

Your Void

Do you know about the void? I bet you don't. You've heard the word, but do you really understand it? Here's the thing: From the moment you were born to the moment you take your last breath, the void will be with you. But what exactly is it? Is it just emptiness?

Yes, but not in the way you think.

The void comes from you. It comes from your habits, your environment, and the emotional baggage you carry with you every single day. Think about it—when was the last time someone hurt you? Whether it was a physical blow or a harsh word, that pain you felt... that's your void. It's the space where the hurt lives, growing with each new wound, each new disappointment.

Remember that time you broke up with your ex? The way your chest felt tight, like there was a hole where your heart used to be? That wasn't just the end of a relationship. That was the void sinking in deeper, making room for fear, loneliness, regret, and even envy.

Let me tell you something personal. Maybe you were born into a tough situation, or you grew up alone, just like I did. Trust me, I know that pain. This book you're reading? This is my void. I'm writing it to help you, to help anyone who feels like I did. Why? Because I don't want you to experience the same emptiness I felt. I want you to remove that void, to fill it with purpose and direction.

You see, here's the truth: If you don't know who you are, or if you don't know what you want to become, that void will always haunt you. It'll follow you around, stealing your peace and joy. It'll whisper in your ear, convincing you that something's missing.

But here's the twist: The void is always there. As long as you're alive, it will never fully disappear. Your parents will leave you. Your friends will come and go. You'll face loneliness and hardships. But there's beauty in that, too. Because when you're on your own, that's when you learn the most. That's when you find out who you really are and what you're capable of.

Now, I want you to take a step back and think for a second. Someone out there is wishing they had your life. Someone would do anything to have what you have right now—your health, your freedom, your ability to read this book. You're breathing and smiling while reading this; it means you are alive. And that's the first step in filling your void.

You'll face loneliness. You'll become jealous of something. You'll crave what others have. It's part of being human. We're irrational creatures, aren't we? It's not something we like to admit, but deep down, we all feel it. We all experience the void.

But now that you have an idea of what the void is, let's talk about how to face it.

The void is your hidden trauma, the space inside you where something's missing—something you don't even know how to name. And here's the truth: If you knew what



you were truly lacking, the thing you long for that others seem to have, you could fill that void. You could understand why you feel empty. But it's not always clear, is it?

Let me share you a story. I grew up alone. No siblings. No family to talk to. I spent a lot of time feeling empty. I craved something that is impossible to have, something that others took for granted—a loving, healthy family. Oh, how I wished for it. How I wished to have a family to come home to, to share my life with, while eating a warm meal.

But guess what? I don't have that. You only get one family in this world, and sometimes, that family isn't what you imagined it to be.

So how did I fill my void? I surrounded myself with people. I made friends. I opened up to others. I reached out to you through this book, hoping to help you understand that you don't have to face your void alone.

The thing is, we all have voids. We all have our hidden trauma, the gaps in our hearts that we try to fill with things we see in others. The trick is to recognize it, to admit it, and to choose how you're going to fill that void. Maybe it's through relationships, maybe through hobbies, or maybe through giving. But you can fill it.

You see, the void is always there. But it doesn't have to control you. Recognize what's missing and take steps to fill that space in a way that's true to you. The more you face your void, the more you can turn it into something that helps you grow.

So ask yourself: ***What is my void?*** And more importantly, ***how am I going to fill it?***

The choice is yours. And once you face it, the journey to healing and fulfillment begins.

"True strength lies not in avoiding adversity, but in mastering the art of peace amidst it."

