

## **Introduction**

### **How To Break the Patterns That Are Breaking You**

I know you're not here for pretty words; you've heard them all before from people who promised they'd stay, from people who swore they'd change, from people who said they loved you but still left you seeking more. You've learned what it feels like to be betrayed by the ones you trusted most. You've been lied to, let down, and left alone to clean up the damage. You've kept going because what else could you do?

If you're reading this book it means something inside you is ready for change. Maybe you don't know exactly what that change is, but you know you can't live like 'this' anymore.

You've been through a lot - more than most people can see or understand. Betrayal, abandonment...you've borne emotional wounds that never got the chance to heal. You learned early on to hide the pain because the world told you to be strong, to be quiet, to keep going no matter what.

Somewhere along the way you learned how to keep your heart closed, how to carry the weight of emotional confusion, how to protect what little you had left. You learned to smile when you were aching, to keep quiet

when you wanted to scream. You carried other people's burdens because no one seemed willing to carry yours. You've been the strong one for so long, it's become the norm.

And yet, here you are - not because you want to be stronger, but because you're done holding shards from broken relationships that cut you every time you try to piece them together. You're done measuring your worth by how much pain you can endure, and you're done being loyal to people who feed off your silence and vulnerability.

This is the place where your story changes, not because the past will suddenly make sense, but because you'll no longer let it define you. Here you'll be heard. Here you won't be told to forgive before you're ready or to move on before your wounds have healed. Here, you'll sit with the truth no matter how heavy it is, and you'll build something real from it.

You've been through enough, enough of being dismissed when you spoke the truth. Enough of giving everything only to be deceived. Enough of watching people you trusted turn their backs, twist your words, or use your love as leverage.

This book is for women who have carried too much for too long, who kept showing up, even when no one showed up

for them. It's for women who learned to swallow their anger, mask their hurt, and kept going because life gave them no other choice. This book is for women who are tired of pretending, tired of feeling invisible in their own lives, and tired of carrying the weight of wounds that still whisper criticism and unkindness in the quiet moments.

I see you.

I see the way you've survived everything that could have broken you. I see the way you still live with hope and optimism even when you've been let down more times than you can count. This is where true healing begins - not the performative "look how strong I am" kind of healing, but the kind that allows you to finally rest within yourself.

In these pages, we speak plainly about wounds that have been ignored, patterns that have been repeated, and disloyalties that still echo. You'll learn how to stop abandoning yourself for love, stop tolerating emotional harm, and stop apologising for the space you take up. This is not about becoming better so you can be accepted. This is about becoming whole, so you no longer need acceptance to feel worthy. If you're ready to be heard, ready to be free, and ready to build a life that no one can take from you then this is your turning point.

Here there is no judgment, no quick fixes or platitudes, only honest, compassionate guidance to help you understand your pain, face your past, and begin building a new way forward – one small, brave step at a time.

This is your invitation to come home to yourself. To finally be seen by others, but most importantly, to be seen by yourself.