

20

Attract Your Ideal Lover Clinical Practice Workbook

A clinically branded, function-preserving edition retaining the original exercises, psychoeducation, checklists, logs, planning tools, and response space.

DSM-5-TR · ICD-11 CLINICAL ALIGNMENT

1 · Are You Ready To Meet Your Ideal Love Quiz

2 · Before You Begin

3 · Yoga Exercise: Open Your Heart

4 · Meditation: Increase Your Awareness Of Love And Connection

5 · Allow Your Ideal Lover Into Your Life

6 · Analyze Your Past Relationships

7 · Release Old Relationships

8 · Forgive and Let Go Of The Past

9 · Identify Limiting Beliefs

10 · Why You Deserve Love

11 · Relationship Values

12 · Explore Your Needs In A Relationship

13 · Qualities You Want In Your Ideal Lover

14 · Color a Mandala

15 · What Are You Willing To Offer?

16 · Create A Relationship Vision

17 · A Letter From My Ideal Lover

18 · Create A Vision Board

19 · Align Your Words With Your Desires

20 · Use An Intention Statement

How to use this workbook

- Use this workbook selectively and collaboratively; it is educational and does not replace individualized assessment, diagnosis, treatment, medical care, or crisis services.
- Skip, pause, or modify any activity that increases distress, danger, shame, or loss of functioning. Adapt language for culture, disability, neurodivergence, health, resources, and lived context.
- Ratings in this workbook are reflection tools unless a named, validated measure and interpretation are explicitly provided.

Contents

Are You Ready To Meet Your Ideal Love Quiz	4
Before You Begin.....	5
Yoga Exercise: Open Your Heart	6
Meditation: Increase Your Awareness Of Love And Connection	7
Allow Your Ideal Lover Into Your Life	8
Analyze Your Past Relationships.....	10
Release Old Relationships	15
Forgive and Let Go Of The Past	17
Identify Limiting Beliefs	22
Why You Deserve Love.....	26
Relationship Values	27
Explore Your Needs In A Relationship	29
Qualities You Want In Your Ideal Lover	31
Color a Mandala	33
What Are You Willing To Offer?	36
Create A Relationship Vision	37
A Letter From My Ideal Lover.....	38
Create A Vision Board.....	40
Align Your Words With Your Desires	41
Use An Intention Statement.....	42
Affirmations	43
Now What?	44

Are You Ready To Meet Your Ideal Love Quiz

- If your ideal lover can observe your life right now, would you be proud of what they would see?
- Are you physically and psychologically in your best condition to meet your ideal lover?
- Is your home ready to welcome your ideal lover?
- Have you made a list of the top ten qualities you want in your ideal lover?
- Are there past lovers you haven't let go of yet emotionally?

If you answered no to any of these questions, you may be unconsciously blocking your ideal lover from entering your life.

The following exercises will help you remove those blocks and attract your ideal lover.

Before You Begin

“Your task is not to seek for love, but merely to seek and find all of the barriers within yourself that you have built against it.”

—*A Course in Miracles*

We attract people who are as healthy or unhealthy as we are.

Our relationships will reflect back to us our internal issues with ourselves.

If you have been tolerating abuse or lack of commitment, ask yourself: “In what ways am I failing to honor and love myself?”

It’s only when you change your relationship with yourself, that your external world will change accordingly.

The key to attracting your ideal lover is also to know exactly what you want. This requires high levels of self-awareness.

The following exercises and journaling prompts will help you increase your self-awareness, challenge negative beliefs about yourself and relationships, and learn how to love yourself and allow love into your life.

Before You Begin: Set The Right Intention!

We create more of what we focus on.

Make sure that you’re not doing these exercises out of fear.

Instead of saying, “I can’t stand being alone,” try something like, “I am open and ready to give and receive love.”

Yoga Exercise: Open Your Heart

In her book, *The Eight Human Talents*, yoga instructor Gurmukh, includes a simple yoga exercise to help you open the heart:

To do this exercise, start by sitting cross-legged on either the floor or a pillow.

If you can't cross your legs, simply sit up with a straight back and feet together on the floor.

Stretch your arms out in front of you, palms together, with your arms parallel to the floor.

Take a deep breath in through your nose as you open your arms widely to the sides, bringing your shoulder blades as close together as possible.

Bring your awareness to your heart. Imagine your heart opening up as you continue to breathe in deeply. Say to yourself, "I open myself fully to give and receive love."

Once you've stretched your arms as far back as they can go, breathe out through your nose as you bring your arms back to the original position, palms together and arms parallel to the ground.

Repeat this exercise a few more times and allow yourself to relax between expansions, by resting your arms on your knees.

Meditation: Increase Your Awareness Of Love And Connection

What you focus on expands!

Although many of us are surrounded by love from family members, close friends, colleagues, and even grateful strangers we help, very few of us pay attention to that love.

Begin your day with a meditation practice to increase your awareness of love and connection in your life.

Sit in a comfortable position and take your time to relax your body and mind by focusing on your breath.

Once ready, start thinking of your family members, one by one. Think of the loving moments you shared with them.

Imagine a beautiful light surrounding you both as you repeat to yourself: “I am connected to everyone and everything.”

Now move on to your close friends, neighbors, coworkers, and those you came into contact with. Again, think about the loving moments you shared and notice the beautiful energy field that connects you together.

Repeat to yourself each person you think of: “I am connected to everyone and everything.”

Spend at least five minutes doing this exercise.

Throughout the day, become mindful of the connection between yourself and others and allow the feeling of love to expand in your heart.

Allow Your Ideal Lover Into Your Life

As much as we want to find our dream lover, oftentimes, we unconsciously dread the idea of meeting someone because our place looks messy or unwelcoming, or we have baggage from past relationships that we're yet to address, or we feel overscheduled and too busy for a relationship.

Write down a list of things you need to do if your ideal lover is to show up right now in your life.

For example:

- ☐ Create a space in my bedroom closet and clear out a drawer
- ☐ Clean my apartment
- ☐ Get rid of reminders of and letters from past lovers
- ☐ Buy new sexy underwear or pajamas
- ☐ Quit a bad habit
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Feng Shui Tips

Feng shui is an ancient Chinese art and science. It is about how the placement of objects in a given space affects how people feel.

The following are suggestions to help you open up to receiving love:

- ☐ Use pairs of items to invoke a feeling (e.g. pairs of pillows, pairs of bedside table lamps, two mugs for morning coffee, etc.).
- ☐ Balance feminine and masculine energy throughout your house (e.g. add masculine colors and lines if there are lots of flowery things, soft materials, and feminine colors).
- ☐ Throw away objects from a previous relationships
- ☐ Hang some art in your home that invokes a feeling of love in you.
- ☐ Take down any pictures that invoke a feeling of loneliness.
- ☐ _____
- ☐ _____
- ☐ _____

Fengshui your life

Creating space for love isn't just about the physical environment. Create space for love in your life by leaving breathing room in your schedule so you have the time to meet new people.

Write down a list of things you could do to change your schedule so that there is more space in your schedule to explore new relationships:

Write down a list of possibilities for you to meet new people (e.g. ask a friend to set you up, get on a dating app, read a book at a coffee shop, etc.):

Analyze Your Past Relationships

Think about your past relationships, going as far back as your first crush.

Go over every relationship and write about what was right and wrong with each one of them and how each relationship affected you personally.

- Person's name
- Negatives
- Positives
- Worst memories
- Best memories
- What you learned

It might be triggering to go over the bad memories, but unless you let things out in the open, you'll carry the unconscious fear with you and draw similar experiences to you again and again.

The following is a list of negative and positive attributes to help you identify positives and negatives about the person:

Positive Traits

Admirable	Enthusiastic	Passionate
Adventurous	Fair	Patient
Agreeable	Faithful	Peaceful
Ambitious	Flexible	Playful
Appreciative	Forgiving	Practical
Assertive	Friendly	Punctual
Athletic	Fun-loving	Realistic
Attractive	Generous	Reflective
Balanced	Gentle	Relaxed
Calm	Genuine	Reliable
Caring	Gracious	Respectful
Charismatic	Hardworking	Responsible
Charming	Helpful	Romantic
Cheerful	Honest	Secure
Compassionate	Humble	Sensitive
Confident	Humorous	Sexy
Considerate	Independent	Strong
Cooperative	Intelligent	Sympathetic
Courageous	Kind	Tolerant
Courteous	Logical	Trusting
Decisive	Mature	Understanding
Disciplined	Modest	Warm
Eloquent	Open	Wise
Empathetic	Optimistic	
Energetic	Organized	

Negative Traits

Abrasive	Disrespectful	Naive
Abrupt	Egocentric	Narcissistic
Aimless	Faithless	Narrow -minded
Amoral	Flirty	Neglectful
Argumentative	Forgetful	Obnoxious
Arrogant	Gloomy	Obsessive
Artificial	Graceless	Oblivious
Bland	Greedy	Opportunistic
Calculating	Gullible	Paranoid
Callous	Hateful	Passive
Careless	Hedonistic	Possessive
Childish	Hostile	Pretentious
Clingy	Ignorant	Provocative
Cold	Impatient	Resentful
Compulsive	Impulsive	Selfish
Critical	Inconsiderate	Self-indulgent
Cruel	Indulgent	Shallow
Deceitful	Insincere	Superficial
Demanding	Insulting	Troublesome
Dependent	Intolerant	Unappreciative
Desperate	Irrational	Uncaring
Destructive	Irresponsible	Ungrateful
Difficult	Lazy	Unreliable
Dishonest	Mannerless	Unstable
Disloyal	Messy	Vindictive
Disorganized	Moody	

Person's name _____

Negatives

Positives

Worst memories

Best memories

What you learned

What are the patterns that you've experienced over and over again in your past relationships?

What specifically are you doing to create the results that you are getting?

Release Old Relationships

Many of us hold on to unhealthy relationships for fear of not finding something better or because we don't believe we deserve healthy love.

Opening yourself to receive love includes releasing relationships with people who are not available, relationships that aren't working for you anymore, or past relationships you're still holding onto.

Think about the relationships that aren't serving you anymore and might be keeping you from receiving love.

1. Is there someone you are still in love with? Angry with? Feel betrayed by? Or haven't forgiven?

2. What fears are preventing you from releasing these relationships?

3. What obligation do you feel compelled to fulfill in these relationships?

4. What do these relationships reflect in your relationship to yourself?

5. What can you do to release each one of these relationships and restore your personal power?

→ If you are still holding on to someone you no longer are in a relationship with, you may try releasing them by writing a letter that you don't send or by bringing the person into your meditation for an imaginary conversation.

Forgive and Let Go Of The Past

Many of us believe that we need to wait until our hurt and anger are resolved before we can forgive and let go. But that's not always the case

Forgiveness is a deliberate effort.

Forgiveness is not about agreeing with what the person did or inviting them back into your life.

Forgiveness is about freeing yourself from resentment and suffering.

One of the best ways to facilitate forgiveness is to consider your role in what happened. Unless we're helpless children, we all have a role in what happens to us.

For example, if you were in a relationship with someone who abused you, you may want to consider what attracted you to this person in the first place and what made you ignore red flags along the way.

Considering your role in what happened can make you feel less angry and more empowered to change and improve so that you feel reassured that this same situation won't happen again.

1. Write down a list of people you are carrying resentment toward?

2. Start with the person who hurt you the most and answer the following questions:

- What did this person do to hurt you?

- What are you responsible for in this situation?

- What lessons did you learn because of what happened?

- What can you do now to let go of this situation? (Write a letter that you don't send, use forgiveness meditation, etc.)

Note: Make sure you include their own perspective by writing a letter for yourself on their behalf, or imagining their response if you choose to forgive them through meditation.

[illegible]

Forgive Yourself

Forgiveness is incomplete without forgiving ourselves for any of the different things for which we blame ourselves.

1. Make a list of things you blame yourself for when it comes to relationships. (e.g., making choices out of desperation, not listening to your intuition, ignoring red flags, remaining in relationships that didn't serve your highest good, etc.)

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

2. Write a letter to yourself where you release yourself from all the self-blame.

Note: At the end of each paragraph, add this, “I completely and fully forgive myself for these actions, and I completely and fully forgive (add name) for their actions. I now gratefully accept this healing.”

[illegible]

Identify Limiting Beliefs

What limiting beliefs are holding you from enjoying healthy relationships?

NOTE: The following is a list of some common limiting beliefs.

- ☐ All the good men are taken.
- ☐ I am a disappointment.
- ☐ I am a failure.
- ☐ I am a loser.
- ☐ I am a mess.
- ☐ I am a mistake.
- ☐ I am awkward.
- ☐ I am bad.
- ☐ I am defective.
- ☐ I am disposable.
- ☐ I am fat.
- ☐ I am flawed.
- ☐ I am hopeless.
- ☐ I am incapable.
- ☐ I am inferior.
- ☐ I am stupid.
- ☐ I am too old.
- ☐ I am too successful.
- ☐ I am ugly.
- ☐ I am unattractive.
- ☐ I am uninteresting.
- ☐ I am unlovable.

- ☐ I am unwanted.
- ☐ I am unworthy.
- ☐ I am useless.
- ☐ I don't deserve anything.
- ☐ I have too much baggage.
- ☐ Nobody I am interested in would be interested in me.
- ☐ No one can be trusted.
- ☐ There's not enough to go around.
- ☐ There's something wrong with me.
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

What evidence can you find that suggests that your negative beliefs may not be true?

What would you tell a friend who had the same negative beliefs about themselves?

What have you been hiding completely about yourself or reluctant to express fully? (e.g., Your anger, beauty, greatness, love, passion, power, sexuality, talent, ugliness)

What parts of yourself do you want to own and express more fully?

What can you do to express those parts?

What parts of yourself do you want to continue to hide? Why?

Why You Deserve Love

One of the ways we self-sabotage and reject love is because we don't believe we deserve it.

Write down a list of reasons why you deserve love. The following are some examples. Check the ones you relate to and add ones of your own:

- ☐ I have so much love to give
- ☐ Love doesn't require perfection
- ☐ I have so much to offer
- ☐ It's what I want and I'm searching for
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Relationship Values

Identify qualities or values you want to be present in your relationship.

Choose from the following list what feels most authentic to you or add ones of your own:

Acceptance	Faith	Openness
Admiration	Flow	Optimism
Appreciation	Forgiveness	Partnership
Attraction	Freedom	Passion
Authenticity	Friendship	Peace
Awareness	Fulfillment	Play
Balance	Fun	Positive-thinking
Beauty	Generosity	Protection
Care	Grace	Reassurance
Celebration	Growth	Reciprocity
Collaboration	Healing	Respect
Commitment	Health	Safety
Communication	Honesty	Security
Compassion	Hope	Support
Completion	Humor	Surrender
Connection	Integrity	Synchronicity
Creation	Intimacy	Tenderness
Divine love	Joy	Trust
Ease	Kindness	Truth
Empathy	Laughter	Unconditional love
Empowerment	Listening	Understanding
Energizing	Loyalty	Vulnerability

For each quality you chose, create a statement of affirmation to anchor you in that quality (e.g., love: “I am happy to give and receive love.”).

Incorporate your chosen qualities in your life.

For example, for generosity, find opportunities to help and give. For vulnerability, reach out to someone safe and share with them your deepest thoughts and feelings.

Explore Your Needs In A Relationship

Think about what you want to feel in a relationship in order to be happy.

The list might include things like:

- ☐ I need to feel respected
- ☐ I need to feel valued
- ☐ I need to feel cared for
- ☐ I need to feel emotionally supported
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Once you have your list, claim each item on your list.

For example:

I need to feel respected → becomes → I respect myself

I need to feel valued → becomes → I value myself

I need to feel cared for → becomes → I care for myself

I need to feel supported → becomes → I support myself

Repeat the new statements to yourself silently or out loud.

Qualities You Want In Your Ideal Lover

Writing out a list of the qualities you want in a partner is one popular practice when it comes to attracting love.

Although we should be clear about what we want in our lives, we can get bogged down in external attributes (what they do for a living, where they live, what kind of car they drive, where we're going to meet them, etc.) that have little to do with what we actually want or need.

Getting fixated on irrelevant external attributes can prevent us from receiving what could be an extraordinary love.

Instead, imagine what your ideal relationship might feel like and focus on how your ideal lover feels to you.

Do you want them to feel warm? Joyful? Fun? Affectionate? Caring? Supportive? Safe? (Use the list of relationship values and needs you identified above to create a list of qualities you want in your ideal lover)

E.g.,

- ☐ My ideal lover is someone I feel attracted to and he feels attracted to me as well.
- ☐ My ideal lover is someone with whom I share deep emotional intimacy.
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

- ☐ _____
- ☐ _____
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- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Don't try to picture who your partner is in the world or what they look like. If you want someone attractive, **focus on the feeling of being attracted to them, regardless of how exactly they looked.**

Each time you meet someone, use your feelings and your intuition to assess the connection between you and them.

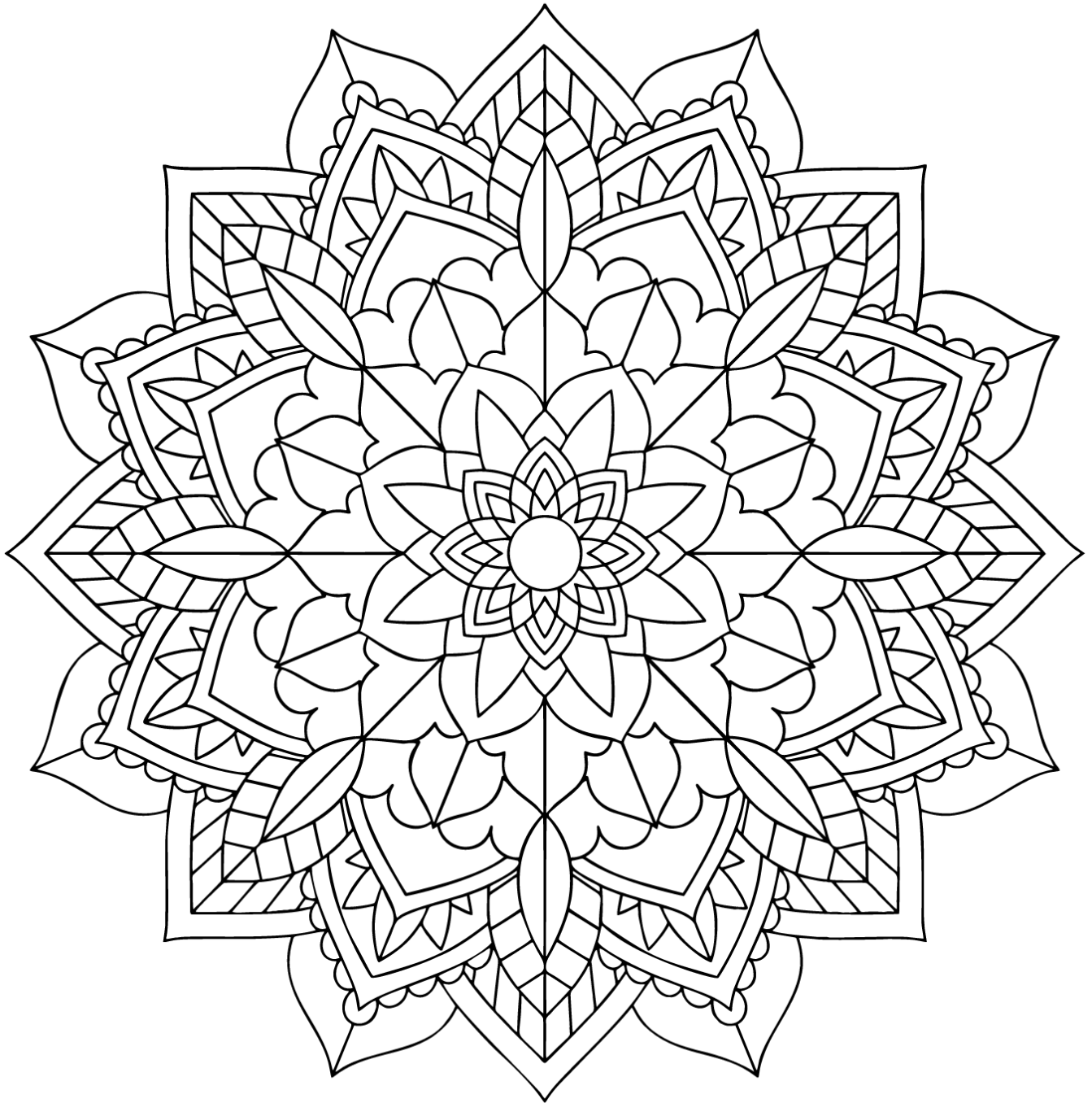
Color a Mandala

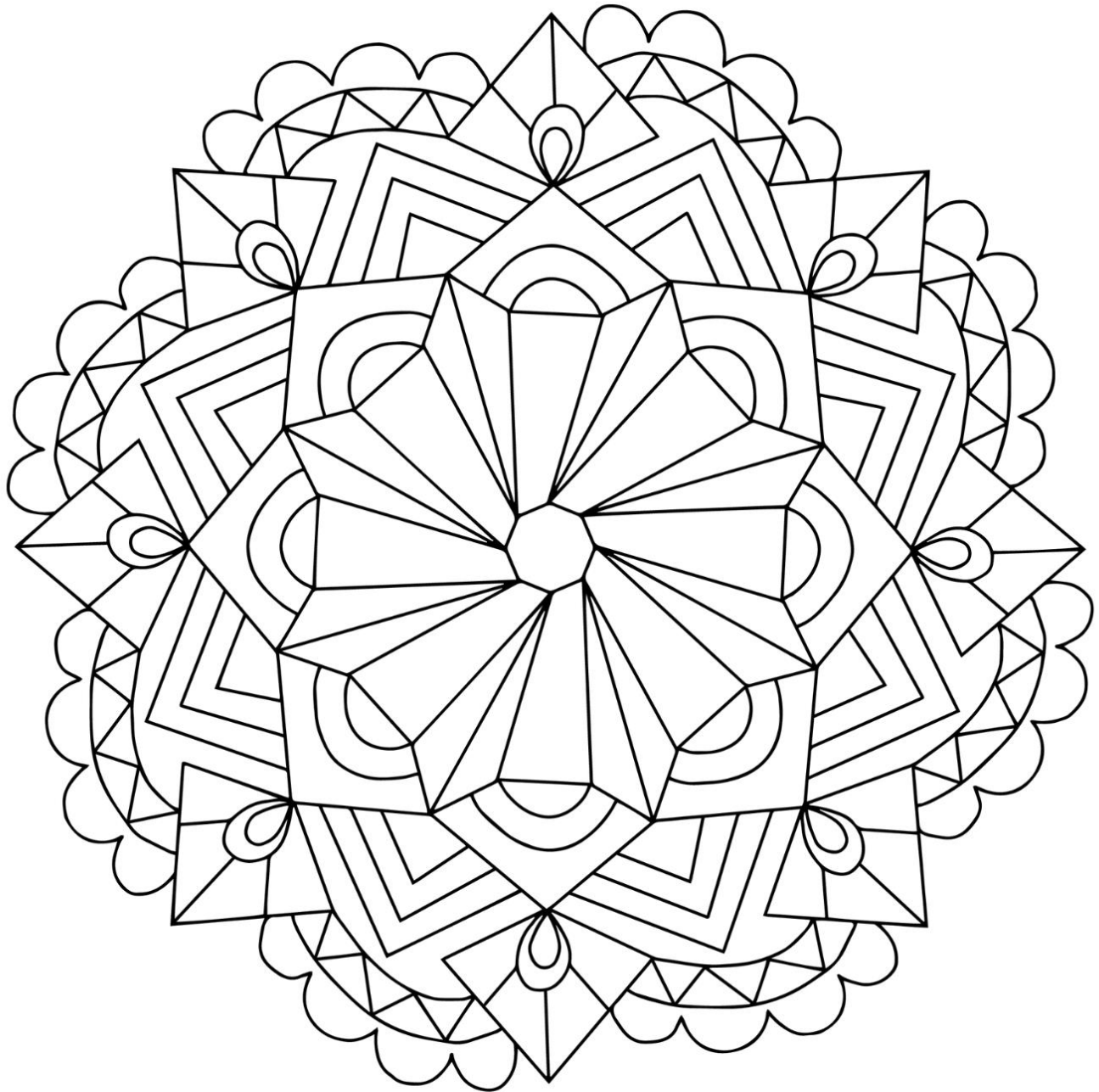
A mandala is an intricate design of shapes, usually in a circular pattern.

You can use a mandala to meditate on qualities you would like your ideal lover to have by coloring each tiny area with colored pencils as you vocalize and think about those qualities.

For example, you may think to yourself, “I would like a man who likes animals,” while coloring one space with blue, and so on.

Think of every quality you want in your ideal lover and fill each space on the mandala with a splash of color.





What Are You Willing To Offer?

A healthy relationship is not just about attracting someone who will meet our needs. It is also about attracting someone we can meet their needs.

Create a list of qualities that you are willing to offer your ideal lover.

The following are some examples. Check the ones you relate to and add ones of your own that are important to you:

- ☐ Clear communication,
- ☐ Understanding,
- ☐ Affection,
- ☐ Emotional support,
- ☐ Respect,
- ☐ Companionship,
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Take the qualities you just wrote and turn them into affirmations:

(e.g., emotional support becomes → My ideal lover feels emotionally supported by me)

Create A Relationship Vision

Your relationship Vision brings clarity and direction to your relationship.

Having a clear relationship vision will help you get very intentional, know exactly what you want, and find the right person who will share that vision with you.

Your relationship Vision is how you see yourself in the long-distance and how you see your life. Get clear on your priorities and long-term goals.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

A Letter From My Ideal Lover

1. Write a letter to yourself, written to you from your ideal lover.

Imagine what he might say to you in a moment of love and affection.

Write about everything you long to hear your lover say to you.

For example: “My beautiful lover. I can’t begin to describe how much I love you. I will always love you and care for you. I will always honor you and support you in whatever you choose to do. Your heart is safe with me.”

When you finish, reread your letter and allow yourself to imagine your ideal lover saying these words.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Create A Vision Board

Make a list of your goals in life in a way that coexists with the romantic love you're seeking.

Start collecting pictures or phrases that represent your goals and everything that is important to you, including the needs and values you've identified previously.

You may look in a magazine or print pictures from the internet. You may also paint or draw your own images.

You may add images of engagement rings, wedding rings, wedding cakes, or anything else that represent love, romance, or commitment.

You may also add a photo of yourself looking really happy surrounded by words and quotes that express positive beliefs about finding love.

Make sure that the items you add to your board evoke a strong emotional response in you.

Place your board where you can see it often. Whenever you look at the board, repeat to yourself, "This is for me. Thank you!"

This will help you remind yourself of your values and begin to notice them in your life.

Align Your Words With Your Desires

If you want to receive love, you need to give love.

Many of us self-sabotage our desire to receive love by acting in ways that aren't in line with our desires.

For example, someone who holds on to resentment and says negative things about her past relationships, may continue to attract negative relationships.

another example, someone who constantly complains about how all men are jerks, may continue to attract the same type of men.

Use An Intention Statement

Create an intention statement that clearly and concisely defines the things you desire.

Take a look at your list of needs and values and incorporate those words into your statement.

Avoid making your statement too long.

Example: “My intention is to fall madly in love with a loving, and supportive lover who is committed to healthy long-term relationship with me.”

Affirmations

Before you go to sleep and throughout the day, repeat silently to yourself a few of the following affirmations:

- ☐ I open myself fully to give and receive love.
- ☐ I am worthy of love.
- ☐ I attract a relationship built on trust and mutual respect.
- ☐ I reflect the traits I desire to attract in a partner.
- ☐ I embody the love I desire to receive.
- ☐ I hold space for my ideal lover to arrive. I let go of anything that no longer serves me.
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Write your affirmations on small cards or post-its and place them where you can see them often.

Now What?

If you need to, go back and repeat some of the exercises to further increase your self-awareness.

Once you're finished, detach yourself from the result.

Avoid sitting around worrying or trying to force the issue.

Simply let it go and redirect your attention toward other things in your life.

Think of it this way, who would you feel attracted to? The desperate person who's sitting around worrying? Or the happy, purposeful person who's enjoying their life?

Even if you didn't meet your ideal lover tomorrow, you have become a better, more self-aware person.

Either way, you win!

2026 Clinical Alignment

DSM-5-TR (including Sept. 2025 update) · ICD-11 CDDR / 2026 MMS

Classification status

- DSM-5-TR: No standalone DSM-5-TR diagnosis under the workbook title · educational/contextual topic unless a separately assessed disorder applies
- ICD-11 CDDR: No dedicated ICD-11 CDDR mental-disorder code under the workbook title · educational/contextual topic unless another coded condition is established
- This workbook is non-diagnostic. A title, checklist, or completed activity never establishes a diagnosis.

Pages requiring the updated interpretation

- The audit identified source pages 1, 2, 3, 4. The statements below supersede incompatible diagnostic, scoring, safety, or resource wording on those pages.

Diagnostic and differential limits

- Use Attract Your Ideal Lover material to support assessment or intervention planning, not to assign a diagnosis. Evaluate duration, severity, clinically significant distress or impairment, developmental and cultural context, medical/substance causes, exclusions, and relevant differentials.

Document-specific corrections

- Keep Attract Your Ideal Lover explicitly non-diagnostic; its exercises organize experience and goals but do not establish a mental disorder or causal explanation.
- Supersede diagnostic-sounding scoring on pages [1, 2, 3, 4]: disclose whether each tool is validated or author-created, remove unsupported thresholds, and separate symptom monitoring from diagnosis.
- Replace crisis wording on pages [2] with the current U.S. 988 call/text/chat pathway, 911 or nearest emergency department for immediate danger/medical emergency, and a direction to use verified local services outside the United States.

Measures, scoring, and permissions

- Pages [1, 2, 3, 4] contain named, implied, or author-created screening/rating content; extracted candidate names include: Are You Ready To Meet Your Ideal Love Quiz, You Ready To Meet Your Ideal Love Quiz . These scores are not diagnostic unless the exact instrument, version, validation population, administration, and interpretation are established. Identify provenance for every item set and scoring rule. Obtain publisher permission/license when required; otherwise remove cutoffs and label it as a nonvalidated reflection checklist, or replace it with a properly licensed measure without altering its wording/scoring.

Intervention scope and contraindications

- Use Attract Your Ideal Lover activities as psychoeducation and structured reflection, not diagnosis or a stand-alone treatment plan. Adapt or stop any exercise that worsens distress, functioning, conflict, pain, or dissociation, and escalate care according to the actual presentation.

Crisis and current resources

- For Attract Your Ideal Lover, use: ·If there is immediate danger or a medical emergency, call 911 or go to the nearest emergency department. In the U.S., call or text 988 or use 988lifeline.org for 24/7 crisis support. Outside the U.S., use verified local emergency and crisis services. · Verify all topic-specific agencies and links at publication.

Authoritative references

- <https://www.psychiatry.org/psychiatrists/practice/dsm/updates-to-dsm/updates-to-dsm-5-tr-criteria-text>
- <https://www.psychiatry.org/getmedia/b68a5776-f88c-45c7-9535-fd219d7aa5cb/APA-DSM5TR-Update-September-2025.pdf>
- <https://icd.who.int/browse/2026-01/mms/en>
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- <https://www.samhsa.gov/mental-health/988>
- <https://www.samhsa.gov/mental-health/national-behavioral-health-crisis-care>

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- <https://988lifeline.org/>