



Love or Illusion?

A Clarity Checklist for Queens

Real love builds over time. Manipulation moves fast. Use this checklist to get honest about what you're experiencing.

Pace & Pressure

- ☐ They say "I love you" within the first few weeks
- ☐ They talk about marriage, babies, or moving in way too soon
- ☐ You feel flattered, but also overwhelmed or unsure
- ☐ You've felt rushed to define the relationship
- ☐ Saying "slow down" feels like a risk

Emotional Influence

- ☐ They're highly charming, almost too perfect
- ☐ You feel like you've known them forever
- ☐ They mirror your values, interests, or pain
- ☐ You feel addicted to their attention
- ☐ When they pull away, you feel anxious or insecure

Boundaries & Control

- ☐ They get upset when you take space
- ☐ They guilt-trip you for having other priorities
- ☐ They want access to your phone, location, or social media
- ☐ They make you feel "bad" for setting limits
- ☐ You feel like you're losing your independence



Your Inner Queen

- ☐ You're doubting your instincts
- ☐ You've already ignored red flags
- ☐ You feel like you're walking on eggshells
- ☐ You're afraid of losing them, even when they hurt you
- ☐ Deep down, you know something's off

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If you've ticked 5 or more boxes, take a pause.

Healthy love feels **safe, slow, and stable.**

Illusion feels **intense, rushed, and overwhelming.**