

A FREE PREVIEW FOR YOUR HEALING JOURNEY

WHEN THEY STOP CHOOSING YOU

How to Let Go of Someone You Still Love and Start Choosing Yourself

> *You can still care about someone and begin caring for yourself again.*

RICHARD J.M.

A gentle first step toward emotional detachment, healing, and finding your way forward.

A NOTE FOR YOUR HEART

For the person who is tired of waiting to be chosen

If you have been waiting for a message, hoping for a little attention, or replaying conversations in your mind to understand what changed, this preview is for you.

Perhaps you remember when their messages made you smile. When you felt wanted. When the future seemed full of possibility. And now, something feels different. Maybe you are the one reaching out, trying to explain your feelings, or wondering how to repair a connection that no longer feels mutual.

The hardest part is not always losing the relationship. Sometimes, it is watching yourself lose your peace while trying to save it.

You may question your worth. You may wonder whether you asked for too much, said the wrong thing, or could have been easier to love. When someone pulls away, it is natural to search for an explanation. But you do not have to turn every unanswered question into a reason to blame yourself.

> *You can love someone deeply without making their attention the measure of your worth.*

You do not need to pretend you no longer care. You do not have to erase the memories or rush your healing. You can simply begin to make room for your own needs, too.

Let this be a gentle place to pause. You do not need to have everything figured out today. You only need to be willing to turn toward yourself with the same care you have been trying to give someone else.

LESSON ONE

Their choices are not your worth

When someone becomes distant, the mind often searches for an answer:

> *Was I not enough?*
> *Did I ask for too much?*
> *What could I have done differently?*

These questions are understandable. When you care about someone, uncertainty can hurt. Your mind may try to regain a sense of control by reviewing every conversation, every disagreement, and every moment you wish you could change.

Reflection can be helpful when it allows you to learn. But endless self-blame can leave you feeling responsible for things you cannot control.

A person's choices may tell you something about their feelings, priorities, readiness, or compatibility with you. They do not tell the whole story of who you are. Your value is not decided by how quickly someone replies, whether they stay, or whether they recognize what you bring to a relationship.

A relationship needs participation from both people. You can communicate honestly, show care, and take responsibility for your mistakes. But you cannot single-handedly create mutual commitment.

This does not mean the other person is a villain or that your relationship meant nothing. It means you are allowed to look at what is happening without making yourself the enemy.

A GENTLER WAY TO SEE THE SITUATION

Move from chasing answers to hearing yourself

When you notice yourself asking, “How can I make them choose me again?” gently add another question:

> *What do I need in order to feel respected, steady, and like myself again?*

Try reflecting on these questions without judging your answers:

- Am I receiving the respect, care, and consistency I need?
- Can I express my feelings honestly without constantly fearing rejection?
- Am I staying because this relationship is healthy for me, or because I am afraid of losing it?
- What parts of my life have I neglected while focusing on this person?

These questions are not instructions to end a relationship or to stop loving someone. They are invitations to notice your own experience. You can make thoughtful decisions when you are honest about what is happening, rather than guided only by fear of what might happen.

You may discover that a conversation is needed. You may need clearer boundaries. You may need time and distance to understand your feelings. There is no single timeline for healing, and you do not have to decide everything in one day.

For now, practice giving your feelings the same attention you have been giving theirs. Your needs are not an inconvenience simply because someone else may not be able or willing to meet them.




You deserve a connection where care, effort, and respect can be mutual.

YOUR FIRST HEALING EXERCISE

Return to yourself

Set aside five quiet minutes. Take a few slow breaths, and answer the following prompts as honestly as you can. There are no perfect answers. This is for you, not for anyone else to judge.

1. What I have been holding on to is…

Think about the person, the memories, the promises, or the future you imagined together.

2. What this situation has been costing me is…

Consider your peace, sleep, confidence, friendships, time, or ability to enjoy the present.

3. One small way I can choose myself today is…

Choose one gentle, realistic action: take a walk, reconnect with a friend, pause phone-checking, eat a nourishing meal, or spend time doing something you enjoy.

You do not need to solve everything today. One honest answer and one small action can be a beginning.

A MESSAGE TO KEEP

Healing does not mean you never miss them

Some days, you may feel stronger. You may go hours without checking your phone or replaying the past. Then a song, a place, or a memory may bring the feelings back.

That does not mean you have failed. Healing is rarely a straight line. Missing someone is not proof that you should return to a situation that hurts you. It is a sign that the connection mattered to you, and that your heart may need time to adjust.

You can feel sadness and still make a healthy choice. You can remember the good moments without ignoring the difficult ones. You can wish someone well and still decide that you need boundaries, space, or a different future.

You are allowed to grieve what you hoped the relationship would be—and still make room for a life that feels like yours again.

Start small. Keep one promise to yourself today. Talk to someone you trust. Return to a routine that steadies you. If the pain feels overwhelming or is affecting your daily life, reaching out to a qualified counselor or mental health professional can be a meaningful form of support.

You do not have to become cold to protect your heart. You do not have to prove that you are over someone. You can move forward with tenderness, honesty, and self-respect.

The next chapter is not about becoming someone who never gets hurt. It is about learning that even when you are hurting, you can still care for yourself.

YOUR NEXT CHAPTER

You do not have to find your way forward alone

This free preview introduced one important truth: another person's choices do not define your worth. But when you still love someone, understanding that truth and living it can feel very different.

The full ebook, WHEN THEY STOP CHOOSING YOU, is designed to help you explore the next steps with care and practical guidance.

Inside the complete guide, you can continue exploring how to:

- Understand emotional attachment and why letting go can feel difficult.
- Work through the urge to reach out and revisit the past.
- Begin rebuilding confidence and reconnecting with your own identity.
- Set healthier boundaries while honoring your feelings.
- Move forward without letting heartbreak define your future.

A gentle reminder

You do not have to stop caring overnight. You can take this one step at a time, learning to make choices that protect your peace and reflect the life you want to build.

CONTINUE YOUR HEALING JOURNEY

WHEN THEY STOP CHOOSING YOU

A Practical Guide to Emotional Detachment, Healing, and Finding Your Way Forward

By Richard J.M.

Thank you for reading this preview. Your healing matters, and you deserve patience—including from yourself.