

**Healing from Pain, Rejection, Heartbreak,
Trauma, and Loss. One Step at a Time.**



AWAY FROM HURT

JOHNSON CRYSTAL KALU

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Trauma and Loss, One step at a time*

Johnson Crystal Kalu

*We didn't choose this battle. We were born in the battlefield and we are left with **two** options. Either to fight and lose or fight and win. But we must fight. So let's fight to win, because we've got the grace to overcome.*

Dedication

This book is dedicated to everyone fighting silently through any form of pain, hurt, heartbreak, abuse or loss.

Acknowledgments

I thank God for the victory He has given me over life's challenges, and for the divine guidance and strength to write and publish this book.

To my HopefulMe Community and Lioness Hub, thank you for being a constant source of hope and motivation.

To my family and loved ones, your love and prayers remain a foundation I stand on.

And to Chisom Eze, thank you for your thoughtful suggestions throughout the process of organizing this book, it meant a lot.

Preface

This book was born out of deep personal reflection and emotional healing. It's for those of us who've held onto pain for far too long, unsure of how to truly move forward.

Some of us have tasted the sting of breakups and heartbreaks that still echo in our thoughts.

Some of us have experienced the loss of a loved one.

Some have been molested and abused and there's no one to open up to.

Some have lost money, missed life-changing opportunities, or made mistakes they still haven't forgiven themselves for.

Some have been hurt by the very people they loved; ignored, misunderstood, or mistreated and yet continue to search for love and validation that never seems to come.

Then there are those who've faced betrayal, criticism, and rejection, leaving them to wonder if joy or peace will ever be part of their lives again.

I get it. I've been there.

This book is me sharing why and how I found peace and healing. It's a guide, a mirror, and a gentle push forward.

As we take this journey together, I want you to say this aloud and believe it in your heart:

"I've let go of the past, it's no longer mine."

So my dear, let's walk Away from Hurt, and into healing.
See you in the next chapters.

AWAY FROM HURT

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Book Cover design and Publication by HopefulMe Press.

<https://ahopefulme.com>

First Edition: [July, 2025]

Images were downloaded from: Unsplash and Pexels

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AWAY FROM HURT

CHAPTER ONE



1

FORGIVE YOURSELF



This is the first and most important step before you can truly move on.

You have to sincerely forgive yourself. Because until you do, you will remain stuck in the past, chained by regret, guilt, and self-blame.

It's Not Your Fault

Let's start with this. It's not your fault.

My dear, it's not your fault someone offended you or did you wrong.

it's not your fault that he or she broke your heart. It's not your fault that you missed that opportunity. It's not your fault that someone made away with your money. It's not your fault that you failed at something you really wanted to succeed in.

Life doesn't always go as planned. And truthfully, **if you had known better, you would have done better.**

You're not a failure. You're not a fool. You're not weak. You were simply human. You were learning, growing, and making decisions with the knowledge you had at the time.

Even If It Was Your Fault

Let's be real for a moment.

What if it was your fault?

What if you made the wrong decision?

What if you ignored the signs?

What if you trusted the wrong person?

What if you didn't put in the right effort?

Even then, you still deserve forgiveness.

Why?

Because punishing yourself over and over again will not change the past. Beating yourself up will not fix what happened. Staying stuck in regret will not move you forward.

You deserve a second chance. You deserve to heal. You deserve to be free.

Don't Be the One Holding Yourself Back

You might think that someone else is holding you back. Maybe an ex who hurt you. Maybe a friend who offended you. Maybe an employer who didn't see your worth. But what if the person holding you back is actually YOU? What if you are the one refusing to let go? What if you are the one keeping yourself stuck in the pain? You can't move on if you're constantly replaying past mistakes in your head. You can't heal if you're continuously blaming yourself for things beyond your control. It's time to release yourself from that burden.

You Deserve Better

Let me remind you of something:
You are not your past mistakes. You are not your past failures. You are not your past heartbreaks.
You are a person with value, purpose, and potential.
And you deserve better than to keep living in the shadow of your past.

I remember loving and caring for someone and expecting the same in return. But it didn't turn out that way. Instead, I was left hurt. I was left disappointed. And the worst part? I started hating myself. Imagine that!

I was punishing myself for **someone else's inability to love me the way I felt I deserved.**

But that was the old me.

I had to wake up and make a choice to forgive myself. Not for what I did wrong, but for believing I was unworthy of love just because someone else couldn't see my value.

And that's what I want you to do today.

Talk to yourself and convince yourself to be better.

Have you ever looked at yourself in the mirror?

Try it sometime.

Look at your reflection and admire yourself.

You'll realize something... You have such an innocent and cute face lol. A face that deserves joy, love, and peace. Smile at yourself today. Because **you are enough.**

It's Time to Move Forward

You don't deserve to live in shame, regret, or past negativity. You don't deserve to carry pain that no longer serves you.

You deserve peace. You deserve healing. You deserve freedom. You deserve to move away from hurt, and that's why I'm writing this book.

So please, forgive yourself.

Not just because it's necessary to move on, but because you are worth it.

CHAPTER TWO



2

FORGIVE THE OTHER PERSON



I know this sounds difficult but trust me, it's not as impossible as it seems. *God won't have commanded us to forgive if He didn't give us the ability to do so.*

If forgiveness were beyond our reach, God wouldn't have ask us to do it. He knows we are capable of it, even when it feels like the hardest thing to do.

A lot of people also say they don't believe in "Forgive and Forget." But no matter what, "Don't forget to forgive."

Now let me surprise you, most of the people who have hurt you probably don't know or remember they did. Some have already moved on with their lives, while you're still carrying the heavy burden of resentment, anger, and pain.

The truth is they are living their lives unbothered, while you are here replaying the hurt over and over in your mind.

Why should you keep suffering for something that has already passed? Holding on to unforgiveness doesn't punish them, it punishes you. It keeps you stuck in an emotional prison while they walk free.

I won't pretend that forgiveness is easy. Some wounds run deep. Some betrayals feel unforgivable. But no matter how valid your pain is, *refusing to forgive only keeps you bound to that hurt.*

Forgiveness is for YOU

This is something I had to learn myself. And like in the previous chapter, we can clearly see how important forgiveness is to our own self.

I remember a time when a friend did me wrong. Which funny enough, is part of this journey called life. Only those you love and trust have the capacity to hurt you deep down.

I felt stuck. I kept analyzing the situation in my head, wishing I had done things differently, wishing I had seen the signs earlier. But the past cannot be changed. And I realized something important:

I was hurting myself more by holding on to the pain.

It took time, but I made a choice. I chose to forgive and let it go. Not for them but for me. Because I deserve peace. And so do you.

Letting Go Doesn't Mean They Were Right

One reason people struggle to forgive is because they think it means excusing the other person's actions. It doesn't.

Forgiveness is not saying, "What they did was okay." It's saying, "I refuse to let what they did control my life anymore."

It's choosing happiness over bitterness. Peace over chaos. Healing over hurt.

Take the First Step

If you're finding it hard to forgive someone, take a small step.

Send a text. Make a short call. You don't have to go all the way. Just ask about their well-being, wish them a great day,

or say something nice to them. It may feel uncomfortable, but trust me, it's a bold step in the right direction.

This has worked for me several times, and it could work for you too. The simple act of reaching out, even in the smallest way, helps shift your heart towards healing.

Forgiveness Heals You

Holding onto unforgiveness keeps you emotionally tied to the pain. But when you choose to forgive, something powerful happens; you take back control. You are no longer defined by what happened to you. You are no longer trapped in the past.

I know some situations are more painful than others. Some bad experiences with people cut so deep that it feels like the scars will never fade. But if you truly want to heal, you have to let go.

There was a time when I was deeply hurt by someone I considered a close friend. His actions felt like betrayal, and I had no option than to live with the awkwardness and consequences of what he did. For a while, I found it difficult moving on. It felt justified. After all, I was the one who had been wronged.

But over time, I realized something; it wasn't my fault, but *it was my responsibility to make things work.*

So I had to save myself and the friendship.

I had to make the choice myself. And when I finally let go, I felt lighter. The weight was gone.

Life had to keep moving, and I refused to dwell on what had happened.

I know there are situations where you can't save the friendship or relationship with the person or with a group of people but when you've reconciled within your heart to let go, you move away from hurt.

Be Good Anyway

I know you might be thinking, *"But what if they take advantage of me again?" "What if forgiving them means they'll think they can hurt me again?"*

My answer is, forgiving doesn't necessarily mean you have to give them access into your life again. It doesn't mean you have to trust or rely on them again. It simply means you are freeing yourself from the emotional grip they had on you.

I have a personal quote that has helped me:

"People will use you, but don't feel bad when you realize that. You are a good person, and being good was never your fault."

Never let someone else's actions change who you are.
Keep being kind. Keep being you.

Also, Learn. Grow. Set boundaries. And protect your
peace.

Because at the end of the day, you deserve true happiness
and forgiveness is the key to setting yourself free.

CHPATER THREE



3

TAKE A WALK



If you're serious about moving on, then you have to be willing to take a walk, a walk away from whatever that's been holding you back.

Some of us are stuck. Stuck in unfulfilling jobs, toxic relationships, failed businesses, or painful memories of people who did us wrong. And the more we dwell on these things, the more we hurt ourselves. It's as simple as that.

Taking a walk isn't just about physically leaving a place; it's also mentally making a move. *It's detaching yourself from the things that drain your energy and steal your joy.* It means trying something new, stepping into fresh air, and allowing yourself to experience life from a whole new perspective.

Understand this: **YOU** are a priority. Your happiness, your peace, and your well-being matter.

There is no crime in quitting a job that drains you, walking away from a relationship that no longer serves you, or letting go of a past that keeps haunting you.

I also believe in making things work. Sometimes, all it takes is a change in strategy: reworking your approach to your job, adjusting your mindset in a relationship, or finding new ways to deal with a tough situation. But if you've tried everything and nothing changes, then please, take a walk.

I have a saying: *"Accept the things you cannot change, but change the things you cannot accept!"*

Your mental health is important. Never feel guilty for choosing peace over chaos.

Stop Knocking on Open Doors

I was listening to Les Brown on one of his podcasts, and he said something that struck me deeply:

"Don't knock on open doors!"

It gave me chills because, at that very moment, I realized I had been doing exactly that, knocking on doors that were already open. I was holding myself back, stuck in situations I could have walked away from a long time ago. For the context of this book, this means one thing: ***the only thing stopping you from moving forward is your own hesitation or fear of taking action.***

Sometimes, we stay in situations not because they're good for us, but because we're afraid of the unknown.

We fear leaving that job because we don't know if we'll find another. We fear walking away from that relationship because we don't know if we'll ever find love again. We fear leaving a particular space because we feel we've invested a lot already.

We fear letting go of a past we've held onto for so long because we don't know what the future holds.

But the truth is, **there is more!**

There are people out there who would cherish and value you, who would appreciate you, who would love and respect you.

Yet, you continue to endure unnecessary pain, staying with people who don't regard you. Not necessarily because they

don't want to, but maybe because they simply aren't meant for you.

When you truly understand this, your perspective shifts. You start meeting better people. You start attracting the right kind of love, respect, and opportunities because you've finally taken the right mental leap.

Walk Through the Open Door

Please, stop asking for things that are already available to you.

If the door is open, don't stand there knocking, just walk through it!

There is a better job out there, with employers who will recognize your worth, appreciate your efforts, and treat you with the respect you deserve.

There is a better relationship waiting for you. One filled with peace, love, and acceptance for who you truly are.

Maybe you are not nagging, your partner doesn't regard your concerns.

Maybe you are not boring, your circle of friends don't just appreciate your personality.

Maybe you are not a failure, the people you are with don't just believe in you.

And yet, you're still asking yourself if it's the right thing to move on?

Taking a Walk is a Bold Decision

To be frank, walking away isn't always easy. It's uncomfortable. It's scary.

You may miss the paycheck from the previous job. You may miss the person you are leaving behind. You may miss the memories, the routine, the familiarity of it all. You might have even convinced yourself that you've already adjusted to the situation.

But let me tell you something, **comfort is not the same as happiness.**

Just because you've gotten used to something doesn't mean it's good for you.

Leaving may feel like the hardest thing to do right now, but it might just be the best decision you ever make. Because walking away could be the very thing that introduces you to a bigger and better life.

Are You Ready?

Do you have the courage to move on?

Take your time to decide. I know it's not going to be easy. But if you're ready, if you truly want better for yourself, then take that step. And know this, you're not walking alone.

CHAPTER FOUR



4

APPRECIATE THE NEXT LEVEL



Once you've taken a walk, it's time to appreciate where you're going and embrace the future ahead.

The truth is, things may not change overnight. The process of healing and moving forward takes time. But trust me, if you stay patient, things will get better.

If you are moving on, move on completely. *Don't leave physically while you are emotionally dwelling where you left.*

You cannot step into a new chapter while constantly re-reading the last one.

Let go, and let yourself fully embrace the next phase of your life.

Embrace Change with Courage

Change can be uncomfortable. It can be scary. But it's also necessary.

Many times, we hold on to people, jobs, or situations because we believe they are essential to our happiness or success. But let me ask you: If someone constantly mistreats you, belittles you, or abuses your kindness, **do they still deserve that place in your life?**

The answer is no. And by moving on, you're not losing anything valuable, you're gaining freedom. You're stepping into a better reality, one where you are valued, respected, and truly at peace.

Healing, Not Just Moving On

It's not enough to simply move on. The question is: *What are you moving on with?*

For many of us, after facing rejection, loss, or heartbreak, we may appear to move on but deep inside, we're still carrying resentment, bitterness, and even thoughts of revenge.

This emotional baggage can weigh us down and affect our future.

So, don't just move on, **heal!**

Take the time to process your emotions. Forgive yourself. Forgive others. Let go of the negativity that keeps you stuck. Moving forward with unresolved emotions will only bring those same issues into your next phase.

Remember, God is with you. He will guide and see you through the healing process. You are never alone.

He cares about you. You are His Child. He wants to see you happy, fulfilled, and productive.

As you step into this new level, take your relationship with Him seriously. Draw closer to Him, because *true healing and transformation come from Him.*

Jesus Christ has given my life meaning, and I know He can do the same for you. With Him, your journey to the next level will be smoother, clearer, and filled with purpose.

Celebrate the New You

Appreciate this next level in your life. This is your chance to step into greatness, into a better version of yourself.

And remember, the next level is free from unforgiveness and hate. You don't have to prove anything to anyone. You don't have to show off to those who once doubted or did you wrong.

Just focus on becoming the best version of yourself and keep pushing forward.

CHAPTER FIVE



5

BREAK THE CYCLE OF PAIN



One of the hardest but most important lessons in life is this:

Don't let your past define how you treat people.

Don't treat people based on how you were treated.

Don't love based on how you were loved.

Don't care based on how you were cared for.

Choose to love, care, and treat people right, not because of how others have treated you, but because it's simply the right thing to do.

This is the mark of true maturity: the ability to rise above painful experiences instead of allowing them to shape you negatively.

The Cycle of Pain

We were all born with hearts free from hate, resentment, and bitterness. But as we grow, life experiences teach us these things, sometimes without us even realizing it.

And the hardest lessons to unlearn are the ones we absorbed subconsciously.

During my secondary school days, I was privileged to be a boarding student. There was an unspoken tradition: If you were bullied as a junior, you were expected to bully others when you became a senior.

It was a cycle of one generation of students inflicting pain on the next, just because they had suffered too.

I was not exempt from this culture of mistreatment. I suffered at the hands of seniors. But even in my pain, I made a commitment: **I would not continue the cycle.**

So when I became a senior, while others saw their past hurt, bitterness, and revenge on these juniors, I saw their helplessness and innocence. I saw juniors who had done nothing wrong. It wasn't their fault that I had suffered.

If I passed on my pain to them, they would likely do the same, and the cycle would continue.

I refused.

It wasn't easy, but I didn't want to be like everyone else. I chose to be better.

My past shouldn't be an excuse to treat people badly. If anything, my past should be the very reason why I choose to do good.

Letting Go of Hurt and Moving Forward

In life, I've been hurt. I've been cheated, betrayed, taken advantage of, broken, and disappointed. People I trusted let me down. People I cared about walked away.

But I had to get unstuck.

I had to forgive. I had to let go. **I had to move on.**

We've all been injured by people, sometimes by the ones we love the most. But the more we hold on to that pain, the longer we delay our healing.

If we go around repeating the same mistakes, treating people how we were treated, we reopen old wounds: not just for ourselves, but for others too. *But when we let go, choose love, and decide to be different, our wounds start to heal.*

I don't know what has happened to you. I don't know what cycle of pain you are still holding on to.

But let me remind you: You have the power to let go.

God wouldn't have commanded us to forgive if He didn't give us the ability to do so.

If you've been heartbroken before and you step into a new relationship without forgiving your past, it will likely hunt you. Why? Because a foundation of love can never be built on hate.

The past is over, you can't live your future in it.

Wherever you go, be the one who brings love, care, and kindness to the table. Be the one who offers support, encouragement, and peace.

Rev Onuka Okereke once said: *"The mark of a superior soul is the ability to treat others better than they treat you."*

Unburden Your Heart

Aside from pumping blood, there is one job I know the heart could do very well with ease. *And that job is to love!*

Please, don't burden your heart with hate and unforgiveness. It's too heavy to carry. It's not worth it.

There's a saying:

"An eye for an eye makes the world go blind."

And honestly? The world is already going blind. But the good thing is, we all have within us, the ability to make it see again.

We don't need perfect people to make the world a better place. We just need people who understand this fact.

Hurt people don't have to hurt others.

Broken people don't have to break others.

Pained people don't have to inflict pain.

We can all heal and we can all help others heal too.

So, what are you waiting for?

Break the cycle of pain. Let go and move on..

CHAPTER SIX



6

NO ONE OWES YOU



I used to think life is give and take. But sometimes you just give and it ends there. No returns. No recognition. No applause. And while it may not feel fair, *it's still okay.*

Most at times we feel hurt when people don't reciprocate or appreciate the good we do for them. And it can be a subtle cause of emotional hurt.

We believe that because we were there for them, they should be there for us. We assume that because we sacrificed for them, they'll at least show appreciation, loyalty,

or return the favor somehow. But the reality is this: **no one owes you anything.**

You were supportive. You gave. You showed up. You loved. You helped. And that was your decision. Don't let the response to it redefine the pure intent of your action.

You've probably supported someone, maybe emotionally, financially and they disappeared when you needed them most. Or maybe you groomed, or trained someone, only for them to turn their back on you or act like you were never part of their journey. And you're left wondering, *"Was I wrong to help?"* No, you were not.

I've mentored and invested in several individuals, pouring my time and effort into their growth. Although they never acknowledged or expressed gratitude for my contributions, I still did not take it to heart.

It doesn't deter me from continuing to reach out and help others. I have no excuse for not doing good, and my goal remains to provide support and assistance to people however I can. How the person responds is ultimately their decision, and I won't let it dictate my actions.

Let me remind you: **do good because it is who you are, not because you aim at receiving a reward.**

I recall visiting a store to purchase some items, and I was given excess change. Upon realizing the mistake, I returned to the store to give back the extra money. I shared the experience with a friend familiar with the store, and he expressed disappointment, suggesting I would have kept the money since the amount wouldn't have any impact on the store's revenue. However, I told him that taking something that doesn't belong to me goes against my values and upbringing.

I don't need the store owner to thank me or acknowledge my honesty to feel fulfilled. *The act of returning what's not mine is reward enough.*

Don't let people's response change your nature.

If you were raised to do good, to love, to be honest, to help others, don't abandon that because someone failed to return the favor. Keep showing up for others, *not because of who they are, but because of who you are.*

Now, it's not wrong to hope that people you've helped will stand by you when you're in need. That hope is natural. And thank God, sometimes, they actually do.

I've been blessed by people I once mentored and supported: some of whom showed up for me when I least expected. Some carried my burdens with me. Some believed

in me. Some spoke life into me when I had no strength left. And I'm **grateful** for every one of them.

But I also know that for every person who returned kindness, there were others who didn't. And it's still okay.

Another important perspective to consider is this: you too might have unknowingly failed to acknowledge or appreciate someone who helped you. I know in one way or the other, I fall short in this category and someone somewhere might regard me as ungrateful and it's still okay.

Life gets busy, we get distracted, and sometimes we forget. So before we call others ungrateful, let's have a bit of self reflection. We may also be part of someone else's story of hurt. Extend grace, because we all need it.

The Reward for doing good

When you help people, support them, give your time, your resources, your energy, do it as unto God. Don't keep count. Don't keep score. Don't dwell on it.

You'll still be blessed, successful and happy with or without them returning the favor.

God is the One who sees in secret, and He is the One who rewards openly.

“Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.” — Matthew 25:40

There’s something powerful that happens when you give and not dwell on the outcome. It frees you from bitterness. It keeps your heart pure. And it positions your mind to receive divine favor: the kind of reward that only God can give.

Yes, there is always a reward for good deeds. Even if it’s delayed. Even if it doesn’t come from the person you helped. Even if it shows up in a different form or through a different person.

Sometimes, *the reward for your goodness won’t come from where you sowed, but it will still come.* God is not unjust. He sees the secret sacrifices. He knows the motives of your heart.

You may sow kindness in one place and reap favor in another.

You may, while trying to help someone solve a particular problem, lose something valuable in the process. Now it doesn’t mean your good deeds are invalid. Life happens but somehow, help will always find you again, because the universe echoes your intentions, and God honors your heart.

Rain and sunshine fall on both the good and the bad. But goodness will never go unrewarded. **Not in God's system.**

So whether people applaud or ignore you, keep doing good. Whether they acknowledge your sacrifice or not, keep showing up. Be known for love. Be known for grace. Be known for generosity.

I strongly believe that if we sow goodness, kindness and love, it'll never cease from our own lives.

CHAPTER SEVEN



7

LOVE AND SOULMATE



I feel there is a need to talk on peculiar issues as it pertains to moving on and healing from past hurts.

Now, in the context of singlehood, do you know that **your true love is not tied to any one person?**

Love as a concept isn't something that magically exists between two people; *it is a product of what you build with someone over time.*

People can come and go in your life, but the love in your heart remains with you. It doesn't vanish when someone walks away. It doesn't disappear when a relationship ends.

True love is not lost; it's simply waiting to be shared again.

My Thoughts on "Soulmates"

Many people believe that there is only one person in the world meant for them, "a soulmate". But let's challenge that belief for a moment.

If your soulmate is truly just one specific person, what happens if that person passes away? What if you never meet them? Does that mean you'll never find love?

The truth is, love is not just about destiny. It's about choice. **It's meeting someone, making a commitment, and growing together.**

Even if God sends down someone specifically for you, if you don't love, value and accept the person which is a personal decision, the union won't work. So you have a vital role to play. And when you play your role very well, the union can then be said to have actually been meant to be.

Also understand that marriage is **the union God recognizes for love in this context.**

This is why I strongly believe that *no one should be considered your soulmate until you are married to them.*

Your crush, boyfriend, girlfriend, fiancé, or partner is not your soulmate yet. Until marital vows are exchanged, the relationship is still a phase of discovery.

The actual reason I'm saying all this is so that if someone leaves, it doesn't mean your love life is over. *It simply means they were not the person you were meant to spend your life with.* And that's okay. Move on.

Marriage: The True Definition of Soulmates

If there's one place where the concept of a soulmate becomes real, it's in marriage.

Marriage is a divine institution created by God. It is sealed not just by emotions or attraction, but by **a covenant that's spiritually, legally, and physically binding.**

When you exchange vows before God and man, you are not just saying you love someone. You are making a life-long commitment to grow in love with them.

This is where true love is **confirmed and solidified.**

What If Marriage Ends?

We know that life happens. Some marriages are cut short by death, while others unfortunately end in divorce.

According to **Romans 7:2-3**, the death of a spouse releases the other from their marital commitment. Divorce, though a common practice today, is not what God originally intended (**Matthew 19:3-9**).

This is why couples are encouraged to **work through their differences instead of choosing divorce as the first option**. I also believe that every marriage ordained by God has all it takes to stand the test of time.

Final Thoughts

I don't believe in encouraging married couples to "move on" from their union. Instead, I encourage them to move on from conflicts, misunderstandings, and struggles together.

Marriage is not about finding a perfect person. **It is about choosing someone and making them perfect for you through love, patience, and commitment.**

So, if you're not married yet, understand this: *No one is your true love until you build a life with them in marriage.*

If a relationship doesn't work out, **don't be discouraged**. You are still capable of love, and there is still someone out there who will love and appreciate you the right way.

For those who are married and currently facing marital challenges, I encourage you to make genuine efforts through prayer, patience, and love to make things work again and restore what seems broken. **With God's help, healing is possible,** and your home can be filled once again with love, peace, and harmony.

And for those who are already divorced or separated, please know this isn't the end of the road. I still believe that reconciliation is possible, even after parting ways. But if that doesn't happen due to the circumstances surrounding the decision, please don't dwell in hurt, move on. Trust God to lead you, heal you, and give you strength to move forward. There's still life and purpose ahead.

CHAPTER EIGHT



8

WHEN YOU LOSE A LOVED ONE



"Earth has no sorrow that heaven cannot heal."

Losing a loved one is one of the most profound and unexplainable forms of pain anyone can experience. It leaves a void that no human words can truly fill. The reality of death is deeply intertwined with our existence, yet it remains beyond our full comprehension.

When you lose a spouse, sibling, child, parent, it's very difficult to move on because you are biologically, emotionally, and physically connected and attached to the person.

But here's the truth: **only God can truly comfort a grieving heart.** The best we can do as humans is offer encouragement and support, but divine consolation is what brings real healing. However, we can be vessels through which God provides this comfort, and *I sincerely hope that this book serves as such a vessel for you.*

I lost my mom exactly one year and eight months as at the time I'm writing this book, and that was one of the strangest and most challenging moments of my life. She wasn't just my mother; she was involved in every aspect of my life, my biggest cheerleader, my source of inspiration, almost like a physical angel I could see and talk to every day.

When I received the news of her passing, it felt like a part of me had been forcefully taken away. I remember scrolling through a gallery of about a thousand inspirational quotes and publications I had created for my HopefulMe community, hoping to find something that could speak to my pain. But nothing resonated. That's when I knew I had hit rock bottom.

In that moment of grief, I cried out to God for strength. And then, these words dropped in my heart:

"When God allows a challenge, He gives you the strength to face it. When He allows a loss, He also gives the fortitude to bear it. Always remember that you are never alone when you are with God."

My dear, there is no sorrow on earth that heaven cannot heal. You will be fine. The pain may not vanish overnight, but I can guarantee that God will not only heal you, He will also fill the void left by the loss.

How to Cope and Move Forward After Losing a Loved One

Grief is a process, and healing takes a while. However, there are a few things that can help you navigate this difficult journey:

1. Don't Dwell on the Cause of Death

It's natural to ask, "Why did this happen?" or "Could something have been done differently?" But dwelling too much on the cause can keep you trapped in a cycle of sorrow and regret.

While some deaths may require action, like legal or medical inquiries, it's important to balance that with your heal-

ing process. At some point, you have to release the weight of the "why" and allow yourself to move forward.

2. Laying Your Loved One to Rest

Proper funeral rites, memorial services, and tributes can play a crucial role in healing. They provide an opportunity to honor your loved one, share in collective grief, and receive support from family, friends, and your community.

A funeral doesn't just signify an ending; it also helps create a sense of closure. Whether through a service of songs, funeral prayers, or the final committal, these moments allow you to express your grief while drawing strength to continue.

In some cases, organizing a funeral can be physically, financially, and emotionally demanding. It's not always easy to go through all the planning and expenses while still grieving. But ultimately, it helps to bring a sense of closure. Laying your loved one to rest and fulfilling the funeral rites can ease the emotional tension and uneasiness, reminding you that though they are gone, they were honored and celebrated.

"Precious in the sight of the Lord is the death of His saints." — Psalm 116:15 (KJV)

Even in loss, we find comfort knowing that God treasures the lives of our loved ones.

As someone once said, *"Grief is the last act of love we give to those we loved. Where there is deep grief, there was deep love."*

3. Hold on to Positive Memories

Your loved one's memory should not be a source of unending sadness but rather a motivation to live well.

When you see their photo, let it remind you to work hard and make them proud.

If it was a spouse you lost, let their memory inspire you to care for the family and children you shared together.

If it was a parent, live a life that reflects the legacy and values they instilled in you.

Instead of dwelling on pain, *choose to embrace memories that encourage, uplift, and push you to become better.*

4. Take Good Care of Yourself

Your loved one wanted the best for you when they were alive, and they would still want the best for you now. Grieve, but don't let grief consume you.

Take care of your mental, emotional, and physical health. Surround yourself with people who uplift your spirit. Engage in activities that bring joy and purpose to your life.

You, too, need to be alive; not just for yourself, but for the others who still need you. Don't let them go through another phase of mourning because you stopped living when your loved one passed away.

I know that if you are reading this, you or someone close to you may be dealing with the loss of a loved one. **May God console you and your family**, as He promised in *Psalm 34:18: "The Lord is close to the brokenhearted and saves those who are crushed in spirit."*

I also pray that myself and everyone else reading this book will not suffer any untimely death and loss. May God protect you and your loved ones, keeping you safe and sound. **Amen.**



HEALING FROM SEXUAL ABUSE, HARASSMENT & TRAUMA



I deeply care and I empathize with everyone going through any form of trauma, sexual abuse etc. These are very challenging experiences and I don't wish them on anyone.

This aspect of healing is also particularly sensitive because the pain is unique to the individual who's been hurt. Often, the people who inflict this kind of pain are those we trust and are vulnerable to: a family member, friend, mentor, colleague, guardian, or even a parent.

For some, the journey to healing is a long and difficult one, but even when they seem to have moved on, they may still be stuck. When faced with situations that require trust and love, negative triggers can resurface, revealing that **the healing process is far from complete.**

The purpose of this book is not to analyze the causes or elaborate on the consequences of trauma or sexually related abuse. My goal is simple: *to help you to heal and move away from the pain with the help of God.*

I recall a conversation with a lady from one of my community groups who shared her heartbreaking story of being raped by a neighbor when she was just eight years old. What's even more devastating is that when she confided in her mother, she wasn't believed, and the same man turned her mother against her. This added to her lifelong struggle with pain and trauma. She thought she had moved on, but when she recently encountered the man again, the memories and pain came flooding back.

If you've experienced any form of sexual abuse or assault, I want to encourage you to be strong and fight for your freedom because you are not alone, and healing is possible.

You didn't deserve what happened to you. And it was never your fault.

There are wounds that words can hardly describe. Experiences that leave you broken, ashamed, and confused. Sexual abuse, molestation, and harassment are not just violations of the body; they pierce the soul and leave deep emotional and psychological scars.

I want you to hear this clearly: **You are not to blame.**

It doesn't matter how twisted the story is. **It was not your fault.** Someone else had bad intentions, not you.

Many victims of abuse carry silent pain, afraid to speak, afraid they won't be believed, or afraid they will be judged.

And perhaps the biggest fear of them all is the fear of not getting justice. The fear that the perpetrator is living freely while they are dying slowly.

But your healing begins with accepting that what happened was wrong and that your voice matters.

Find Redemption. Don't let the struggle consume you.

No matter what has happened to you, you are not worthless, you are not damaged goods. You are valuable, beautiful, worthy of love, and deserving of respect. What they did to you does not define you. **God's love for you is not reduced because of what someone else did.**

Healing takes time, and that's okay.

You may cry. You may feel numb. You may have moments of rage or silence. But healing is very possible.

Talk to someone: a counselor, a trusted friend, a therapist, or a spiritual leader. Speak up. **You don't have to go through this alone.**

Through the proper channels, reporting these incidents to the authorities can also be a crucial step in your healing journey, so don't underestimate its importance. *However, remember that true healing begins from within, so prioritize your inner restoration.*

Don't let this struggle lead you into addiction and self-hatred. That path only compounds the pain.

You have the power to break the negative cycle. **By embracing the victory made possible through God's grace, you'll not only find redemption for your past but also gain the opportunity to help others escape similar suffering.**

You'll be empowered to ensure that no child, teenager, or adult has to endure what you've been through. When you encounter such cases, you'll be equipped to offer support and guidance.

As you heal, remember:

- Your past does not define your future.
- God can restore what was broken.
- You can love and be loved again.
- You are not alone.

Let the healing begin by choosing not to let it hold you back anymore.

You are strong. You are brave. You are loved.

And if you're reading this as a survivor, I honor your strength. You're still standing. You're still breathing. That's courage.

This is also an appeal to anyone involved in any form of sexual harassment to desist from such evil act.

There's no moral justification for such actions. Do not put the lives and future of other people in jeopardy, do not be a source of pain.

CHAPTER TEN



10

BE EXPECTANT, DON'T KILL HOPE



As we wrap up this book and as we move away from hurt, it's essential to still live life with positive expectations and hope.

With or without people rewarding or acknowledging our good deeds, it's okay to keep doing good, loving and supporting people.

But here is the balance. While you may not dwell on receiving a reward for what you do for people, you still have to live in anticipation that good things will happen to you.

What it implies is that when someone comes to you for support or assistance, you help the person not expecting them to pay you back in return for your favour but expecting that in life, you'll always find support and help when in need. These are two different things.

Don't numb the desire to experience good things.

Sometimes the best way to fight the pain and regrets of the past is when you hope and expect things will get better in the future.

Don't hold yourself back by thinking that people won't reciprocate your love, or that those you've supported won't support you in return, or that the good deeds you've done won't come back to you. When you start living with these negative expectations, your hope and enthusiasm for life can slowly fade away.

Life is still all about Expectations.

Life, in its purest form, is a journey of hope and it feels empty when you live without expectations.

We entered this world with nothing and every other thing we hope to get, we expect them to come. We expect to

build a lovely family, enjoy good health, a successful career and every other good thing life has to offer.

Yes, disappointments and heartbreaks come when we expect something from people or from life generally. Therefore it is less painful and more gainful to live life without expectations.

But the sad truth is; even if you don't expect anything, life will still throw its surprises at you.

If you choose not to love, you'll still face heartbreak.

If you choose not to trust, you'll still meet with disappointments.

And even if you choose not to fight, you'll still at some point be defeated.

So why not decide to love anyway? To trust anyway? To hope, to dream, and to expect the best out of life?

There's a kind of pain that comes from trying and failing, but it's far more noble than the pain of regret from never trying at all.

Some people stop living fully because they stop expecting.

They let disappointment shut down their dreams. They stop believing that good things can still come. They stop trusting God for a brighter tomorrow.

If this sounds like you, I want to encourage you: don't hold back from life.

Hope is Fueled by Expectation

I define HOPE as *Holding On a Powerful Evidence*. It's that evidence in your heart that tells you something good is coming, even when everything around you says otherwise.

Even a pregnant woman, long before her baby arrives, is called an **expectant mother**. Why? Because despite the odds, the difficulty, and pain, associated with child-birth; she believes and expects safe delivery at the end.

That's what expectation does, it fuels preparation and builds a joyful anticipation for what's ahead.

Expect The Best

Some people expect from life but on the negative.

Do not hope for the best and still expect the worst. *Hope for the best and expect the best.*

Always expect good things to come to you because they will.

Don't come out of a toxic relationship and expect your next relationship to be worse.

Don't pray to achieve a particular goal while subconsciously you've accepted you can't get it.

You deserve good.

No matter how bad you think you are, you still deserve good.

“For God so loved the world that He gave His only begotten Son, that whoever believes in Him shall not perish but have eternal life.” — John 3:16

This scripture shows that God's love for you is unconditional. Whether you feel worthy or not, He loves you, and He has already made every provision for your well-being.

Stop Anticipating Negative Things

Some of us have become so familiar with pain and negativity that when good things start happening, we feel uneasy.

When God gives us a peaceful relationship without unnecessary drama, we begin to wonder, "What's wrong?"

"Why is this guy being so caring?"

"Why did she forgive me so easily?"

"Why did he buy me gifts last week and still got more this week?"

Stop being paranoid when good things come your way.

Don't assume that bad things must always follow the good. That's not how life was meant to be. That's not how God operates.

Some of us say things like:

- “I lost a loved one, it might happen again.”
- “I was molested and sexually abused before, I don't think I can trust again.”
- “I was laid off from my last job; this one won't last either.”
- “I had a miscarriage before, Now I'm afraid of taking in.”
- “My last relationship ended badly; I don't trust this one will last.”

Let me tell you this: bad things do not have to repeat themselves in your life. It is not God's plan for you to live in a cycle of pain and disappointment.

The Bible says, “Affliction shall not rise up the second time.” — Nahum 1:9

Speak that over your life.

Be intentional about your mindset. Have a strong prayer life and speak positivity into everything you do.

Pray for healing from past traumas and negative experiences.

Ask God to help you see and experience the goodness of life without fear.

You are not cursed. **You are not bound to a lifetime of sorrow.** God is able to bring beauty out of your ashes.

So stop expecting the worst.

Don't also fall into the trap of expecting the worst, even while you claim to hope for the best. Don't mix faith with doubt.

Expect good things. Believe that you deserve good, because you do.

Learn to expect the best: from life, from people, and most importantly, from God. You attract what you believe. You draw closer to what you focus on.

Expectation produces excitement. Think about how you feel when you're about to meet someone special or receive something; that sense of joy, of readiness, of happiness.

But I know not every expectation gets fulfilled. And yes, disappointment stings.

Now, I understand that: If it works out, great. If it doesn't, it's still okay.

I will keep expecting good things to happen to me because that's how I choose to live.

Don't Let Pain Dim Your Expectation

Disappointments may come. Setbacks may occur. But don't let them dim your light. Don't let them rob you of your joy.

Keep expecting. Keep believing. Keep preparing for good things.

God sees your heart. He sees your faith. And His Word is true:

“Surely there is an end, and your expectation shall not be cut off.” — Proverbs 23:18 (KJV)

This means your dreams, your hope, and your faith will not be in vain.

So if you've been wounded, discouraged, or stuck, it's time to get back up.

Live your life full of hope, full of joy, and full of expectations.

Expect to love and be loved.

Expect to win, even if you've lost before.

Expect to rise again, even if life has knocked you down.

Let your life be a story of faith, courage, and unwavering hope.

You are worthy of the good you expect.

Conclusion

We've talked about forgiveness, healing, letting go, embracing the future, finding strength through faith and expecting good things from life. Now, it's time to be intentional in our actions.

I want to remind you again: You are not your past. You are not your pain. You are not your mistakes.

You are someone who has survived, someone who is healing, and someone who is becoming stronger every single day.

Healing is a journey. And the beautiful thing is that God is walking it with you, you are never alone.

You don't have to figure everything out in one day. Just keep moving. Even if it's slow, keep moving.

This book was written from a heart that has felt pain and found healing and now wants the same for you. Through the chapters, we've learned that:

- Forgiving yourself is the first step to true freedom.

- You can't change the past, but you can re-write your future.
- Healing requires intentionality and grace.
- Letting go isn't weakness, it's strength.
- You don't have to respond to hurt with more hurt.
- Even in death and deep loss, God offers comfort and hope.
- And yes, you can move on!

Now that you've read this book, I want you to do something for yourself:

- Take time to reflect on your own healing journey.
- Write down the things you need to let go of.
- Talk to God about your pain through prayers.
- Reach out to someone you trust if you need help. You can reach out to me directly if you wish, my contact details are on the last page.
- Also I recommend you joining inspiring community groups like: HopefulMe, Lioness Hub and Complete Men Forum

Begin each day with the decision to move forward.

You are not alone. I'm rooting for you.

With love and hope,

Johnson Crystal Kalu

Author, Away From Hurt

About HopefulMe



No matter how cold the world might seem, the message of HOPE is still relevant.

So many persons are dying, not because of what they are eating but because of what is eating them.

People have lost hope. People are giving up everyday.

The world we are in is full of pain, regrets, challenges and hard times. And we may not be able to take them away.

But all we can do is to instill HOPE in people's lives.

For when there is Hope in the future, there will be power for the present!

Even if you have lost everything you have, please don't lose hope. Because it's in hope we can find anew love, joy, assurance, faith and strength.

The power we need to fight, survive and live today, lies in the Hope we have for the future.

Visit www.ahopefulme.com to our HopefulMe community.

About The Author



Johnson Crystal Kalu (JCK) is a full stack software developer, media personality and writer whose words have touched many hearts and lives. He is popularly known for his inspirational quotes and publications.

As the founder of HopefulMe, Lioness Hub, Complete Man, JCK Academy, and Newroom Studios, he has con-

sistently built platforms aimed at personal growth, purpose discovery, and positive influence.

With a heart for people and a deep love for storytelling, Johnson has used his writing to encourage healing, resilience, and hope in the face of life's challenges. Whether it's through his inspiring words or innovative tech solutions, he remains committed to reaching out to the needs of others and making a meaningful impact in the world around him.

This book is one of many ways he shares that passion, with the hope that every reader finds light, healing, and the strength to move on.

Visit <https://ahopefulme.com/ebooks> and his personal website: <https://johnsoncrystalkalu.com> to get more books by the author:

- Healing of the Mind
- HopefulMe (3 & 4)
- Becoming a Better Student
- Your Dreams Are Possible
- Exciting Life
- Above Average
- Own Your Kitchen

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