



Sleepless nights. Pounding heart. Not being able to eat. Crying for days. That describes the feelings I experienced all at the same time for the first time in my life. I was experiencing the aftermath of a breakup. A breakup that I saw coming but didn't expect it to knock me down so bad. I woke up every single morning just to be reminded that a person I loved was gone. No more with me and already moving on. Cheating on our bond. Crying myself to sleep because of the pain. I can confidently say that this is the worst I've ever felt in my entire life.

While the pain was enormous, every single minute of it also taught me to cope with what I have. A strength in me to not give the power of my life to anyone else. Nobody deserves to have this kind of control over my will to live. My happiness and my persona. After a few extremely painful days of just being in total pain, I decided to look for a way out.

This experience might have been what I was waiting for to get me to move in the right direction again. To smash through the invisible wall set by myself. It was holding back my mindset of improvement and growth. I started to run in the mornings again. To train for a half marathon. A goal to live for yet again. Reading about heartbreak psychology to get a sense of what I was experiencing and writing my thoughts on a piece of paper to let the pain go. I didn't have that great of a social support group and I had to make do mostly with just myself. I know that we're all alone in the end, but at times like this, a helping hand can make a mountain of difference. I took a decision to be my own mountain and hold my own hand through this tragic experience. I decided to make this horrible experience a chance to learn about brain chemistry, and psychology, and a soul-transforming journey. I learned a lot about myself, my needs, my strengths, and my weaknesses. Also, the things I have to work on and the things I should do differently in the future.

This realization led to the birth of Soma. The conviction that no one should navigate the aftermath of a breakup alone - without guidance, support, or hope - is its foundation. I believe that whether you have a robust support network or not, transforming a breakup into a meaningful journey is possible. It is an invaluable chance to rebuild yourself, carefully choosing what to keep and what to discard in your life. Yes, this process requires time and effort, but it's an investment in yourself that will be worth it. The insights and growth you gain will not only benefit you but will also be appreciated by your future partner.

My journey has taught me that the love we extend to others is based on the love we have for ourselves. This also includes our vulnerability, trust, and all the elements that help us make meaningful connections.