

Healing From.

A broken heart.

Exercising poor judgement and careless mistakes. Making hasty decisions.

Loving someone more than they deserved.

Competing, proving oneself to beyond exhaustion.

Failed relationships.

Being the black sheep. That healing spirit capable of shifting the atmosphere in a room but being ignored.

Unresolved arguments but relieved by letting go.

High expectations then drowning in disappointment.

Vulnerability, betrayal, and being a fool.

Overthinking, being misled and taken for granted.

Abandonment and childhood trauma; being guarded because everyone left.

Having standards because someone else didn't.

Ignoring the signs, accepting the excuses.

Understanding your place, even if it's insignificant, then smiling when your heart is broken.

Wasted loyalty.

Realizing that people change for who they want to.

Forcing someone to reciprocate your kindness, love and energy.

Undeserved forgiveness, moving forward without an apology.

Staying, waiting longer than you should.

Moving into tomorrow, without you.