

## PULLING AWAY ISN'T AN OPTION

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### INTRODUCTION:

Does this sound like a familiar story to you? You slowly get close to someone and you put your heart and soul in that relationship and that day comes where that person's words and actions hurt you to the core where you cannot come out of that, and you start to lose concentration in everyone and everything and you start to distract yourself from everyone. You start to build walls around you and you don't even trust anyone and start to pull away from everyone.

You meet someone and you feel something that maybe you haven't felt in a while. You feel attracted, you feel connected, and the best part is they feel the same way. And then just as you're allowing your hopes to run away with themselves, you're beginning to think about what this could mean, and you realise that you cannot further on live without talking or even being without that person. All you come to know that person is your whole world and you begin to imagine your future together with that person. You start to invest all your time and energy and make that person feel special around you and make them feel comfortable with pouring all your love out.

### Why Pulling Away Can Lead to Regret:

Where you start to feel that person pull away. Their energy changes towards you, maybe their communications becomes less consistent, their responses to you get shorter. They would have stopped sharing with you what they used to share and make you updated on their life. The things that stoked your hope in the first place, the things that got you all excited, they stopped saying.

It leaves us wondering, what on earth went wrong when everything seemed to be going so right. You think everything was in the right track and why does that person don't feel anything now. You feel awful and starting to think what wrong did I do to make that person leave me and shattering my world into pieces. You fell into intense sorrow and you isolate yourself from everyone and in everything you do.

Now, I want to talk about one of the potential reasons that it happened, that they went cold. And I also want to talk about the biggest mistake that we tend to make when this happens. The person turned their back to you because you may have restricted them from doing anything, not trusting them and questioning them in everything they do, asking them to stay with you only and talk with you only. These may also be done by them and you have adjusted to it and continued to stay with them, despite all the efforts you invested on that relationship they left you, even for others. And one of the negative effects of this is that someone begins to feel that we've made up our minds about them and who they are and how valuable they should be in our lives before they've really earned it.

You starting to think you've invested toms in their life. So, why suddenly not important

anymore? And you think your value goes down in their life and you feel as a outsider when you were in every part of success alongside of them. You start to question yourself what wrong we made to make them leave us like that all of a sudden.

You don't realise that the person would have long made up their mind to leave you ones and for all. There are person who leave us for someone they think they are better than us, when they have made up their mind to leave you they use harsh words to hurt you to the core which makes you hard to forget that grieve and you build walls around you to not let anyone again in you life.

#### **Self-reflection leads to emotional maturity:**

Without a second thought you end your life or starting to think to end your life like their is no other option apart from it. Thinking is this perspective is the first thing that comes to your minds when someone move away from your life, watching the person leave from your life is as painful as someone tearing your heart open but ending your life, in the heart filled with grief you may have a feeling to go a drive but thinking about the sorrow you just let the vehicle to crash and end your life, ending your life just for a grieve your suffering is not the only choice which is left out.

People tend to go into depression which later on becomes very serious and not treatable. The painful feelings cannot be faded it is understandable but staying stable is a positive thing which not all does. Many people do things which can make that person life miserable as they left them, like speaking bad about that person behind their backs and spread rumours which make their life hard.

There are person who genuinely think that person should be happy with whoever they are even when they have hurted them. Without thinking how to make their life miserable you can think how to make your life more amazing. It may be hard to make do the pain without them in your life but it is a necessary action

which you should cope up with to enjoy your life they way you wanted.

People tend to pull away from everyone as they think all are same and everyone will leave them in the end and they just stay lonely without indulging with anyone. People tend to express their sorrow by returning to the places they visited together and sit there for a while and let you their sorrow. Anger issues arise as they take every small issue into a serious problem and without thinking any further.

People while trying to forget them that indulge them in something else like addiction to cigarettes, drugs and alcohol which leads to many health problems like liver failure, lungs failure, kidney failure mouth cancer, etc.

Being in sorrow in not wrong as you lost the person who meant whole world to you and thinking about the same thing and making yourself miserable is something you should know about. When you realise and look back you'll think you have wasted your time and failed to enjoy your life like you were. Acceptance of one's own self will bring that relationship good if not the worst end will come as it is how the life goes on.

While loving that person you forget to love yourself and when that person left you just hate yourself thinking you have made a mistake, there are situation were you have committed a mistake so they left but in a situation were you have not committed anything and they just left you it hurts but you should not make your life miserable instead start to love yourself then everyone else will love and respect you. There may be a person were they will accept you for whom you are, there is a saying were a right person comes at a right time.

Getting out of it suddenly is not possible slowly it will change in a better way. Don't isolate yourself it will make you overthink try to be with the person you feel comfortable tell them whatever you think, You imagined your life with that person love that life just that person is not there you are enough to live it now.

### Finding Strength in Support Systems:

A question arises in you is it okay to hate them? Even if you want you cannot do it just stay the way you were before it's just you are admiring from a far, just love them if you did continue it if it makes you happy love them from afar without disturbing them and don't forget to keep yourself first and loving yourself just do what your heart desires it will be the best way to heal and start a fresh try all the best possible ways you can to forget them if not just keep it deeper inside your heart and heal yourself by loving you more.

There may be a person who may come into your life after all the problems you were facing, you start to think whether it's a good option to talk with the person as you tend to think will I get hurt again? Will this person do the same thing and leave me all alone again? There are various questions you think off and tend to avoid even a small friendship the person may have come to heal you but you choose to avoid it and stay with the pain for a long go, later you think and feel what I did was wrong I should have opened up let the sorrow go out. After getting ample hurt you will think if it happens again what to do, I cannot handle again if the person leaves me again. What wrong did I commit to be like this, wanting to have a beautiful relationship is wrong? People tend to think about the pros and cons and even the situations which may not arise and they just feel insecure and leave the thought of accepting another person again.

### Resilience: The Key to Growth:

Resilience is the ability to adapt and keep moving forward despite adversity. Life is unpredictable, and setbacks are a part of any journey. However, those who refuse to pull away when faced with obstacles develop the mental and emotional fortitude needed to handle future challenges with greater ease. Resilience is not about ignoring difficulties or suppressing emotions but rather facing them head-on with a problem-solving mindset. This can mean seeking support, adjusting strategies, or learning new skills to adapt to changing

circumstances. Whether in a personal crisis or a global challenge, resilience is what separates those who overcome from those who remain stuck.

Opening up again is not wrong, as it can heal you from the sorrow you are facing now. Open up if you think that this is the person who can heal you, stop thinking about the cons which may or may not happen, the person can even solve the problem and will stay with as they want to. All are not same, everyone have a different personalities and they tend to think differently from the way each and everyone think, without opening up if you sit back and watch the person may leave you for life, even if you want the person back they may not be in a position to come back or you may not be in a position to bring them back.

When life gives you another chance to let you live your life the way you wanted grab the chance and live the colourful life you wanted and stop thinking about the things which may or may not happen which are solvable and open up and let the person in and enjoy your life without any regrets later on. Sitting and regretting later on opening up now may seem a little hard but when done can lead to colourful life.

### CONCLUSION:

Getting hurt once okay, it may be your mistake if it is change it for good and if the mistake is of your partner explain it, if they don't seem to accept it let them go if you make them stay it may be a hard life to continue living, it may seem more hurtful but when let go you may feel lesser pain. Don't stay in a way where you will not open your heart again to any other person as you can miss out the most beautiful life which you planned out breaking by your own hands. By the decision you make now by not letting anyone in. In the face of challenges, doubts, or fears, pulling away may seem like the easier choice but true strength lies in staying the course. Whether it's love, commitment, or ambition, stepping forward despite uncertainty is what defines resilience. When giving up isn't

an option, growth and success become inevitable. Instead of fearing hardship, we should embrace it as an opportunity for growth. Every challenge we overcome adds to our strength, wisdom, and ability to navigate future difficulties with greater confidence. So, the next time you're faced with a tough situation, remember pulling away isn't the only option. Staying, growing, and overcoming might just lead you to something extraordinary.

