



Sometimes you are the one, who discovers that the relationship needs to end. And even though I was the one, who made that decision, it still hurt. I felt like I was the bad guy, ending something that meant so much to the other person. Walking away from someone who loved me, when I didn't feel the same way. I tried to push through it, to carry on with life like everything was fine, just to escape the guilt.

But here's the thing about feelings: you can't just bury them and hope they'll stay hidden. Nope, they have a sneaky way of resurfacing when you least expect it. Fast forward almost two years later, and there I was, facing a jumble of emotions that I had shoved away, hoping they'd disappear.

That's when I decided to change things. I picked up self-help books and started writing down my thoughts. And you know what? It wasn't just about the breakup anymore. It was about finding myself.

This journey became one of the most rewarding things in my life. It wasn't just about moving on from the past. It was about learning to understand my emotions and actually talk about them. And guess what? That made a world of difference. I felt more confident, more in tune with myself.

So, here's the thing – healing from breakup can start whenever you're ready. But you've got to roll up your sleeves and do the work. Trust me, it's worth it.