



The broken hearted : This Is For You

You know Valentine's Day is right round the corner when you walk into the store and the first thing you notice is a sea of red chocolate boxes, cards and teddy bears. Depending of your love life status you either hate or love this day. For the past twenty four years of my life i've spent most of my Valentine's Day single. The times I was in a relationship this day was a disaster. So at this point in my life I rather spend it with my girlfriends. . Of course I see couples everytime I turn around, but I'm fortunate enough to have a support system that loves me as much as I love myself. Valentine's Day is known for celebrating our loved ones and showing them how much we appreciate their efforts, but the truth is that's not the case for everyone. What about the people who are suffering from a broken heart. The souls that are shattered and still trying to pick up the pieces.

. Each time I think of heartbreak or people experiencing a broken heart I show them this poem by Lang Leav. I dedicate this to you.

“I know you’ve lost someone and it hurts. You may have lost them suddenly, unexpectedly. Or perhaps you began losing pieces of them until one day, there was nothing left. You may have known them all your life or you may have barely known them at all. Either way, it is irrelevant — you cannot control the depth of a wound another soul inflicts upon you.

Which is why I am not here to tell you tomorrow is another day. That the sun will go on shining. Or there are plenty of fish in the sea. What I will tell you is this; it’s okay to be hurting as much as you are. What you are feeling is not only completely valid but necessary — because it makes you so much more human. And though I can’t promise it will get better any time soon, I can tell you that it will — eventually. For now, all you can do is take your time. Take all the time you need.”

In simple words, I want you to know that you aren’t alone. Unfortunately there is no guide for broken heart remedies. It’s difficult celebrating love when you’re broken yourself, but you don’t need their love to survive. Valentine’s Day isn’t about being in a relationship and letting the world know that you’re taken. This day is to celebrate all types of love. Love the people who have always been there for you and will continue to do so. The most important love is self love. When you come to accept yourself you will learn to not tolerate anyone who doesn’t love you the way you love yourself. It takes time to get to this point, but don’t rush, and take your time. As the days pass you will come to realize that loving yourself is the best choice you’ve ever made. In the words of Big Sean “ If you love yourself just know you’ll never be alone.”