

How Long does Love Bombing Last? (Case Study)

Study Participant	Type of Narcissist	Why Did You Gravitate Towards the Relationship?	How Long Did it Take You to Be Interested in the Narcissist?	How Long Did the Love Bombing Phase Last?
Participant 1	Grandiose	Unhealthy/Abusive Childhood	1 Month	1 Month
Participant 2	Grandiose	Idealization	5 Months	6 Months
Participant 3	Grandiose	Love Bombing/ Intermittent Reinforcement	4 Months	4 Months
Participant 4	Grandiose	Financial Abuse	1 Month	2 Months
Participant 5	Grandiose	Idealization	4 Months	5 Months
Participant 6	Grandiose	Unhealthy/Abusive Childhood	2 Months	4 Months
Participant 7	Grandiose	Love Bombing/ Intermittent Reinforcement	2 Months	5 Months
Participant 8	Grandiose	Financial Abuse	1 Month	1 Month
Participant 9	Grandiose	Idealization	1 Month	4 Months
Participant 10	Grandiose	Idealization	2 Months	3 Months
Participant 11	Grandiose	Idealization	4 Months	6 Months
Participant 12	Grandiose	Children	5 Months	8 Months
Participant 13	Grandiose	Love Bombing/ Intermittent Reinforcement	1 Month	2 Months
Participant 14	Grandiose	Unhealthy/Abusive Childhood	1 Month	3 Months
Participant 15	Grandiose	Financial Abuse	2 Months	4 Months
Participant 16	Grandiose	Idealization	3 Months	5 Months
Participant 17	Grandiose	Love Bombing/ Intermittent Reinforcement	5 Months	5 Months
Participant 18	Grandiose	Children	Immediately	1 Month
Participant 19	Grandiose	Children	4 Months	5 Months
Participant 20	Grandiose	Financial Abuse	3 Months	3 Months
Participant 21	Grandiose	Love Bombing/ Intermittent Reinforcement	4 Months	6 Months
Participant 22	Grandiose	Idealization	7 Months	8 Months
Participant 23	Grandiose	Love Bombing/ Intermittent Reinforcement	8 Months	9 Months
Participant 24	Grandiose	Love Bombing/ Intermittent Reinforcement	4 Months	5 Months
Participant 25	Grandiose	Unhealthy/Abusive Childhood	2 Months	2 Months
Participant 26	Grandiose	Rumination	12 Months	12 Months
Participant 27	Grandiose	Rumination	6 Months	8 Months
Participant 28	Grandiose	Rumination	4 Months	5 Months
Participant 29	Grandiose	Financial Abuse	Immediately	2 Months
Participant 30	Grandiose	Love Bombing/ Intermittent Reinforcement	4 Months	5 Months

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Participant 31	Grandiose	Unhealthy/Abusive Childhood	1 Month	2 Months
Participant 32	Grandiose	Children	8 Months	10 Months
Participant 33	Grandiose	Idealization	2 Months	6 Months
Participant 34	Grandiose	Love Bombing/ Intermittent Reinforcement	12 Months	12 Months
Participant 35	Grandiose	Children	9 Months	10 Months
Participant 36	Grandiose	Unhealthy/Abusive Childhood	Immediately	2 Months
Participant 37	Grandiose	Financial Abuse	3 Months	1 Month
Participant 38	Grandiose	Love Bombing/ Intermittent Reinforcement	3 Months	4 Months
Participant 39	Grandiose	Idealization	5 Months	7 Months
Participant 40	Grandiose	Rumination	6 Months	7 Months
Participant 41	Grandiose	Unhealthy/Abusive Childhood	1 Month	3 Months
Participant 42	Grandiose	Financial Abuse	1 Month	4 Months
Participant 43	Grandiose	Unhealthy/Abusive Childhood	Immediately	2 Months
Participant 44	Grandiose	Unhealthy/Abusive Childhood	2 Months	5 Months
Participant 45	Grandiose	Unhealthy/Abusive Childhood	2 Months	1 Month
Participant 46	Grandiose	Love Bombing/ Intermittent Reinforcement	5 Months	6 Months
Participant 47	Grandiose	Idealization	1 Month	3 Months
Participant 48	Grandiose	Love Bombing/ Intermittent Reinforcement	1 Month	4 Months
Participant 49	Grandiose	Idealization	4 Months	6 Months
Participant 50	Grandiose	Unhealthy/Abusive Childhood	1 Month	3 Months
Participant 51	Grandiose	Financial Abuse	1 Month	2 Months
Participant 52	Grandiose	Idealization	2 Months	2 Months
Participant 53	Grandiose	Love Bombing/ Intermittent Reinforcement	6 Months	9 Months
Participant 54	Grandiose	Unhealthy/Abusive Childhood	3 Months	6 Months
Participant 55	Grandiose	Rumination	2 Months	3 Months
Participant 56	Grandiose	Financial Abuse	3 Months	5 Months
Participant 57	Grandiose	Unhealthy/Abusive Childhood	Immediately	2 Months
Participant 58	Grandiose	Financial Abuse	2 Months	3 Months
Participant 59	Grandiose	Unhealthy/Abusive Childhood	2 Months	1 Month
Participant 60	Malignant	Security/Stability	3 Months	4 Months
Participant 61	Malignant	Financial Abuse	2 Months	4 Months

Study Participant	Type of Narcissist	Why Did You Gravitate Towards the Relationship?	How Long Did it Take You to Be Interested in the Narcissist?	How Long Did the Love Bombing Phase Last?
Participant 62	Malignant	Unhealthy/Abusive Childhood	1 Month	3 Months
Participant 63	Malignant	Idealization	2 Months	4 Months
Participant 64	Malignant	Security/Stability	3 Months	1 Month
Participant 65	Malignant	Love Bombing/ Intermittent Reinforcement	2 Months	3 Months
Participant 66	Malignant	Idealization	1 Month	4 Months
Participant 67	Malignant	Security/Stability	4 Months	6 Months
Participant 68	Malignant	Fear	3 Months	4 Months
Participant 69	Malignant	Financial Abuse	1 Month	3 Months
Participant 70	Malignant	Unhealthy/Abusive Childhood	2 Months	3 Months
Participant 71	Malignant	Idealization	1 Month	3 Months
Participant 72	Malignant	Security/Stability	3 Months	4 Months
Participant 73	Malignant	Love Bombing/ Intermittent Reinforcement	3 Months	4 Months
Participant 74	Malignant	Unhealthy/Abusive Childhood	4 Months	4 Months
Participant 75	Malignant	Fear	2 Months	4 Months
Participant 76	Malignant	Idealization	3 Months	4 Months
Participant 77	Malignant	Security/Stability	1 Month	3 Months
Participant 78	Malignant	Fear	3 Months	4 Months
Participant 79	Malignant	Financial Abuse	1 Month	2 Months
Participant 80	Malignant	Unhealthy/Abusive Childhood	5 Months	6 Months
Participant 81	Malignant	Security/Stability	1 Month	4 Months
Participant 82	Malignant	Love Bombing/ Intermittent Reinforcement	2 Months	3 Months
Participant 83	Malignant	Unhealthy/Abusive Childhood	1 Month	3 Months
Participant 84	Malignant	Security/Stability	1 Month	4 Months
Participant 85	Malignant	Fear	3 Months	4 Months
Participant 86	Malignant	Security/Stability	1 Month	4 Months
Participant 87	Malignant	Financial Abuse	2 Months	2 Months
Participant 88	Malignant	Idealization	1 Month	3 Months
Participant 89	Malignant	Unhealthy/Abusive Childhood	3 Months	4 Months
Participant 90	Malignant	Fear	1 Month	4 Months
Participant 91	Malignant	Security/Stability	2 Month	4 Months
Participant 92	Malignant	Love Bombing/ Intermittent Reinforcement	1 Month	2 Months
Participant 93	Malignant	Financial Abuse	3 Months	4 Months
Participant 94	Malignant	Idealization	1 Month	3 Months
Participant 95	Malignant	Unhealthy/Abusive Childhood	2 Months	4 Months

Study Participant	Type of Narcissist	Why Did You Gravitate Towards the Relationship?	How Long Did it Take You to Be Interested in the Narcissist?	How Long Did the Love Bombing Phase Last?
Participant 96	Malignant	Security/Stability	1 Month	1 Month
Participant 97	Malignant	Fear	1 Month	1 Month
Participant 98	Malignant	Financial Abuse	2 Months	3 Months
Participant 99	Malignant	Financial Abuse	2 Months	4 Months
Participant 100	Malignant	Security/Stability	6 Months	8 Months
Participant 101	Malignant	Love Bombing/ Intermittent Reinforcement	2 Months	4 Months
Participant 102	Malignant	Security/Stability	1 Month	3 Months
Participant 103	Malignant	Unhealthy/Abusive Childhood	3 Months	4 Months
Participant 104	Malignant	Idealization	1 Month	3 Months
Participant 105	Malignant	Idealization	3 Months	3 Months
Participant 106	Malignant	Security/Stability	1 Month	3 Months
Participant 107	Malignant	Love Bombing/ Intermittent Reinforcement	3 Months	4 Months
Participant 108	Malignant	Financial Abuse	2 Months	4 Months
Participant 109	Malignant	Unhealthy/Abusive Childhood	1 Month	2 Months
Participant 110	Malignant	Idealization	3 Months	4 Months
Participant 111	Malignant	Idealization	1 Month	3 Months
Participant 112	Malignant	Financial Abuse	2 Months	4 Months
Participant 113	Communal	Rumination	3 Months	5 Months
Participant 114	Communal	Low Self-Esteem	4 Months	6 Months
Participant 115	Communal	Idealization	6 Months	8 Months
Participant 116	Communal	Idealization	3 Months	4 Months
Participant 117	Communal	Rumination	2 Months	3 Months
Participant 118	Communal	Low Self-Esteem	4 Months	6 Months
Participant 119	Communal	Idealization	1 Month	5 Months
Participant 120	Communal	Rumination	6 Months	8 Months
Participant 121	Communal	Unhealthy/Abusive Childhood	1 Month	4 Months
Participant 122	Communal	Low Self-Esteem	2 Months	4 Months
Participant 123	Communal	Idealization	3 Months	9 Months
Participant 124	Communal	Rumination	4 Months	5 Months
Participant 125	Communal	Low Self-Esteem	6 Months	8 Months
Participant 126	Communal	Low Self-Esteem	5 Months	6 Months
Participant 127	Communal	Idealization	3 Months	6 Months
Participant 128	Communal	Low Self-Esteem	3 Months	3 Months
Participant 129	Communal	Idealization	4 Months	5 Months
Participant 130	Communal	Idealization	1 Month	4 Months
Participant 131	Communal	Low Self-Esteem	3 Months	6 Months
Participant 132	Communal	Rumination	6 Months	13 Months
Participant 133	Communal	Idealization	4 Months	4 Months
Participant 134	Communal	Low Self-Esteem	4 Months	7 Months

Study Participant	Type of Narcissist	Why Did You Gravitate Towards the Relationship?	How Long Did it Take You to Be Interested in the Narcissist?	How Long Did the Love Bombing Phase Last?
Participant 135	Communal	Low Self-Esteem	1 Month	5 Months
Participant 136	Communal	Idealization	3 Months	4 Months
Participant 137	Communal	Rumination	2 Months	3 Months
Participant 138	Communal	Unhealthy/Abusive Childhood	2 Months	6 Months
Participant 139	Communal	Rumination	6 Months	10 Months
Participant 140	Communal	Low Self-Esteem	12 Months	11 Months
Participant 141	Communal	Idealization	3 Months	4 Months
Participant 142	Communal	Low Self-Esteem	4 Months	6 Months
Participant 143	Communal	Idealization	1 Month	5 Months
Participant 144	Communal	Rumination	6 Months	7 Months
Participant 145	Communal	Low Self-Esteem	3 Months	4 Months
Participant 146	Communal	Idealization	4 Months	7 Months
Participant 147	Communal	Idealization	3 Months	5 Months
Participant 148	Communal	Idealization	6 Months	9 Months
Participant 149	Communal	Idealization	1 Month	6 Months
Participant 150	Communal	Rumination	4 Months	6 Months
Participant 151	Communal	Unhealthy/Abusive Childhood	3 Months	5 Months
Participant 152	Communal	Idealization	6 Months	7 Months
Participant 153	Communal	Low Self-Esteem	4 Months	6 Months
Participant 154	Communal	Rumination	6 Months	10 Months
Participant 155	Communal	Idealization	8 Months	9 Months
Participant 156	Communal	Low Self-Esteem	3 Months	4 Months
Participant 157	Communal	Unhealthy/Abusive Childhood	2 Months	7 Months
Participant 158	Communal	Idealization	3 Months	8 Months
Participant 159	Communal	Idealization	1 Month	5 Months
Participant 160	Communal	Low Self-Esteem	3 Months	6 Months
Participant 161	Communal	Rumination	3 Months	4 Months
Participant 162	Communal	Rumination	5 Months	7 Months
Participant 163	Communal	Idealization	6 Months	8 Months
Participant 164	Communal	Low Self-Esteem	4 Months	6 Months
Participant 165	Covert	Overly Empathic/Rescuer	1 Month	6 Months
Participant 166	Covert	Idealization	2 Months	6 Months
Participant 167	Covert	Overly Empathic/Rescuer	3 Months	7 Months
Participant 168	Covert	Unhealthy/Abusive Childhood	1 Month	5 Months
Participant 169	Covert	Idealization	2 Months	6 Months
Participant 170	Covert	Overly Empathic/Rescuer	3 Months	8 Months
Participant 171	Covert	Rumination	1 Month	5 Months
Participant 172	Covert	Idealization	3 Months	5 Months
Participant 173	Covert	Rumination	2 Months	7 Months

Study Participant	Type of Narcissist	Why Did You Gravitate Towards the Relationship?	How Long Did it Take You to Be Interested in the Narcissist?	How Long Did the Love Bombing Phase Last?
Participant 174	Covert	Overly Empathic/ Rescuer	3 Months	6 Months
Participant 175	Covert	Unhealthy/Abusive Childhood	2 Months	5 Months
Participant 176	Covert	Overly Empathic/ Rescuer	1 Month	7 Months
Participant 177	Covert	Idealization	2 Months	6 Months
Participant 178	Covert	Love Bombing/ Intermittent Reinforcement	3 Months	5 Months
Participant 179	Covert	Overly Empathic/ Rescuer	2 Months	5 Months
Participant 180	Covert	Rumination	1 Month	5 Months
Participant 181	Covert	Idealization	2 Months	7 Months
Participant 182	Covert	Love Bombing/ Intermittent Reinforcement	3 Months	5 Months
Participant 183	Covert	Rumination	1 Month	5 Months
Participant 184	Covert	Overly Empathic/ Rescuer	3 Months	6 Months
Participant 185	Covert	Unhealthy/Abusive Childhood	1 Month	9 Months
Participant 186	Covert	Idealization	1 Month	5 Months
Participant 187	Covert	Overly Empathic/ Rescuer	2 Months	7 Months
Participant 188	Covert	Overly Empathic/ Rescuer	3 Months	5 Months
Participant 189	Covert	Unhealthy/Abusive Childhood	2 Months	6 Months
Participant 190	Covert	Idealization	1 Month	5 Months
Participant 191	Covert	Overly Empathic/ Rescuer	2 Months	5 Months
Participant 192	Covert	Idealization	3 Months	8 Months
Participant 192	Covert	Rumination	1 Month	4 Months
Participant 194	Covert	Unhealthy/Abusive Childhood	2 Months	6 Months
Participant 195	Covert	Idealization	3 Months	7 Months
Participant 196	Covert	Overly Empathic/ Rescuer	1 Month	5 Months
Participant 197	Covert	Love Bombing/ Intermittent Reinforcement	2 Months	5 Months
Participant 198	Covert	Idealization	3 Months	6 Months
Participant 199	Covert	Rumination	3 Months	5 Months
Participant 200	Covert	Love Bombing/ Intermittent Reinforcement	1 Month	5 Months
Participant 201	Covert	Overly Empathic/ Rescuer	1 Month	7 Months
Participant 202	Covert	Idealization	2 Months	6 Months
Participant 203	Covert	Overly Empathic/ Rescuer	1 Month	5 Months

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Participant 204	Covert	Love Bombing/ Intermittent Reinforcement	2 Months	5 Months
Participant 205	Covert	Overly Empathic/ Rescuer	3 Months	5 Months
Participant 206	Covert	Rumination	2 Months	5 Months
Participant 207	Covert	Unhealthy/Abusive Childhood	1 Month	6 Months
Participant 208	Covert	Love Bombing/ Intermittent Reinforcement	2 Months	5 Months
Participant 209	Covert	Overly Empathic/ Rescuer	2 Months	5 Months
Participant 210	Covert	Love Bombing/ Intermittent Reinforcement	3 Months	7 Months
Participant 211	Covert	Rumination	1 Month	5 Months
Participant 212	Covert	Overly Empathic/ Rescuer	3 Months	6 Months
Participant 213	Covert	Unhealthy/Abusive Childhood	2 Months	5 Months
Participant 214	Covert	Love Bombing/ Intermittent Reinforcement	2 Months	7 Months
Participant 215	Covert	Idealization	1 Month	5 Months
Participant 216	Covert	Overly Empathic/ Rescuer	1 Month	5 Months
Participant 217	Covert	Rumination	3 Months	5 Months
Participant 218	Covert	Love Bombing/ Intermittent Reinforcement	2 Months	5 Months
Participant 219	Covert	Unhealthy/Abusive Childhood	1 Month	5 Months
Participant 220	Covert	Overly Empathic/ Rescuer	3 Months	5 Months
Participant 221	Covert	Idealization	2 Months	7 Months