

“Mend My Broken Heart”

Jocelyn A. Soriano

Text copyright © 2012 Jocelyn A. Soriano  
[www.itakeoffthemask.com](http://www.itakeoffthemask.com)

All Rights Reserved

Scripture quotations labeled WEBBE are taken from the  
World English Bible British Edition

*“The world breaks everyone  
and afterward many are strong at the broken places.”*  
- Ernest Hemingway

***This book is a result of years of listening to real people who have real hurts and who struggle with the pain of not knowing how to heal a broken heart. For more than 10 years, Jocelyn Soriano has been a go-to friend, author and prayer partner and has helped inspire people through her writings.***

*“Perfectly written! This what I have gone through! Thank you for making me see that there are times we really have to say goodbye. No matter how painful it may seem, goodbyes are essential parts of life for we need to move on towards something better. God bless you, Joyce! Thanks for being part of my healing process. Though I am still a work in progress, I am taking baby steps towards hope...” - Rissa*

*“...that was so inspiring...it really comes to an end that even you love a person,, still you need to let go..and doesnt mean that your weak enough...but you just need to it for the better and best for both of you..i just need to give up a relationship because i know that was the best thing to do for both of us and i just want him to be happy..thank you joyce that was so wonderful and inspiring one.” - Evie*

*“Very well-written piece, and I especially like the point about protecting your joy.” - Daphne, Joyful Days*

*“I got strength reading your article. The approach is simple and practical. i just wonder why people seems happy to hurt your feelings..anyway the best i could do is to pray for them. thank you so much and Gd bless.” - Grace*

*“I read this entry and i was totally amazed...It was very well written Jo..I like it. It’s a good realization for me, Its true that in every pain we really have to learn how to accept it, ask God’s guidance, take time to rest and let go of the pain and moved on, in order for us to find happiness and joy in life... You touched me with your entry.. Two thumbs up!” - Nasreen*

*“joyce, you write like an angel...inspiring... thank you...ive been going through a lot the past few months...” - Agnes*

*“I have so much anger in me that I don’t know how to let it go. By reading what you wrote made me feel like there may be hope for me still.” - Jessica*

*“I agree with your solutions to dealing with pain, especially the one about taking it one day at a time. Its important to remember that the pain will go away eventually.” - Cat, Self-Help Healing Arts*

*“I felt something so warm and kind flow into me as I read this, I can only say thank you for being a vessel of His good works...” - Jude*

***“We hurt so much because we have lost a part of ourselves. If we have loved much, we must have given much also, and when everything's over, we feel as though we have lost everything.”***

*“There will always be a pain in 'goodbyes'. No matter how much we seem to understand everything, it breaks our hearts to ever see anything beautiful die.”*

***“Wasted laughter. Wasted tears. Wasted love. That's how badly you felt. And yet, is love ever truly wasted?”***

*“We cannot love a person with an all accepting and encompassing love without being hurt somewhat, without being disappointed, without being failed of our expectations. **We cannot love without being broken, yet we cannot continue in love without being stronger than our brokenness.**”*

***“Let go of what you can no longer keep. Protect what's still worth keeping. Believe in love most of all.”***

## *About the Author*

**Jocelyn Soriano** is a self-help author, blogger, poet, and novelist. For more than 10 years, she has been a go-to friend, author and prayer partner and has helped inspire people through her writings.

She continues to help and inspire other people through her blogs [itakeofftheface.com](http://itakeofftheface.com) and [singlecatholicwriter.substack.com](http://singlecatholicwriter.substack.com) where she writes poems, prayers and other articles of healing, motivation, faith, love and hope.

Being an introvert, she enjoys time alone listening to music or even composing her own songs. She also likes to travel and is inspired by quiet moments along the beach or merely walking under a starlit sky.

## **Contents**

About the Author

Trying to find the meaning of a broken heart

Facing the anguish of rejection and betrayal

When the person who made you smile was also the one who made you cry

Why do we always fall in love with the wrong person?

Should you end a relationship even if you still love each other?

Filling the emptiness you feel after the breakup

When the first step to healing is in learning how to be still

Finding the difference between needing and loving someone

Learning how to forgive the one who hurt you most

When the other person isn't willing to try anymore

Learning to heal your memories

Learning to love yourself again

In case your ex suddenly comes back to you

Can you be friends with your ex again?

When you are tempted to make up with your ex

It doesn't hurt to laugh a little

Is being busy the remedy for a broken heart?

Starting over again

Other books by Jocelyn Soriano:

## *Trying to find the meaning of a broken heart*

**Some people talk about letting go as though it were a very easy thing to do.**

People talk as though letting go is only about letting the bad things go and moving happily on from there. But the truth is that when you let go, you must also accept losing all the good things you've been holding on to.

***To let go, you must separate yourself from something that has been a very important part of you.***

Many times, it means a catastrophic shattering of your connection to almost everything it has touched in your life.

When you let go, you suffer a kind of fall that makes you not only sad but very much afraid. It's a feeling of being lost, of suffocating in darkness, of being so empty you feel like you don't know yourself anymore.

**And that is why it's called a broken heart.**

Because something has broken within you, in the very core of who you are. In a way, you let go of yourself. You risk losing who you've been so you can find yourself again. You risk being shattered so you can be healed, so you can be whole again.

Not in the way you were before, but into another kind of person, a new person. A person with scars and tears, and yes, a person with new-found strength and wisdom, too.

**As you let go of everything, good and bad, you become open to starting anew.** You open yourself into receiving what you've always needed and you grow.

**Gradually, you pick up the new pieces of your life as you gain a new heart and a new pair of eyes.** Eyes that can finally see all the things you failed to see. Eyes that can dream again and hope again. It may not be easy, but you begin and you trust that if you can endure being broken, you'd eventually find your way to peace.



## **A Prayer of Letting Go**

*Dear Jesus, I come to You now with a broken heart and a weary spirit. I don't know how I can carry on each day knowing that a part of me had already gone, never ever to return. Can I ever be complete again? Can I ever smile again at the coming of a new day?*

**Day after day I miss him more and more.** Day after day my longing grows but it can never be fulfilled. How can I possibly live my life again? How do I overcome this feeling that I am now all alone and I shall always be alone for the rest of my life?

**How do I let go?** The places we've been to, the celebrations we had together, they will never be the same. The emptiness in my heart is so big I can no longer breathe sometimes.

*Help me, O God!* The pain of separation seems more painful to me than death itself. I don't know how much longer I can carry on. Help me carry on this day, Lord. Help me to let go, I pray. Though I may not forget, help me to remember how You have always carried me through. Though the pain may not yet go away, assist me in carrying this cross with hope in my heart.

**Let me not forget the people who love me and assist me in this hour of need.** May I find strength in them, consolation in the generosity of their hearts. And whenever I'm afraid, let there always be a hand to hold on to, a smile to brighten up my path.

**Send down Your angels, Lord and may I recognize Your hand upon Your every gift and blessing.** Give me something to do that I may not feel useless, yet teach me also to rest knowing all will be well after the long dark night.

*You are my Rock and my Provider, Savior and Defender, Friend and Lover who will never ever let me down.* You will lead me through this day. You will fill my every hour with peace, my every moment with thoughts of Your love.

**I cannot bear the burdens of tomorrow but I will offer You all that I have today.**  
Today is Yours, O God. This moment is Yours. Embrace me and take my hand. I am  
in Your heart. I am safe. I am loved.

## *Facing the anguish of rejection and betrayal*

What is the true meaning of a heartbreak? Does it really matter to know that you have been loved before you can let him go?

Many times, it is not the process of separating from your partner that's hardest. What's really difficult is the meaning we need to give to such a separation. What will all these mean for us? Why do we have to undergo so much pain?

There are so many questions at the back of our minds but we're afraid to answer them for fear of not being able to face the meaninglessness of it all. As a result, we choose to hold on to the relationship however painful and unhealthy it has already become.

**What are these questions we're so afraid of? Rather, what are the answers we don't want to find?**

- 1. That you have been rejected, and judged as "not good enough".**

Rejection is painful. It's like being disposed of as trash, as though there's nothing good or ever worth keeping in you.

When you experience a breakup, you can't help but feel you were never good enough. What did you lack? What could you have done to prevent this? Why has he left you for another woman?

To be rejected is to have failed to measure up to the standards and expectations of the other person. To be rejected is to feel that you have not been loved at all!

But is this the real meaning of our feelings of rejection? Did we really fail to measure up to someone who is better than us? Are we really so repulsive and worthless as a person?

### **What Rejection Really Means**

Rejection does not always mean you were the one who failed to measure up to the standards of the other person. In reality, many people call for a breakup

because they were the ones who felt they could never measure up to your standards.

Rejection does not always mean your whole being had been rejected. It may be that only one trait of yours was considered as incompatible with your partner's character.

Rejection does not always mean that the other person who replaced you as the third party is better than you. It could be that your ex merely found someone who is more compatible with him considering his values and interests.

And even if your partner declares you have been rejected because of another person who is better than you, it doesn't mean he is right! Remember that there are always three sides to a story: your side, his side, and the right side.

To be rejected by someone doesn't mean you should also reject yourself or that you should think of yourself as a lesser person. It doesn't mean that nobody will ever love you anymore. Remember that only one person has rejected you at the moment, and it only hurt so much because to you, that person's opinion symbolized the opinion of the whole world, of God.

In order to move on, you must develop your self-confidence and damaged by the rejection. You must have a firm belief in your own self worth, in your own beauty!

Further, rejection doesn't mean you were never loved. He may have really loved you at some point in your relationship, but something happened and that love has not been taken care of and protected. It takes a lot of work and courage to continue loving, and many people don't have the patience and the strength to persist in their love. People change as well, and the guy who is now hurting you wasn't the same guy anymore who took your breath away.

**2. That you have been betrayed, and you have wasted your time, tears and effort for the wrong person.**

To be betrayed is to be slapped in the face a hundred times and after which, you still couldn't believe he could do such a thing to you!

Why? How could he have done this after all that you've been through? These are but few of the questions you ask as you try to understand his reason for hurting you.

You then remember all those years you spent together: all those happy moments, and all those rocky times you were able to overcome. What's the worth of it all now? What's the worth of all those wasted years you could have spent with someone who could have really loved you?

**Wasted. Wasted laughter. Wasted tears. Wasted love.**

That's how badly you felt. And yet, is love ever wasted? Where does love go when it gets sent to the wrong person?

No matter how broken and betrayed you may feel right now, know that To be able to love another person is to be blessed with an opportunity to know the meaning of life, the real value of our existence.

It's not the one who has loved the wrong person who has truly lost something. It's to be given authentic love and not receive it that is the greatest misfortune.

It's unfortunate how many of us fail to recognize the love that is being offered to us. We seek for love but never recognize it when it arrives. We crave for it only to reject it if it doesn't come in form we expected it to be.

If we only knew what's being offered us, we'd have respected it. But we are often not aware of it, and we hurt the ones who really loved us so.

In order to move on, believe that it was never a waste to love. It has enriched you as a person and has equipped you with the capacity to love the right person when he arrives in your life. The one who hurt you may not have intended to cause you pain, but he has yet to grow and learn what love is so he can recognize it when it comes to bless his life again.

**To love is to risk, and to risk is to lose sometimes, to get hurt.**

But let it not deter you from loving again, from being happy. We can't always understand everything that happened, but we can accept that not everything is perfect in this life.

The people who have hurt you may not have intended to cause you pain. Hurt people hurt people, and more often than not, they hurt themselves most of all. Let God take care of these people. Let God be the one to continue the love you have planted upon their hearts.

***Let go of what you can no longer keep. Protect what's still worth keeping. Believe in love most of all.***

### **A Broken Heart's Prayer**

*Dear Lord, how could he have done this to me? How could he forget his promises? How could he throw away in a moment all the things we have built all these years? How could he break my heart?*

**Was it my fault?** Was it me, Lord? Tell me where I have gone wrong. For I do not understand how all these things can be happening right now. I do not understand how something so good can suddenly end up the way it is today.

We were so happy, Lord. We were so in love we have not a care in the world. It was just him and me, the two of us, and it was enough, probably more than enough. I thought he was Your gift to me, and I to him. We complement each other, we share so many things in common, it is to him that I opened up my heart. It is he, Lord, whom I trusted with all my heart.

**How then can he break it so?** How can he betray our love? How can he suddenly say he doesn't love me anymore?

It seemed not so long ago when we would simply walk hand in hand along the beach, when we would share a slice of pizza and be satisfied just the same, when we would gaze at the evening sky and count the stars, content of what we had, certain that it would last forever like the millions of stars in the sky.

*I believed in forever.* Now I don't know anymore. I know nothing anymore. Can love be lost in an instant? Can true love really just fade away? I am so broken deep within me, Lord, I do not know if I can still piece together every shattered part of me.

*My friends say that it will heal in time.* They say I should busy myself with this and that, date with this guy and that guy.

But I don't know, Lord. Are these the things that can make me believe in love once again? Are these the things that can relieve this pain I feel in my heart?

I am not only hurting, Lord. I feel so angry that I couldn't do anything to avenge myself for this kind of suffering I do not deserve. Do I not deserve true love, Lord? Do I not deserve loyalty, sincerity and respect?

He makes me feel so bad, Lord. He makes me feel so bad about myself. I built my whole world around him, and he took it all away. I built my self esteem upon his admiration, and he trampled upon it as though it were trash.

How can he not feel guilty for what he has done? How can he suddenly be so happy now in the arms of another woman? How can I ever build my world again? How can I ever be happy once more?

**Please help me Lord, I really don't know what to do.** Only Your words can comfort me. Only Your embrace can soothe my pain.

I have given everything I could, my Lord, and there is nothing more I can give. I kneel before You now, crushed and broken, empty and afraid to be alone. Hide me under Your wings, hold me in Your loving arms. Say unto me again how much You love me. Say unto me that You have called me Yours and You will never ever let me go.

*Though men may fail, You remain faithful, steadfast and immovable as a rock.* Though men may judge me for all the faults they see in me, You see my heart and reveal to me the beautiful soul You see in me.

**Help me to let go of my pain, teach me to forgive those who do not even ask my forgiveness.** This burden is something I shouldn't carry in my heart. This trouble is not something I should trade away my peace for.

I know that I have been done wrong, the things that have happened had been so unfair. Sometimes life's like that. Many things in this life really seem so unfair. But let me not continue being unfair to myself. Let me not punish myself anymore for the things others have done.

***I offer unto You my wounded heart, my broken heart.*** I know it is You, my Lord, who will uphold me in the end.

Let me not lose hope. Let me not cast away everything that's good and beautiful in this life. I know that there is so much more in store for me. I know how much love I can still give away because You will fill me with everything that I'll ever need.

**You are the one who loves me truly, eternally, unconditionally.** You are the one who has always been there for me and always will be there for me. You are my one true love. You are my forever. You are my strength and my peace and my joy. Surely in Your presence Lord, I do not need anything more.

### **What Saying Goodbye Doesn't Mean**

Saying goodbye doesn't mean  
You don't love him anymore,  
Nor that you no longer will.

It doesn't mean that you failed.  
It doesn't mean you're unlovable.  
It doesn't mean somebody's better,  
And that someone else can take your place.

Saying goodbye doesn't mean  
He doesn't love you anymore  
Nor that he no longer will.



It doesn't mean he wanted to hurt you.  
It doesn't mean you don't deserve to be loved.  
It doesn't mean he isn't grateful he met you,  
And that you've touched each other's souls.

Saying goodbye doesn't mean you need to forget,  
It doesn't mean you were never loved.  
It doesn't mean you're weak,  
It doesn't mean you didn't try hard enough.

Saying goodbye shall never be easy,  
And it shall never be without pain,  
or without questions hanging at the back of your mind.

But for all the hurts and uncertainties,  
May it always lead you into a new hope and into a new life.  
May it lead you to new beginnings after all the endings  
That made you cry.

May your goodbyes bring you peace,  
And may it bring you to healing,  
May it bring you closer to that sacred place,  
Where there are far more sunrises than sunsets,  
And where there are far more tears of joy than of goodbyes.

**Today's Activity:**

Reflecting on the above, write down what this heartbreak really means to you. Was it a total rejection of who you are? Was it betrayal? Do you think it's possible that your partner may not always have the best judgment about who you really are?

## *When the person who made you smile was also the one who made you cry*

**If only it were that simple.** You'd meet that one person who could always make you smile and who'd always do the things that pleased you. You'd find a soulmate who understands you inside out, and who never says a word that hurts you or irritates you.

**But life doesn't work that way. Love doesn't work that way.**

There would be times when the very person who showered you with love would be the same one who'd cause you pain. There would be times when the very person who made you laugh would be the same person who'd make you cry.

### **Love's Sweet Start**

Almost every romance starts out sweet. You start by getting to know a person who seems to like a lot of things about you. For the first time, you meet another soul that understands you. He or she could relate to your deepest hurts. He or she could believe with you that your dreams are just within your reach.

You fall in love with this person. You find strength and inspiration in this person's words. No one else has ever complimented you that way. No one else has ever known that deep part of you and made you feel so special because of it. A new world has begun for you, a world where you are seen and heard and appreciated.

### **Love Isn't Always Enough**

Finding this special person helped you build that new world where you thought you could always find happiness. Little by little then, you start to confine yourself to that world. You build walls around it so you could protect it. You guard it night and day thinking that by giving it everything you've got, you get to enjoy it without end.

One day, however, you see a shadow. It can start as a careless word that's been said or that particular time you felt neglected. Sooner or later, you see more and more of these shadows. And you can't believe they're coming from the very person who made you feel so happy.

“For even as love crowns you so shall he crucify you. Even as he is for your growth so is he for your pruning. Even as he ascends to your height and caresses your tenderest branches that quiver in the sun, So shall he descend to your roots and shake them in their clinging to the earth.” — Kahlil Gibran

### **How Could It Be the Same Person?**

How could the same person who made you smile suddenly make you cry? How could the very person who healed your wounds also be the one to cause you greater hurts?

Perhaps it was just because he or she was the one who opened up your heart. Perhaps it was because this was the very person you trusted, the person you believed in the most.

Since this was the beloved who built your new world, this was also the destroyer who could make all things crumble.

All of a sudden, your ally has become your enemy. Your supporter has become the very one to bring you down.

### **Where Did It All Go Wrong?**

As both your heart and your mind suffer in confusion, you wonder what went wrong along the way. Was it really love?

*Here are just some of the possible reasons:*

#### **1. You both changed along the way**

It may be that both you and your beloved are no longer the same people who fell in love with each other. You both changed somehow.

## **2. You failed to grow in love**

The two of you may have pursued different paths and in doing so, you failed to grow together. You failed to take care of your love for each other. It happened so gradually that you didn't notice it.

“Love never dies a natural death. It dies because we don't know how to replenish its source. It dies of blindness and errors and betrayals. It dies of illness and wounds; it dies of weariness, of withering, of tarnishing.” — Anais Nin

## **3. You fell in love with an illusion**

This may hurt a lot. But you may have fallen in love with an illusion of your beloved. You had very high expectations that he or she could never meet. You only saw the other person's strengths, not the weaknesses that later brought you down.

### **After All the Smiles and Tears**

Though it seemed as though your whole world had been shattered, it may not be too late to hope for a better ending.

Instead of being filled with regret, you could fill your days with a little bit of light that could comfort your broken heart.

*Following are some things you could consider:*

#### **1. Gauge the condition of your relationship**

Is your relationship with the other person so broken it could never be saved? Or could there still be a way for both of you to talk things over and make the necessary change for your relationship?

#### **2. Accept what could never be changed**

Try to see the things you no longer have the power to control. While you could adjust yourself, you can't control another person's thoughts, feelings and actions.

"Some of us think holding on makes us strong; but sometimes it is letting go." — Herman Hesse

### **3. Mend what can still be healed**

No matter how broken you may have felt, there is still a way for you to heal. No matter how painful the days you've gone through, remember that you can still see better days ahead.

You can be whole again. You can be happy again.

But you have start to somewhere and let your heart be healed.

### **Final Words**

Things don't always happen as planned. Love doesn't always come to us in neat little packages that guarantee eternal bliss.

But we can do something today to mend our relationships. We can do something today to protect our own happiness.

Problems in our relationships don't always mean it's the end. It could mean that it's time to change. It could mean that it's time to begin again.

"The beauty of the world has two edges, one of laughter, one of anguish, cutting the heart asunder." — Virginia Woolf

### **Today's Activity:**

What do you think happened to the love you have had in your relationship? Did it vanish all of a sudden and caught you by surprise? Did it die slowly through years of neglect? Or were you the only one trying to save the relationship but just couldn't do so anymore?

*Thank you for reading the free preview!*

Read the next chapters by purchasing the book ["Mend My Broken Heart"](#)

Why do we always fall in love with the wrong person?

Should you end a relationship even if you still love each other?

Filling the emptiness you feel after the breakup

When the first step to healing is in learning how to be still

Finding the difference between needing and loving someone

Learning how to forgive the one who hurt you most

When the other person isn't willing to try anymore

Learning to heal your memories

Learning to love yourself again

In case your ex suddenly comes back to you

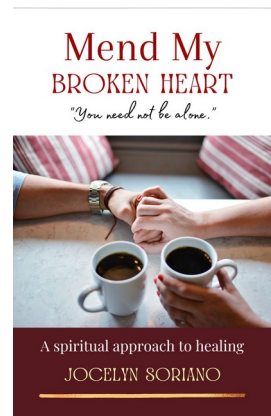
Can you be friends with your ex again?

When you are tempted to make up with your ex

It doesn't hurt to laugh a little

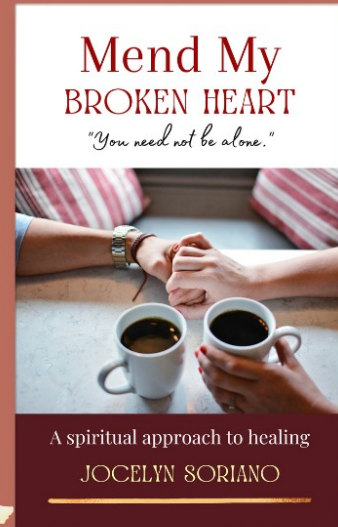
Is being busy the remedy for a broken heart?

Starting over again



## MEND MY BROKEN HEART

This book is a result of years of listening to real people who have real hurts and who struggle with the pain of not knowing how to heal a broken heart. For more than 10 years, Jocelyn Soriano has been a go-to friend, author and prayer partner and has helped inspire people through her writings.



[Buy the book on Amazon](#)

[Get it from Gumroad](#)

[Purchase it on other digital stores](#)