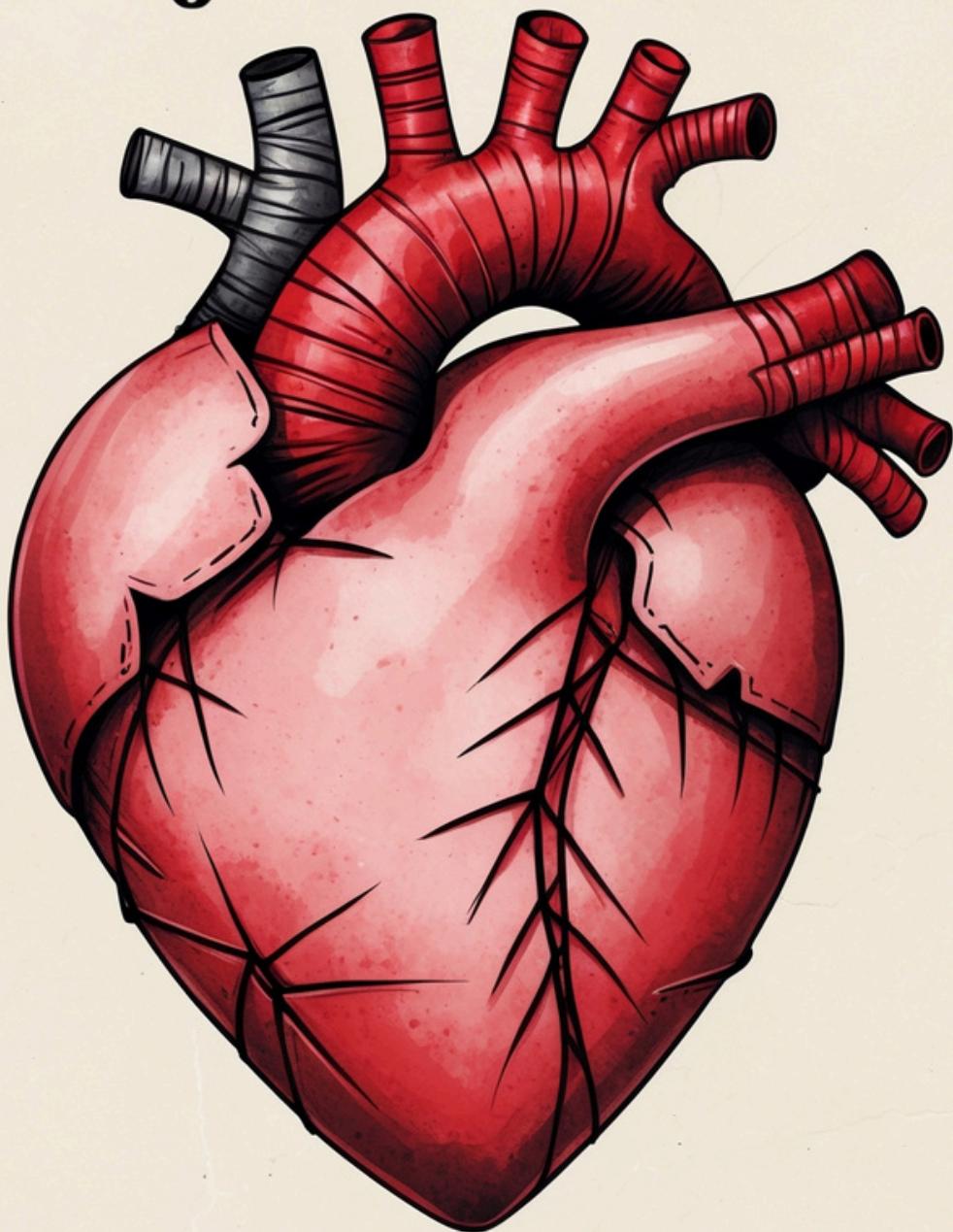


Freedom from Painful Memories:



*A Guide to Healing after a
Toxic Relationship* ❤️ ✿

PUIN MORATH RETTUDEE

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Summary

Introduction

Chapter 1: Owning the Truth

- First step? Admit it was toxic.
- It wasn't love, it was control.
- Stop making excuses for someone who kept hurting ya.

Chapter 2: Why Was It So Bloody Hard to Leave?

- 'Cause emotional attachment messes with logic.
- You were clinging to potential, not reality.
- Scared of being alone.
- Addicted to the highs that made you ignore the lows.

Chapter 3: It Wasn't Your Fault

- You weren't weak – you were hurt.
- You didn't need to “be better” – they needed to be decent.
- You fought for love while they played games.

Chapter 4: Cutting Contact = Healing Begins

- Full no-contact. No texting, no peeking, no stalking.
- Blocking isn't petty – it's protection.
- Every reply is a step backwards. Don't do it, love.

Chapter 5: Why Do They Come Back?

- Not ‘cause they miss you – ‘cause they lost control.
- They come back when they feel you've moved on.
- It's not love. It's a trap. Don't take the bait.

Chapter 6: Not Everyone Who Says “I Love You” Means It

- Some folks use love to manipulate.
- Real love doesn’t ask you to shrink yourself.
- You deserve love that’s safe, kind, and real.

Chapter 7: Understand Your Brain = Understand the Bond

- You got hooked on the chaos – literally.
- Your brain linked love with pain.
- Time to rewire your system with peace and calm.

Chapter 8: Learning to Say “No”

- “No” isn’t rude – it’s self-respect.
- Practice saying it. Without guilt. Without apology.
- Anyone who gets angry at your boundaries? Not your people.

Chapter 9: Fall in Love... With You First

- You don't need someone else to complete you.
- You are whole already.
- Little daily rituals reconnect you with your soul – a walk, a flower, a cuppa solo.

Final Chapter: Goodbye to the Past, G'day to Your Future

- Forgiveness doesn't mean giving 'em another go.
- It means you're done carrying that anger.
- You don't forgive 'cause they deserve it – you forgive 'cause you do.

One day you'll wake up and not think about them.
One day, you'll smile in the mirror and mean it.
One day, you'll say: "I made it. I'm living, not just surviving."

Introduction

The Beginning of the Healing Journey

- ♦ What is a toxic relationship?

A toxic relationship is not just a failed relationship... It's a relationship that makes **you doubt yourself, lose confidence in your worth**, and feel like love has become a **tool of control**.

It doesn't have to be full of violence, but often, it includes:

- Silent threats,
- Constant neglect,
- Constant blame,
- Emotional manipulation (Gaslighting),
- Emotional ups and downs like a rollercoaster...

And in many cases, you **become addicted** to the relationship, like it's some kind of drug, and you endure the pain because you're afraid of losing them... or afraid of the emptiness.

"It's not because you were weak,
But because you believed in love too much."

- ♦ How do the memories still affect us?

After you leave the relationship, your body and mind are still stuck in the emotion:

- A simple image, a word, a smell, or a place... can pull you out of the present and throw you **back into the past**.
- You wake up in the middle of the night, anxious, feeling a tightness in your chest.
- You try to explain to others, but they don't feel you — and you end up saying:

"Maybe I'm exaggerating... maybe he/she wasn't that bad?"

This is PTSD — not from war,
but from a sick kind of love.

What is the purpose of this book?

The goal is simple, but deep:

- 1. To understand what happened to you, why it happened, and what made you stay.**
- 2. To forgive yourself, and reclaim every moment you lost to him/her.**
- 3. To start living again — not just surviving.**

I'm not here to blame you —
I'm here to walk with you, **hand in hand**, for **90 days**.
I'm not going to add to your pain...
On the contrary — I'm going to help you **turn it into power**.

Every day, there will be a small exercise, a healing thought, and a spark of light that opens something inside you.

A word from the heart:

**“It’s not your fault.
But it’s your responsibility to heal.”**

No guilt.

No more reliving the wound.

This book was created so that you can feel a **little safer**,
a little more hopeful, **a little more like yourself again**.

You're still here.

You're still alive.

And this is a new beginning...

Not to forget —

But **to rise in strength**.



FREEDOM FROM PAINFUL MEMORIES

CHAPTER 1

Who's a toxic person — and why did they come into your life?

So, who is a toxic person?

A toxic person doesn't always show up looking like trouble.

Actually... at first, they seem perfect.

They listen to you. Laugh with you. Know what you like. Say things that make you feel special, like:

“I’ve never met anyone like you.”

“I feel a strange comfort when I’m with you.”

But the truth?

It's not comfort... it's the start of something deeper — emotional over-attachment. (Trauma Bond)

And usually, toxic people fall into three main types:

1. The Narcissist

- Loves control, but hides it early on.
- Craves praise, but rarely gives it back.
- Say “no” to them? They turn cold, go silent, or lash out.
- Their mindset: “I’m the star. You’re just the sidekick.”

Example:

You share a personal struggle and they reply with:
“Yeah, I went through something way worse. But I didn’t act like you are.”

They’re not sharing to connect — they’re hijacking the story to make it about them.

2. The Manipulator

- Uses your emotions against you.
- Makes you question your reality.
- Gives love, then takes it away, then gives it again...

Like someone flicking a “love switch” on and off.

Example:

You argue, and they say:
“I’m leaving. This just isn’t right anymore!”

Then when you cry or beg, they smile and say:
“See? You always make me feel like the bad guy.”

They’re not hurting — they’re **using your pain to stay in control.**

3. The Cold Avoidant

- Starts strong, then pulls away once you get close.
- Dodges serious conversations.
- If you ask for clarity, they label you “too much” or “dramatic.”

Example:

You ask: “What are we? Where’s this going?”
They say: “Dunno... let’s just enjoy the moment. No need to complicate things.”

They're not confused — they know they're not giving... but they're happy to keep taking.

How do they break into your emotional mind?

It's not just sweet words...

They use **deep wounds you didn't even realise were there:**

- Craved childhood love?
→ They promise safety.
- Afraid of rejection?
→ They show affection, then shame you when you get attached.
- Longing for someone who gets you?
→ They act like they care — then disappear when you open up.

They don't hook you with love — they hook you with **hope.**

“They don't control you with violence, but with strategic deprivation.”

F R E E D O M F R O M P A I N F U L M E M O R I E S

They give you a little... then pull it away.
And soon, you're blaming yourself:

“It’s my fault... I need to change...”

But the truth?

You were just someone who wanted real love — and they used that against you.

Why do we get drawn to them without realising?

Big question...

Why — even after all the pain — do you still miss them?
Why do you feel the urge to go back to someone who hurt you?

Because:

- Your brain got wired to see fear + love = connection.
- Your body got addicted to the stress hormones triggered by the chaos.
- Hope refuses to die... “Maybe they’ll change?
Maybe we’ll get back to how it was?”

F R E E D O M F R O M P A I N F U L M E M O R I E S

Even when it hurts, you tell yourself:

“But in the beginning... it was beautiful. That had to be real, right?”

Maybe not.

Because **the beginning was part of the trap.**

♥ A Little Note:

If you've made it this far — you're not weak.

You're just **human — someone who wanted love, and to be loved back.**

And I'm here, beside you, to help you see:

- **Why you ended up in this kind of connection.**
- **And how to walk away — with your head high, and your heart healing.**



FREEDOM FROM PAINFUL MEMORIES

CHAPTER 2

The Psychology Behind the Pain

“The pain you’re feeling isn’t just in your head... your brain really has changed. And what happened to you? Yeah, it was massive.”

What Happens to Your Brain in a Toxic Relationship?

Your brain’s got three main systems working together:

1. **The Reptilian Brain:** Handles survival – fight, flight, or freeze.
2. **The Limbic System:** The emotional part – love, memory, and feelings.
3. **The Prefrontal Cortex:** That’s your logical thinking and awareness.

When you’re deep in a toxic relationship, filled with love one minute and betrayal the next, your brain gets scrambled:

- **The emotional brain goes into overdrive:** Every time you feel rejected, lied to, or betrayed, it sets off the alarm again.
- **Your logical brain takes a back seat:** It struggles to stay in control, can't tell real love from emotional addiction.
- **And the result?** The relationship ends up feeling like a drug addiction.

Yep... you get hooked on someone who's hurting you, because your brain starts confusing pain with attachment.

The PTSD Effect from Manipulation and Betrayal

PTSD isn't just for war or disasters.

Toxic relationships – especially with narcissists – can cause long-term, drip-by-drip trauma. Like water dripping onto stone until it cracks.

So what actually happens?

F R E E D O M F R O M P A I N F U L M E M O R I E S

- **Hypervigilance – Always on edge:**
Everything starts feeling like a threat.
 - A message not answered? Feels like the end of the world.
 - A change in tone? Feels like they’re disgusted with you.
 - A delay? You panic they’re gonna leave.

- **Flashbacks – Memories that hit out of nowhere:**
 - You’re lying in bed, suddenly reliving how they insulted you.
 - You hear a song and burst into tears.
 - You pass by somewhere they used to be – and boom, the heaviness hits.

- **Emotional Numbing – Your heart shuts down:**
 - You want to cry, but you can’t.
 - You pull away from people who genuinely care.
 - You want closeness, but you’re scared to feel that pain again.

- **Dissociation – Feeling out of body:**

F R E E D O M F R O M P A I N F U L M E M O R I E S

Like you're watching your life like a film.
Like, "Who even am I anymore?"

These are all signs of emotional PTSD.

And no – it's not weakness. It's your brain trying to protect you... maybe in the wrong way, but the intention was survival.

Why Won't the Memories Just Go Away?

When you've been through a toxic relationship, your brain stores every little detail like an archive.

But here's why:

- **Memories are tied to hope:**
 - You think, "Maybe I can get back the good version of them from the beginning."
 - So you replay the past, trying to fix it in your mind.

- **Memories are tied to fear:**

F R E E D O M F R O M P A I N F U L M E M O R I E S

- You don’t want to forget, so you don’t repeat the same mistake.
- Your brain ends up in a tug of war – part of you wants to move on, part wants to hold on.

- **The more you suppress, the stronger they hit:**

The more you say “I won’t think about it,” the more it comes back – in dreams, in random moments, when you least expect it.

- **The emotional brain doesn’t know time:**

- When you recall a painful moment, your brain releases the same stress chemicals like it’s happening right now.
- It can’t tell the difference between “then” and “now”.

“To your brain, the past isn’t history... it’s a physical experience still living in your body.”

And This Is Where Healing Begins...

F R E E D O M F R O M P A I N F U L M E M O R I E S

If you understand this, you've already taken the first step.
Because healing doesn't start with willpower,

Healing starts with understanding:

- Why you cry out of nowhere.
- Why you still love someone who broke you.
- Why the memories still sting.

It's not because you're weak.

It's because your brain – and your heart – **can't yet tell the difference between real love and emotional poison.**



FREEDOM FROM PAINFUL MEMORIES

CHAPTER 3

Am I Guilty? Freeing Yourself from Guilt and Shame

"People who suffer in silence often endure something that isn't their fault, but they carry the responsibility alone."

Letting Go of Self-Blame

After a toxic relationship, your mind starts asking painful questions:

- "Why did they treat me like that?"
- "Why did I stay?"
- "Why didn't I set boundaries from the start?"
- "Am I to blame?"

This kind of thinking is called in psychology: **Self-Blame Loop** – a vicious cycle of self-punishment.

The brain tries to find a rational reason, so it can feel like there's some control... but it falls into a trap.

Q The truth?

The people who feel guilty are often the sensitive, kind ones, who gave with their hearts.

As for the toxic person? They make you feel guilty to stay the victim... and they know exactly what they're doing.

How They Program You to Feel Guilty

- Emotional Manipulation:

"Look what you did to me."

"I was good, you're the one who changed."

And you start believing it.

- Projection:

They make a mistake, but tell you:

"You get so angry, you've got a problem."

And so, you're always the one fixing things while they stay comfortable.

- **Comparison:**

"My mate doesn't treat his wife like that."

And you start feeling like you're not good enough.

 **But you need to stop... and say:**

"Did I make a mistake because I loved honestly? Because I gave a chance? Because I was loyal? No. That's a human trait, not a sign of guilt."

Rewrite Your Story from a Place of Strength, Not Weakness

One secret in therapy:

The way you tell your story is what shapes your mental health.

When you say:

- **"I'm broken now..."**

You're building a victim mindset.

But when you change the perspective and say:

- "I'm a kind person, I gave, and I ended up with a toxic person, but I got out..."

You're building the story of a survivor. A strong one.

Try This Therapeutic Exercise:

- Take a piece of paper, and write your story from the victim's perspective:

"I was looking for love... I found someone who promised safety, but they lied, hurt me, and I stayed..."

- Now, the same story, but from the voice of the strong one:

"I was someone who believed in love... I trusted a person who didn't deserve it. I suffered, but I recognised my worth, and I decided to rebuild my life. Today, I'm on the road to healing."

What's the difference?

The same events... but the interpretation changed.
And here lies the difference between a **victim** and a **warrior**.

Mental Exercise: Unpacking Shame

Shame comes from inner phrases like:

- "I don't deserve it."
- "No one will ever value me."
- "I'm rubbish, broken, too hard to deal with."

Respond to them, phrase by phrase:

Hurtful Phrase	Conscious Response
I'm to blame for everything	I'm responsible for my healing, not for the harm caused by others
I don't deserve a fresh start	Everyone deserves a new beginning, and I'm one of them
I wasted my time with them	It wasn't a waste, it was a lesson that taught me my limits and my worth

In Conclusion:

The mistake isn't yours.

Love isn't a flaw.

Good intentions aren't naïveté.

The real guilt is staying in judgement of yourself for something someone else did.

"You, right now, are writing a new beginning... with your pen, your voice, and your heart."



FREEDOM FROM PAINFUL MEMORIES

CHAPTER 4

No Contact – The First Step to True Freedom

"You can't heal from a wound if you're still seeing the person who hurt you every day."

The "No Contact" Principle: What It Means and Why It's Important

"No Contact" is a bold, clear decision, and it can be painful...

But it's the strongest weapon against emotional manipulation.

It means:

- Don't respond to their messages.
- Don't stalk their social media.
- Don't pick up their calls.

- Don't leave room for any contact, even if it's just a "hello."

A golden rule:

"It's not cruelty, it's protection. It's not running away, it's healing."

Why Does Any Small Contact Bring You Back to Square One?

Think of your brain like that of an addict...

Every time you see a message from them, or they call, or they pop up on social media, your brain releases **dopamine** – the same hormone triggered in addiction.



And you end up stuck in this loop:

Contact	Brain Feels Temporary Pleasure	Then: Pain, Confusion, More Attachment
A small message	"Could they change?"	"Why did I go back? I should've moved on."

Here's the danger: It's not the contact that brings the relationship back... it **rekindles old psychological threads**, and you get trapped again.

How Do They Use Manipulation to Bring You Back?

Toxic people don't want to see you break free from their control.

When they sense you're about to break free... they start using **classic psychological tricks**:

1 "Hoovering" – The Vacuum Cleaner Strategy:

Like a vacuum, they want to suck you back in.

- "I've missed you so much..."
- "I've changed... I'm working on myself..."
- "I'm sorry, I was wrong..."

And here you are asking: "Have they really changed?" But this is just a **new trap**.

2 "Victim Play" – Playing the Victim:

- "Everyone's left me, even you now..."
- "I'm falling into depression, please check on me..."

And that's when the kind-hearted people fall into the trap...

Because they feel guilty.

⚠️ **But remember: empathy shouldn't be a gateway to exploitation.**

3 "Love Bombing" – Bombarding You with Emotion:

- They start sending love messages, old photos, and memories...

To get you back into your emotions.

But when you return, the manipulation, lies, silence, and doubt return as well...

How to Avoid These Tricks and Protect Yourself?

1. Block Without Hesitation:

- WhatsApp – Block
- Instagram – Block
- Facebook – Block
- Phone number – Block

It's not revenge... it's mental protection.

2. Clean Up Your Environment:

- Even mutual friends or people who pass on their news...

Tell them gently:

"I'm in a healing phase, I don't want to hear anything about them."



3. Write Down Your Reasons:

- Make a list in a small notebook:
 - How much you cried.
 - How much they neglected you.
 - How much they lied to you.

Every time you feel the urge to reach out, read it.



4. Work on Yourself, Not on a Response:

- All the energy you used to spend trying to please them, redirect it to yourself.
- Exercise, meditation, reading, walking, therapy sessions... so much more.



Final Message:

- "No contact is the only answer that manipulative people don't understand... because silence doesn't allow them to control you."

Even through the pain...

Even through the longing...

Even when you feel weak sometimes...

Your silence is the beginning of your voice.



FREEDOM FROM PAINFUL MEMORIES

CHAPTER 5

Dealing with Uninvited Memories

"You can't forget everything, but you can build a new relationship with it."

Memories aren't your enemy, but in the wake of a toxic relationship, they tend to pull in pain, longing, guilt, or the desire to escape.

Why do memories hit like this?

- The brain stores powerful moments (both positive and negative) in the **amygdala**.
- When you experience trauma or emotional shock, the mind doesn't store, it **replays**.
- A memory isn't just a picture... it's a **full experience**:
 - The sound of their voice.
 - The words they said.
 - A certain scent.
 - A place you went to together.

Here, the brain relives the experience, not just recalls it.

Practical Solutions:

✍ 1. Therapeutic Writing:

What is it?

It's a technique to pull the memory out of your head and put it on paper.

✓ Steps:

1. Grab a piece of paper or a notebook dedicated to "emotional release."

2. Every time an upsetting memory surfaces:

- Write in detail: "What did I see? What did I feel? What did I wish for?"

3. Then ask yourself:

- "What does it look like now? Do I still see it the same way?"
- "What would I say to myself back then, living through that moment?"

💡 Goal: The memory transforms from a lingering wound → to a written story → into a message with understanding and forgiveness.

Example:

"I remembered that day when he belittled me in front of others... I felt humiliated. But today, I realise I needed to wake up from the illusion. I'm not inferior. I was kind, and he took advantage of that. Today, I choose to protect my kindness and never regret it."



2. Re-labeling Technique:

What does it mean?

It's about giving the memory a new label, not based on pain, but on strength.



How it works:

Every time a painful memory comes to mind...

Instead of saying: "Ugh, that day broke me,"

Say: "That day taught me my boundaries."



Goal:

You take away the power from the memory and give it a new meaning that serves you, not destroys you.

Example:

F R E E D O M F R O M P A I N F U L M E M O R I E S

Memory	Old Label	New Label
The day you cried and begged to come back	"The day of humiliation"	"The day I woke up"
The moment they said hurtful words	"I'm not enough"	"It was time for me to set limits"
The first time they lied to you	"I lost trust"	"I learned that I deserve honesty"

Each label = a step towards healing.

3. Practical Exercise: 5 Minutes to Erase the Memory's Trace

This exercise is simple but profound.

1. **Sit in a quiet spot.** Take a deep breath.
2. Choose one painful memory you'd like to work with.
3. Close your eyes and imagine the scene as if you're watching it from a distance (not from within it).
4. Imagine you have a remote control:

- Turn down the volume.
- Change the colours to black and white.
- Shrink the image until it's a tiny dot.

1. Now, imagine yourself stepping into that picture... and hugging your past self who was in pain.
2. Speak to her internally:

"I'm here now. You're strong. You're not alone. I've got your back."



Do this exercise every day for 5 minutes.

Result?

The memory no longer controls you... You are the one in control of how you relate to it.



Final Thought for This Chapter:

"Memories aren't your enemy... But how you respond to them is what determines: Will you live as a prisoner, or will you be free?"

Feeling weak in front of your memories? It's not a sign of weakness,

It's a sign that you were authentic... But now, it's time to be more authentic with yourself.



FREEDOM FROM PAINFUL MEMORIES

CHAPTER 6

Fear of Being Alone vs. The Truth

"The fear of being left alone doesn't mean you need someone... it means you need to become your own best mate."

Why does the brain create this attachment illusion?

When your mind goes through a toxic relationship, it enters "survival mode."

It starts linking the other person to 3 things:

1. **Safety** (even if it's fake).
2. **Familiarity** (the routine feels normal).
3. **Identity** (you say, "I don't know who I am without them").

This connection is called:

Trauma Bonding

It's the attachment created by pain, not love.

Example:

When they ignore you, it hurts → when they come back, you're over the moon

→ your brain links pain to comfort

→ and it starts to create the illusion: "I'm crazy about them."

But the truth is, you're attaching to the feeling of comfort, **not the person.**

The Truth: Being Alone Isn't a Deficiency, It's Freedom

Being alone isn't your enemy. The fantasy of linking it to sadness is the real enemy.

What does your brain tell you?

"You'll be unloved forever."

"You'll die alone."

"No one will ever see your worth."

But what's the truth?

- Alone = you hear your own voice without distractions.
- Alone = you learn to love yourself unconditionally.
- Alone = you know what you deserve.

How to Live with Yourself Without Feeling Empty?

The fear of emptiness doesn't come out of nowhere; it comes from:

- A lack of identity: "I don't know who I am without them."
- Drama addiction: "My day always ends with a hit of stress."
- The mindset that links love to "being together."

And now?

I'll give you practical steps to build a new relationship with yourself:

Practical Steps:

1. Get to Know Yourself Through Writing:

- Every morning, write 3 sentences that include:
 - Something you're grateful for.
 - Something you're feeling right now.
 - Something you want to learn.

Example:

"I'm grateful for the sleep that takes care of me."

"I feel like I'm thinking too much about yesterday."

"I want to learn how to say 'no' without feeling guilty."

📌 Goal: Get to know yourself each day... not stay a stranger in your own mind.

2. Quality Time with Yourself = Investment, Not Loneliness:

- Set a weekly date with yourself:

- A coffee, beach, forest, or aimless walk.

F R E E D O M F R O M P A I N F U L M E M O R I E S

- Do something you've never done with them: a book, a movie, a place.

The Difference?

With them, you were searching for "them."

Alone, you discover "you."

3. Change Your Mental Language:

Every time you feel empty, respond with these lines:

Harmful Thought	Calm Response
"I'm a failure on my own"	"I'm growing with every day alone."
"Everyone has someone except me"	"I'm waiting for someone who deserves me, not just passing the time."
"Maybe they're the only one who understands me"	"I understood myself with them... and now, I'll understand myself without them."

… Chapter Summary:

Loneliness isn't emptiness,

**Loneliness is an opportunity to build a relationship
that's never hurt me: the relationship with myself.**

Without "him," you're still here.

Without "them," you're still standing.

And that's the strongest foundation you can build a
whole life on.



FREEDOM FROM PAINFUL MEMORIES

CHAPTER 7

How to Rebuild Trust in Yourself

"It's not a problem that you fell, but the real challenge is: can you get back up... and stand tall, believing in yourself?"

Why do you lose trust in yourself after a toxic relationship?

- Because you've heard a lot of things like:
"You're overthinking."
"You never succeed at anything."
"I'm just joking, you're way too sensitive."
- The mind starts to doubt itself, and it creates a toxic inner voice.
- Without realising, you start feeling:
Guilty for no reason.
Ashamed of your own opinion.
Afraid to make mistakes.

Your Goal Now: Rebuild Trust in Yourself, Step by Step.

1- Exercises to Strengthen Your Identity

To rebuild trust in yourself, you need to rediscover:

- **What do you love?**
- **What do you deserve?**
- **Who are you without external influences?**

Practical Exercise - "My Mind Map":

Divide a page into three sections:

What	Before the relationship	Now
What did you love?	(e.g., reading, dancing)	...
What were your core values?	(e.g., honesty, freedom)	...
What made you laugh?	(e.g., comics, silly videos)	...

→ The Goal?

Reconnect with your true self, the one that got sidelined in the relationship.

2- How to Differentiate Your Inner Voice from the Toxic One?

The toxic voice sneaks in like a virus, convincing you that you **don't matter**.

But recognising the two voices begins with awareness.

🎯 Practical Exercise: Voice vs. Voice

Each time you hear a voice putting you down, write it down and respond with a positive comeback.

Example:

🧠 "I'm going to mess this up."

💬 "Yeah, I might mess up, but mistakes are how I learn."

3- Rebuilding Your Self-Image

Toxic relationships break the mirrors through which you see yourself.

All you see are flaws, cracks, and gaps.

Now, we need a new mirror... and this starts with small steps:

A. New Self-Image = New Habits

Every small habit you consistently practice builds trust:

- Get out of bed and make it → "I'm organised."
- Dress up and go for a walk → "I'm choosing me."
- Do something difficult without running away → "I'm brave."

Trust isn't a feeling, trust = repeated evidence that you respect yourself.

B. Write a Letter to Your Future Self:

Write a letter to yourself three months from now:

"I'm proud of you, because you started questioning the toxic voice and stopped following it.

You feel at peace with yourself, and you're starting to see your true features return.

You deserve a relationship based on love, not manipulation.

And trust in yourself is back, not complete, but growing every day."

**Read this letter every time you feel lost.
Let it light up the darkness.**

 **Chapter Summary:**

Trust in yourself isn't something that comes from outside,
It's the result of small actions where you remind yourself that you're worthy...

Of respect, love, and life.
It's not your fault you lost it, but it's your responsibility to get it back.



FREEDOM FROM PAINFUL MEMORIES

CHAPTER 8

New Boundaries = New Life

"People are gonna get upset when you start saying 'no'... but that's okay, it's the price you pay to start looking after yourself."

First: Learn to Say "No" Without Guilt

In toxic relationships, you were scared to say "no" because:

- You felt guilty.
- You were accused of being selfish.
- They'd change their attitude, either freezing you out or attacking you.

But the truth? "No" isn't an attack, "no" is self-defense.

 Simple Exercise: A Sentence to Start Saying "No" Without Feeling Fear

- "I need some time to think about it."
- "I don't have the energy to do this right now."
- "It's not the right time for me."

Example:

Your friend wants to unload their problems on you for the third time today, and you're drained?

→ **Say:**

"I really value you, but I'm feeling really low on energy right now, can I get back to you when I'm feeling better?"

Second: Protect Your Emotional Energy

After a toxic relationship, your emotional energy is like a dead battery, slowly recharging... you've got to protect it.

How Can You Tell If Someone is Draining Your Energy?

- You feel drained just from their messages.
- You feel bad about yourself after every interaction.
- They ask a lot but give nothing back.

Practical Solutions:

Situation	Conscious Response
They repeat the same painful story over and over	"I'm happy to talk, but I'd prefer if you could write it down for me."
They ask you to do something without asking	"Thanks for thinking of me, but I can't do it right now."
You feel tense around them	"Can I take a little space and we can catch up another day?"

Third: Set Strict Standards for Future Relationships

If you don't set standards, anyone can come into your life and make their own rules.

Practical Exercise - "Standards List"

Split a page into three sections:

F R E E D O M F R O M P A I N F U L M E M O R I E S

✓ Must Have	🚫 Cannot Accept	🤔 Negotiable
Respects my time	Uses manipulation or anger to control	May struggle with expression but is willing to learn
Listens to me without interrupting	Lies to avoid responsibility	Has a past but is working on themselves
...

This exercise will give you a clear view of what any future relationship should look like.



Important Note:

Your mind, especially at the beginning of your healing journey, may tell you:

"You're being too harsh, people won't stick around in your life."

But the answer is:

The people who truly deserve you... aren't the ones who run when you say "no."

 Chapter Summary:

Every boundary you set is a door you close on pain...
And it opens a new door to your dignity.

"Those who don't respect your boundaries don't have a place in your new life."



FREEDOM FROM PAINFUL MEMORIES

CHAPTER 9

It's Time for Love... But You First

"It's not about finding someone to love you, it's about becoming the one who loves you first."

♥ The Importance of the Relationship with Yourself

In toxic relationships, you end up loving others more than you love yourself. You give, stay quiet, and adapt... until you forget who you really are.

But the truth is:

- If you don't love yourself, you'll settle for less.
- If you don't see your worth, you'll believe the lies.
- If you don't enjoy your own company, you'll always be afraid of "loneliness."

✗ Self-love isn't arrogance.

✓ Self-love is a promise to never let anyone break you again.

Ways to Strengthen Your Connection with Your Soul

This isn't just talk, these are real steps:

1. Your Inner Voice: Can You Hear It?

Grab a piece of paper and write down this question:

- "What do I need today?"

And answer honestly, without censoring yourself.

You might write:

- I need to cry.
- I need to laugh with myself.
- I need to give my body some rest.

 Five minutes of journaling every day will bring you back to yourself.

2. Small Things That Nourish Your Soul

- Take a walk in the forest with no agenda.
- Draw, even if you don't know how to draw.
- Buy a flower just because you love flowers.
- Spend an hour without your phone.

"When you do something just to make yourself happy, you're building trust with yourself."

3. Forgiveness: But with Yourself

Self-forgiveness is saying:

"I didn't know better, but now I'm learning."

- Forgive yourself for staying silent.
- Forgive yourself for staying.
- Forgive yourself for believing the empty promises.

Practical Exercise: A Weekly Date with Yourself

This is a sacred date... it doesn't get cancelled.

How to Do It?

1. Choose a day of the week (for example, Sunday).
2. Spend an hour or two alone with yourself.
3. Turn off your phone.
4. Do something that makes you really happy: a coffee, notebooks, music, or a walk.

 **The goal: To learn to enjoy your own company, with no anxiety, no expectations.**

 **Chapter Summary:**

Please, stop waiting for someone to "complete" you...
you were complete from the start.

The relationship that lasts a lifetime? It's the one with
yourself.

"True love? It starts in the mirror."

The Conclusion:

Goodbye to the Past, Hello to the Future



The Courage to Forgive (But Not the Invitation to Return)

Forgiveness isn't weakness.

Forgiveness doesn't mean you allow your dignity to be compromised, or reopen the door.

Forgiveness means:

- Your heart is no longer full of the anger that eats you up from the inside.
- You don't want revenge, you want peace.
- You want to release the past so you can build the present.

"You forgive not because they deserve it, but because you deserve peace."

Just to Clarify:

- Forgiveness ≠ Reconnection.
- Forgiveness ≠ Going back.
- Forgiveness = Freedom.

Life After Pain

There will come a day when you wake up and no longer think about it.

A day when you hear a song and don't cry.

A day when you look in the mirror and smile, telling yourself:

“I made it. I’m living, I’m no longer just surviving.”

You deserve a life:

- Where people see you, not use you.
- Where love is pure, not conditional.
- Where laughter comes from the heart, not forced to make things look okay.

Final Message:

F R E E D O M F R O M P A I N F U L M E M O R I E S

You've truly been through hell... but you're still here, and that in itself is strength.

Not everyone stands tall after all of that, but you did. Today, you're rebuilding yourself, but this time... with new foundations, built on love, awareness, and respect.

It's not your fault who entered your life... but now, it's your responsibility who stays.

"You deserve peace of mind.
You deserve love that has no fear, no conditions.
You deserve a life that makes you feel free, safe, and loved."

✨ **Congratulations on your courage and your new beginning.**