find a quiet moment. Answer these questions in writing, without censoring yourself. There's no right answer, only yours.

#	My answers
1	**Think about your last three important relationships (romantic or friendships). What do they have in common?**
2	**How did those relationships begin? And how did they end?**
3	**What kind of person attracts you at first sight? What do you like about them?**
4	**Which of their behaviours hurts you the most, and keeps coming back?**
5	**Which of your own behaviours shows up every time?**
6	**As a child, how did you know you were loved?**

#	My answers
7	**What did you have to do, or be, to get attention?**
8	**Which adult relationship did you observe up close? What did it teach you about love?**
9	**What's your biggest fear in a relationship: being abandoned, being rejected, being a bother, or the spark fading?**
10	**What do you tell yourself about yourself in love? Write the exact words.**
11	**Which of those sentences would you like to replace? With what?**
12	**If your best friend were in your situation, what would you tell them?**

To finish the worksheet, complete this sentence: "My pattern is... and from today, I choose to...". Keep it next to your profile from chapter 2: together, they'll guide your 30-day plan.

EXERCISE

Write a short letter to the child you once were, telling them what they needed to hear. A few lines are enough.

CHAPTER 05

What's going on in their mind when you chase them

So far, we've talked a lot about you: your reactions, your signs, your story. In this chapter, we switch perspective. We'll look at the relationship from the other side, to understand what the person you're chasing is going through. Not to read their mind (nobody can do that), but to understand a very common dynamic that plays out in countless relationships.

One important note before we start: this chapter won't give you any tricks to manipulate them, make them jealous or get them back. Those strategies sometimes work for a few days, but they build relationships based on games and fear, exactly what you're trying to leave behind. The goal here is for you to understand why chasing often pushes you further from what you want, and why taking your place back changes everything, for you first.

The cat-and-mouse game

Picture two people. One steps forward, the other takes a step back. The first steps forward again to close the gap. The second steps back again. In the end, one is chasing and the other is running, without either of them really deciding it. This is often called the pursue–withdraw dynamic.

This pattern doesn't necessarily mean they're a bad person or that you're doing too much. It sets in because each person reacts to the other. The closer you get to feel reassured, the more pressure they may feel. The more pressure they feel, the more distance they take. And the more distance they take, the more your worry grows. The circle closes.

Inside this circle, each person believes they're reacting to the other. You think: "I'm chasing because they're pulling away." They may be thinking: "I'm pulling away because I feel pressured." Both are partly right, and that's exactly why the situation is so hard to unlock.

What they may feel when you chase

Everyone is different, but here's what many people describe when someone is chasing them.

First, a kind of comfort. When someone is always available, always there, always ready to adapt, there's no need to make an effort. It isn't necessarily malicious: it's human to lean on what feels guaranteed. But little by little, the relationship rests on one person alone.

Then, sometimes, a feeling of pressure. Frequent messages, requests for reassurance, questions about "where this is going" can feel like expectations to meet. Even when you phrase them kindly, they may sense they have to respond a certain way to avoid hurting you. And that responsibility can feel heavy.

For some people, there's also guilt. They know they don't give as much as you do. They see your efforts. But instead of rebalancing things, they feel uncomfortable and pull away even more, to avoid facing that awkwardness.

Finally, and this is the hardest to hear: some people simply take advantage of the situation. They get attention, affection and support without having to commit. As long as you stay, nothing pushes them to change.

You won't always know which of these situations you're in. And you don't need to know in order to move forward. What matters is what you're living in this relationship.

Unequal investment

In a relationship, everyone invests: time, energy, emotions, plans. When the investment is roughly balanced, both people feel safe. When it becomes very unequal, the person who invests the most also becomes the one most afraid of losing.

This is a key point. The more you give, the more you have to lose, and the more afraid you are. The more afraid you are, the more you give to reassure yourself. Meanwhile, the other person, who invests less, has less to lose. They can afford to reply late, cancel, stay vague. It isn't necessarily calculated: the relationship simply doesn't take up the same space in their life as it does in yours.

The Rescuer knows this imbalance well, giving without counting. So does the Passionate, diving in a hundred per cent from day one. The Invisible invests quietly, by adapting, which makes the imbalance even harder to see. And the Anxious measures every gap, which is exhausting.

Why what's rare feels precious

We often place more value on what's rare or hard to get. That's true for objects, and to some extent it's true for attention as well. When someone is always available, their attention becomes predictable, and eventually it goes unnoticed.

That doesn't mean you should play hard to get, ignore messages on purpose or pretend to be busy. That would just be another way of building your life around them, only in reverse. The real difference comes when you genuinely have a full life, with plans, friends and passions, and they're part of it without being the centre of it. Then your presence is no longer a given: it's a choice you make, and people can feel it.

Why distance changes things

When you stop chasing, several things happen. For them, the space you always filled becomes empty. Some people notice your absence and come back towards you, more sincerely. Others barely notice, and that teaches you something important about the place you really had in their life.

Either way, you win: either the relationship rebalances, or you discover the truth and can finally move on. What really changes is that you're no longer the only one holding the relationship up. You give them the chance to show what they truly want.

But the deepest change happens inside you. When you stop chasing, you get back your energy, your time, your calm. You rediscover what you love. You realise you exist outside this relationship. And that inner security transforms the way you behave, the way you speak, the way you choose.

Taking distance isn't a strategy

There's a fundamental difference between pulling back to get a reaction and pulling back to find yourself again. The first is a calculation: you're still waiting, watching, hoping they'll come back. You've just changed tactics. The second is a choice for you: you stop watching, you bring your attention back to your own life, and you accept that you can't control what happens next.

If you pull back while watching for every reaction, you're still in the race. If you pull back telling yourself "whatever happens, I deserve a relationship where I don't have to chase", you've truly stepped out of it.

What you can't control

You can't control what they feel. You can't force them to love you, to commit, to change. You can be the most caring, the most patient, the most beautiful person in your own eyes, and still not be chosen. That doesn't mean you're worthless. It means love can't be earned through effort.

It's a hard truth, but also a deeply freeing one. If you can't control them, you can stop trying. You can put that weight down. And put your energy where you really have power: you, your choices, your boundaries, your life.

> Love can't be earned through effort.

Key takeaways

When you chase, you often create, without meaning to, an imbalance that pushes them to step back or to lean on you. When you stop, you make room for the truth to show itself. And above all, you come back to yourself.

EXERCISE

Draw two columns in your notebook. On the left, what you give in your current relationship (or your last one). On the right, what you receive. Don't judge, just observe. Then ask yourself: "If this relationship stayed exactly like this for a year, would I be happy?"

CHAPTER 06

The 30-day plan to stop chasing

Understanding is great. But to change, you need to practise. This chapter offers a 30-day plan split into four weeks, with a small challenge every day. The challenges are simple, concrete and rarely take more than fifteen minutes. The idea isn't to transform everything at once, but to build new habits, day by day.

A few ground rules before you start. You don't need to be perfect. If you miss a day, pick it up again the next day, without punishing yourself. If a challenge doesn't speak to you, adapt it. Keep your notebook handy: many challenges involve writing. And bring along your results from the previous chapters: your profile (chapter 2), your three checklist priorities (chapter 3) and your pattern sentence (chapter 4). This plan is made for you.

A quick tip for each profile. Anxious: focus on the challenges that teach you to wait and to reassure yourself. Rescuer: put the emphasis on the ones that have you receiving and saying no. Invisible: lean into the ones that have you expressing what you want. Passionate: take seriously the ones that invite you to slow down and feed other passions.

Week 1 – Observe (days 1 to 7)

This first week, you don't change anything drastic. You observe. You become aware of your reflexes, without judging them.

Day	Today's challenge	Done
1	Make a note every time you think about texting them, or check your phone for them. Just a tally mark in your notebook. In the evening, count them up.	☐
2	Note what you feel just before checking your phone: boredom, fear, sadness, loneliness? Put a word to the emotion.	☐

Day	Today's challenge	Done
3	Reread your checklist from chapter 3 and your three priorities. For each one, write a concrete example from this week.	☐
4	List everything you've put on hold for this relationship: activities, friends, plans, dreams.	☐
5	Spend one hour without your phone, doing something that makes you feel good. Note how you felt.	☐
6	Describe the relationship as it really is today, not as you hope it will become.	☐
7	Weekly check-in. What did you discover about yourself? Write down one thing you're proud of.	☐

Week 2 – Slow down (days 8 to 14)

Now that you can see your reflexes, you'll start creating space between the urge and the action.

Day	Today's challenge	Done
8	The 20-minute rule. When you want to text, wait 20 minutes. Do something else in the meantime. Only then, decide.	☐
9	Don't be the one who texts first today. Notice what happens, and how it makes you feel.	☐
10	Mute the conversation, or leave your phone in another room for one evening.	☐
11	Reply to a message at your own pace, without rushing, even if you want to answer straight away.	☐
12	Stop checking their stories and their online status for 24 hours. If that's too hard, start with half a day.	☐
13	Call or meet up with someone close you've lost touch with. Talk about something other than this relationship.	☐
14	Check-in. How many times did you manage to wait? What did you feel while waiting, and afterwards?	☐

Week 3 – Take your place back (days 15 to 21)

This week, you put your needs, your wants and your boundaries back at the centre.

Day	Today's challenge	Done
15	Write down your five essential needs in a relationship (for example: consistency, respect, honesty).	☐
16	Say no to a small request that doesn't suit you, from anyone. A simple no, without a long justification.	☐
17	Express a wish or a preference you'd usually keep quiet: a restaurant, a film, a time.	☐
18	Do one thing just for you that you've been putting off for ages.	☐
19	Write down a boundary you want to set in your relationship, and the calm sentence you could use to express it.	☐
20	Let yourself receive: a compliment, some help, a kind gesture, without downplaying it or immediately giving back.	☐
21	Check-in. What did you dare to do this week? What has changed in the way you see yourself?	☐

Week 4 – Build your life (days 22 to 30)

In the final week, you build a life where they're no longer the centre, but one part among many.

Day	Today's challenge	Done
22	Write down three personal projects that excite you, unrelated to romance.	☐
23	Take the first small, concrete step towards one of those projects.	☐
24	Plan an outing or activity with people you love this week, and stick to it.	☐
25	Describe what a relationship where you don't need to chase would look like for you. Be precise.	☐

Day	Today's challenge	Done
26	Compare that description with your current relationship. Honestly note the gaps, without making any decision yet.	☐
27	Write a letter to yourself from six months in the future: the person who stopped chasing.	☐
28	Choose one new habit to keep after this plan (for example: the 20-minute rule, one phone-free evening a week).	☐
29	Reread everything you've written since day 1. Underline what struck you most.	☐
30	Final check-in. Reread the sentence you wrote in chapter 1, the reason you opened this book. Write down what has changed since.	☐

If you slip during the plan

Chances are you'll slip at least once: a message sent at midnight, an evening spent watching their stories, a step backwards. That's normal. Lasting change never happens in a straight line.

When it happens, don't start from scratch. Just note what happened: the time, the emotion, what triggered the urge. That information is precious: it shows you which moments are the most fragile for you. Then pick the plan up where you left off. And if the urge to text is very strong, chapter 7 gives you an SOS sheet for exactly those moments.

> “
> Lasting change never happens in a straight line.

WORKSHEET

30-day tracker

Print or copy this tracker. Every evening, tick the day's challenge if it's done, rate your urge to chase from 0 to 10, and write one word about your mood.

Week	Days (tick)	Urge 0–10	Mood
Week 1 – Observe	☐ D1 ☐ D2 ☐ D3 ☐ D4 ☐ D5 ☐ D6 ☐ D7	_____	_____
Week 2 – Slow down	☐ D8 ☐ D9 ☐ D10 ☐ D11 ☐ D12 ☐ D13 ☐ D14	_____	_____
Week 3 – Take your place back	☐ D15 ☐ D16 ☐ D17 ☐ D18 ☐ D19 ☐ D20 ☐ D21	_____	_____
Week 4 – Build your life	☐ D22 ☐ D23 ☐ D24 ☐ D25 ☐ D26 ☐ D27 ☐ D28 ☐ D29 ☐ D30	_____	_____

At the end of each week, look at how your urge level is changing. It may not go down in a straight line, but over thirty days you'll very likely see the difference.

EXERCISE

Before you start day 1, write the start date in your notebook and an encouraging sentence for yourself. Reread it whenever the plan feels hard.

CHAPTER 07

SOS sheet: "I want to text them"

It's late, or you're bored, or a song just came on, or you saw a photo. And suddenly the urge is there, and it's strong: text them. Just one message. Just to know. Just to feel that the connection still exists. Your fingers are already on the keyboard.

This chapter is made for that moment. You can read it now, all the way through, then come back to it whenever the urge washes over you. Bookmark it, screenshot the SOS card at the end of the book, or copy the five reflexes onto a piece of paper you keep in your wallet.

Understand the urge before fighting it

The urge to text is like a wave. It rises, it peaks, then it falls. What makes it so hard is that at the peak, it feels like it will last forever. You feel that if you don't text right now, you won't be able to bear it. But if you wait, even a little, the wave almost always subsides.

Behind the urge to text, there's rarely a real need to tell them something. It's more often an emotion you want to calm: the fear of being forgotten, evening loneliness, sadness, boredom, jealousy, missing them. The message is an attempt to soothe yourself. The trouble is, the relief doesn't last, and the reply, or the lack of one, often sets the anxiety off again.

So the goal isn't to force yourself never to text. The goal is to create space between the urge and the action, so that you are the one deciding, not your fear.

The 5 instant reflexes

Reflex 1 – Put the phone down. Literally. Turn it face down on the table, put it in another room or in a drawer. Simply creating physical distance breaks the autopilot. You don't have to decide forever, just for now.

Reflex 2 – Breathe slowly for two minutes. Breathe in for a count of four, out for a count of six. Repeat about ten times. It won't make the urge disappear, but it helps you come back into your body and out of the emergency.

Reflex 3 – Name the emotion. Ask yourself: "What exactly am I feeling right now?" Write the word in your notebook or in a note: fear, loneliness, anger, sadness, boredom. Putting a word to an emotion often makes it less overwhelming.

Reflex 4 – Write the message, but somewhere else. Open your notebook or a note on your phone and write everything you wanted to send them. No filter. You can even write a whole letter. But don't send it. Reread it tomorrow. In the vast majority of cases, you'll be relieved you didn't send it.

Reflex 5 – Use the 20-minute rule. You know it from the 30-day plan. Set a timer and do something else for 20 minutes. When it goes off, ask yourself: "Do I still really want to send this message? And if so, what am I hoping their reply will give me?"

What to do instead

Once you've done the five reflexes, your energy needs somewhere to go. Here are some ideas. Pick one or two in advance, so you don't have to think in the middle of a crisis.

Move: walk for ten minutes, dance to a song you love, tidy a room, do a few stretches. Movement helps bring the tension down.

Call someone: a friend, a brother, a sister, a cousin. Not necessarily to talk about them. Just to hear a voice that does you good.

Keep your hands busy: draw, cook, make something, play an instrument, do a puzzle. Hands-on activities help you step out of the thought loop.

Take care of yourself: a hot shower, a cup of tea, a lotion you love, a blanket and a film. Show yourself that you can comfort yourself.

Reread your notes: your profile from chapter 2, your sentence from chapter 4, your weekly check-in. Remind yourself why you decided to stop chasing.

What if I really do have something to say?

Sometimes the urge to text hides a real need: setting a boundary, clarifying the relationship, saying that something hurt you. In that case, it isn't chasing, it's communicating. Three questions show the difference. Am I writing to express something clear, or to be reassured? Can I accept any reply, including no reply at all? Would I still send this message tomorrow morning, with a clear head?

If you answer yes to all three, you can write. Do it during the day, calmly and briefly, then put your phone down and get on with something else.

Tips for your profile

Anxious profile: your urge to text often comes from uncertainty. Remember that silence isn't proof of abandonment. Write three neutral explanations for the silence in your notebook, then a sentence to reassure yourself: "I'm safe, even without a reply."

Rescuer profile: you often want to text to help, suggest something, check they're okay. Ask yourself: "Did they ask me for help?" If not, keep that energy for yourself today. Do one thing you'd do for them, but for you.

Invisible profile: you may not text often, but you spend hours watching, waiting, hoping. Your SOS reflex is to close the app and do something that puts you first: wear something you love, go out, talk to someone.

Passionate profile: your urge often strikes in the middle of a very strong emotion, longing or anger. Don't make any decision at the peak. Move, burn off the energy, and wait until the next day to think. Big declarations at midnight are rarely the ones we'd choose at noon.

> “
> Big declarations at midnight are rarely the ones we'd choose at noon.

After the storm

Whether you texted or not, take two minutes after the wave to write in your notebook: the time, what triggered the urge, what you did, and how you feel now. Over time, you'll spot your risky moments and be able to see them coming. And if you did send the message, don't judge yourself. You did your best. Next time, you'll have a little more space.

EXERCISE

Choose your two go-to activities right now and write them at the top of your SOS card (in the chapter 10 bonuses).

CHAPTER 08

Rebuilding your self-worth

If you chase someone, it's often because part of you believes your worth depends on their love. We saw it in chapter 4: when self-esteem is fragile, we look outside ourselves for proof that we matter. This chapter is here to help you build that proof on the inside.

Rebuilding your self-worth doesn't happen in a day, or by reading one motivational quote. It's patient work, a bit like training a muscle: small, regular exercises that end up changing the way you see yourself. Here you'll find affirmations, self-esteem exercises and a 21-day journal.

Your worth isn't a reward

Let's start with a simple idea that's hard to take in: your worth isn't something you earn. It doesn't depend on your looks, your job, your status, or whether you're in a relationship. It doesn't go up when someone chooses you, and it doesn't go down when someone leaves.

Of course, you won't believe it all at once. For a long time, you may have learned the opposite. But every time you act as if you have worth, by setting a boundary, taking care of yourself, refusing crumbs, your brain records a new experience. And little by little, the belief changes.

> “ Your worth isn't something you earn.

Affirmations: words that walk with you

An affirmation is a short, positive sentence in the present tense that you repeat to nurture a new way of thinking. It isn't magic, and it doesn't replace action. But it's a useful tool to counter the old negative sentences on repeat in your head.

The secret is to choose sentences you can believe, at least a little. If "I am perfect" feels false, try "I'm learning to accept myself as I am" instead. Here are some affirmations to make your own:

> “I deserve a relationship where I don't have to chase.”

> “My worth doesn't depend on anyone's reply.”

> “I'm allowed to take up space.”

> “I can be loved without giving everything.”

> “My peace belongs to me.”

> “I choose people who choose me too.”

> “I am enough, even on my own.”

> “Every day I'm learning to treat myself gently.”

Pick two or three. Write them on a sticky note, as your phone wallpaper, or in your notebook. Read them morning and evening, out loud if you can. Depending on your profile, favour the ones that touch your main fear: safety for the Anxious, receiving for the Rescuer, taking up space for the Invisible, gentleness and stability for the Passionate.

Self-esteem exercises

Exercise 1 – The evidence list. Write down ten things you've achieved in your life, big or small: an exam, a move, a time you helped someone, a hard period you got through. Reread it whenever you doubt yourself.

Exercise 2 – Your qualities through others' eyes. Ask two or three people you trust what they appreciate about you. Write down their exact words. Others often see in us what we no longer see.

Exercise 3 – The inner critic. For one day, write down every harsh thing you say to yourself. Then, for each one, write what you'd say to a friend in the same situation. Learn to talk to yourself in that voice.

Exercise 4 – Small promises. Make yourself one small promise a day and keep it: drink a glass of water when you wake up, go for a walk, go to bed at a set time. Keeping promises to yourself is how you build self-trust.

Exercise 5 – A date with yourself. Once a week, book a moment just for you, like a real date: a coffee on a terrace, an exhibition, a stroll, a bath. Treat yourself like someone you'd love to get to know.

JOURNAL

The 21-day journal

For 21 days, take five to ten minutes each evening to answer the day's question in your notebook. You can do it alongside the 30-day plan, or straight after.

Day	Evening question
1	What did I do that was good for me today?
2	What quality did I show today, even a little?
3	When did I feel at peace today?
4	What negative thing did I tell myself, and how can I reframe it?
5	What do I love about my body or my face?
6	Which of my needs did I honour today?
7	Check-in: what did I learn about myself this week?
8	What am I proud of in my journey?
9	What boundary did I set, or wish I had set?

Day	Evening question
10	What makes me laugh, and when did I last do it?
11	What do I do well without even thinking about it?
12	Who did I do something kind for recently, expecting nothing back?
13	What do I want for myself a year from now?
14	Check-in: what difference do I notice since day 1?
15	What fear did I face, even a little?
16	What am I forgiving myself for today?
17	What activity makes me feel alive?
18	How did I take care of myself without waiting for someone else to?
19	Which people make me feel good, and why?
20	What do I deserve in a relationship?
21	Write yourself a thank-you letter for these 21 days.

At the end, reread everything. You may be surprised by how much you've discovered about yourself.

EXERCISE

Choose one affirmation to become your anchor sentence from now on. Write it in big letters on the first page of your notebook.

CHAPTER 09

Recognising someone who truly chooses you

When you've spent a long time chasing unavailable people, you can lose sight of what a healthy relationship looks like. You mistake intensity for love, waiting for passion, worry for attachment. A calm, consistent person may even seem boring at first, simply because they don't set off the old alarms.

This chapter helps you recognise someone who truly chooses you, and spot the signals that should put you on alert. It applies to romantic relationships, but to friendships as well.

What being chosen really means

Being chosen isn't about grand declarations. It's feeling, in everyday actions, that they want you in their life, and show it consistently. Someone who chooses you doesn't leave you guessing. You don't need to analyse their messages to know where you stand.

The key is consistency. Words count, but repeated behaviour counts more. Someone who says "you matter to me" and then disappears for three days without a word is sending you two contradictory messages. Believe the actions.

The signs of a healthy relationship

The effort is shared. You're not always the one who texts, suggests, organises. They check in too, make plans, think of you.

Communication is clear. You know where you stand. If you ask a question about the relationship, you get an honest answer, even if it isn't the one you hoped for.

Your boundaries are respected. When you say no, they hear it, without guilt-tripping you or pushing.

You can be yourself. You don't need to hide your tastes, your opinions, your emotions. You feel accepted as you are.

Promises are kept. Not always perfectly, but generally. And when they aren't, there's a sincere apology and real effort.

You feel safe. Not necessarily on cloud nine all the time, but calm. You don't live with a knot in your stomach.

There's room for your life. They encourage your friendships, your projects, your time alone. The relationship adds to your life; it doesn't replace it.

Conflicts get resolved. You can disagree without it turning into drama or punishing silence. Each of you listens to the other.

The warning signs

Some behaviours should make you slow down and observe.

Hot and cold: very present one day, absent the next, with no explanation.

Permanent vagueness: the relationship never has a name, they always dodge conversations about the future, or they've been saying "we'll see" for months.

Too much, too soon: passionate declarations in the first few days, plans for the future before they even know you. It can feel magical, especially for the Passionate profile, but it's often fragile.

Disregard for your boundaries: they push when you say no, mock your needs, make you feel guilty.

Isolation: they criticise your loved ones, resent the time you spend without them, or push you to distance yourself from the people around you.

Available only on their terms: messages only late at night, meet-ups only when it suits them.

Reversed blame: when you express a hurt, you're always the one who ends up apologising.

A single signal doesn't necessarily mean the relationship is bad. But several signals that keep repeating deserve your full attention. And if you feel belittled, controlled or unsafe, it's no longer a question of chasing or not: talk to someone you trust and don't hesitate to get help from professionals or specialist support services.

Why calm can feel scary

If you're used to rollercoasters, a stable relationship can feel strange. You wait for the problem to show up. You wonder whether there are real feelings, since there's no anxiety. The Anxious may look for the flaw, the Rescuer may get bored with no one to help, the Invisible may be afraid of finally being seen, and the Passionate may miss the intensity.

That's normal. Give yourself time to get used to it. Calm isn't the absence of love: it's often its strongest form.

> “
> Calm isn't the absence of love: it's often its strongest form.

WORKSHEET

Checklist: "Does this person choose me?"

Answer yes or no, thinking about the last three months.

In the last three months…	Answer
They check in without me having to ask.	☐ yes ☐ no
They suggest spending time together.	☐ yes ☐ no
I know where we stand in the relationship.	☐ yes ☐ no
My boundaries are respected.	☐ yes ☐ no
I feel free to express my emotions.	☐ yes ☐ no
Promises are kept most of the time.	☐ yes ☐ no
I feel calm rather than anxious.	☐ yes ☐ no
They take an interest in my life, my plans, my loved ones.	☐ yes ☐ no
Our disagreements get resolved without humiliation or punishing silence.	☐ yes ☐ no
I don't need to chase to keep the connection.	☐ yes ☐ no

Eight yeses or more: you're probably in a relationship where you're chosen. Four to seven: there are things to clarify, so talk about them calmly. Fewer than four: ask yourself honestly whether this relationship is good for you, and reread chapter 5.

EXERCISE

Write down the three signs of a healthy relationship that matter most to you. They're your non-negotiables from now on.

CHAPTER 10

Conclusion and printable bonuses

You've reached the end of this book. Take a moment to acknowledge that. You took a quiz, looked your behaviours in the eye, explored your story, understood the chase dynamic, followed a plan, learned to handle the urge to text, worked on your self-worth and discovered what a relationship where you're chosen looks like. That's no small thing.

What you take with you

You now know that chasing someone isn't a character flaw, but a way of loving that you learned. You know your profile, with its strengths and its traps. You have concrete tools for the hard moments. And above all, you know that your worth doesn't depend on anyone's reply.

There will still be days when the urge to chase comes back. That's normal. What has changed is that you recognise it, and you know what to do. Every time you choose not to chase, you strengthen the person you're becoming.

Back to your first sentence

In chapter 1, I asked you to write, in one sentence, the reason you opened this book. Find it now and reread it slowly.

Then answer these questions in your notebook: Is that reason still the same? What has changed in the way you see the situation? What would you no longer do today? What are you most proud of?

Your letter to yourself

To finish, write a letter to the person you were at the start of this book. The one staring at their phone at 11:47 p.m., waiting for a message. Tell them what you've understood. Tell them what you wish you'd heard. Tell them they deserve more than crumbs, and that they're going to be okay.

You could begin with: "I know you're scared of being forgotten. I know you've given so much. Today, I want to tell you that..."

Keep this letter. Reread it in six months. You'll see how far you've come.

One last word

Stopping the chase doesn't mean you stop loving. It means learning to love without forgetting yourself. It means walking beside someone instead of behind them. And above all, it means coming home to yourself. You deserve a relationship where you don't have to chase. And that relationship starts with the one you have with yourself.

> “
>
> Stopping the chase doesn't mean you stop loving. It means learning to love without forgetting yourself.

BONUS 1

30-day plan at a glance

Step	What you do
Week 1 – Observe	spot your reflexes, name your emotions, see the relationship as it really is.
Week 2 – Slow down	the 20-minute rule, not texting first, less checking, reconnecting with loved ones.
Week 3 – Take your place back	your needs, saying no, voicing your wants, setting a boundary, receiving.
Week 4 – Build your life	your projects, your outings, your ideal relationship, your letter, your new habit.
Every evening	challenge done ☐ · Urge to chase (0-10): _____ · Mood: _____

BONUS 2

Phrases for setting boundaries

- "I need to know where we stand. Can we talk about it calmly?"
- "When you cancel at the last minute, it hurts. I'd like a heads-up sooner."
- "No, I'm not free tonight."
- "I'd rather talk about this tomorrow, with a clear head."
- "I need more regular contact to feel good in this relationship."
- "That doesn't work for me."
- "I really like you, but I'm not going to keep waiting without knowing."
- "I'm allowed to have my own plans."

BONUS 3

SOS card: "I want to text them"

When the urge hits	
1	I put my phone down, out of reach.
2	I breathe: in for 4 seconds, out for 6 seconds, ten times.
3	I name my emotion: _____.
4	I write the message in my notebook and don't send it.
5	I wait 20 minutes and do something else.
✦	My two go-to activities: _____ and _____.
✦	My anchor sentence: _____.
✦	Someone I can call: _____.

Thank you for walking this path. Take good care of yourself.