

Things Learned From Trying To Love The Wrong People

Love is a complex emotion that can bring immense joy or unbearable pain. At times, we find ourselves attracted to individuals who are not good for us. These people often give us temporary happiness but leave a lasting impact on our lives. In this article, we will explore the lessons learned from trying to love the wrong people.

Lesson 1: Trust Your Instincts

One of the first things you learn is that gut feelings should never be ignored. Deep down, we often know when someone is not right for us. We might convince ourselves otherwise, but our instincts rarely fail us. Trusting your intuition can save you from heartbreak and wasted time.

Alt Attribute for Image: woman looking away with a broken heart



Unrequited: Things I Learned from Trying to Love the Wrong People by Andrew Kendall (Kindle Edition)

★★★★☆ 4.6 out of 5

Language : English
File size : 777 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 152 pages
Lending : Enabled



Lesson 2: Love Can Cloud Judgment

When we are infatuated with someone, it is easy to overlook their flaws or negative traits. Love has the power to blind us and make us ignore warning signs. It is vital to step back and objectively assess the person you are involved with. Love should not be an excuse for accepting mistreatment or a toxic relationship.

Alt Attribute for Image: couple holding hands, with chains wrapped around their wrists

Lesson 3: Self-Worth Should Never Be Compromised

Trying to love the wrong person often results in sacrificing our self-worth. We may find ourselves changing who we are or compromising our values to please them. This is a clear indicator that we are not with someone who truly appreciates us. Learning to prioritize self-worth is essential to finding a healthy and fulfilling relationship.

Alt Attribute for Image: person standing tall on a mountain

Lesson 4: Boundaries Are Non-Negotiable

In many cases, attempting to love the wrong person means having weak or non-existent boundaries. Boundaries are crucial for our mental and emotional well-being. Recognizing and establishing healthy boundaries is a lesson learned through experiencing the consequences of not having them. It allows us to safeguard our hearts and maintain healthier relationships in the future.

Alt Attribute for Image: person crossing a line drawn on the ground

Lesson 5: Pain Leads to Growth

It is inevitable that trying to love the wrong people will result in pain and heartache. However, through these experiences, we gain incredible strength and personal growth. This pain acts as a catalyst for self-reflection and understanding what we truly deserve in a partner. It helps us become wiser, more resilient, and better equipped to recognize healthy love in the future.

Alt Attribute for Image: person holding a piece of their broken heart

Lesson 6: There's No Shame in Walking Away

Realizing that you are trying to love the wrong person takes courage. Walking away from a relationship that does not serve you is an act of self-love and respect. There is no shame in choosing your own happiness and well-being over trying to make a relationship work with someone who only brings you pain.

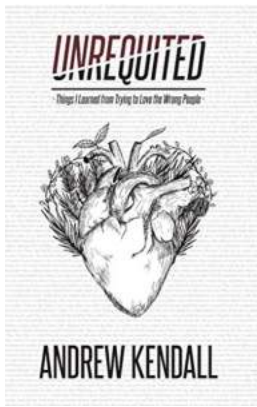
Alt Attribute for Image: person walking alone towards a bright and open door

Lesson 7: Strength Comes From Within

Throughout the process of trying to love the wrong people, we learn that our strength originates from within ourselves. It is not dependent on another person. Recognizing our own worth, resilience, and ability to overcome challenges empowers us to let go of toxic relationships and seek the love we truly deserve.

Alt Attribute for Image: person flexing their muscles, looking determined

Trying to love the wrong people is a painful journey, but it is not without its valuable lessons. Trusting our instincts, maintaining self-worth, establishing boundaries, learning from the pain, and fostering inner strength are just a few of the many lessons we learn along the way. By applying these lessons, we can free ourselves from toxic relationships and cultivate healthier, more fulfilling love in our lives.



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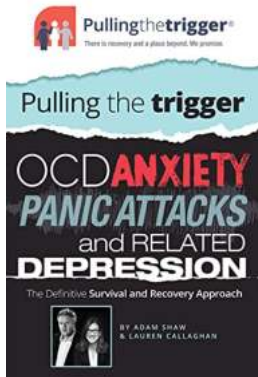


They say to write about what you know, but what if every encounter you've had with love has left you bruised in more ways than one? Do you listen to the voice inside your head that mimics what most of society says--that they'll take your words and invalidate you, or do you write it anyway?

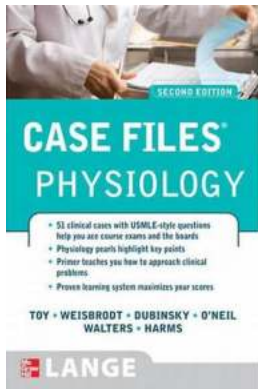
In *Unrequited*, author Andrew Kendall chose the latter--ignoring the voice in his head that viciously whispered, "You were never abused" and that, "You're not a victim", and chose instead to tell his story of unrequited love and abuse with a voice of clarity he was afraid he'd never find. Because for years nights were long and heartache was inevitable while living in the rules of someone else's game--where undeserving monsters in disguise were suffocating the very life out of the love he was trying to give.

With words armored with honesty and vulnerability, this painfully beautiful journey is more than a memoir on love. Rather, it's a product of everything Andrew learned from trying to love the wrong people. Though personal the details feel universal. A secret oasis made public in hopes that those who read it might find a

newfound power of their own--reigniting a fire inside that unties them from covert types of abuse, low self-worth, and unrealistic expectations that coincide with painful relationships.

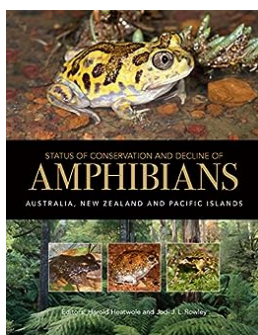


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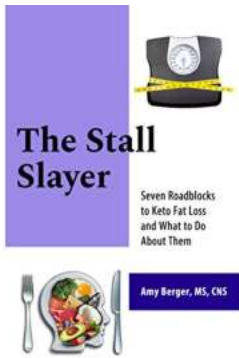
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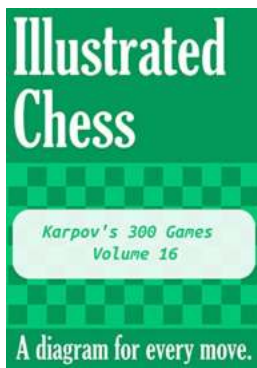
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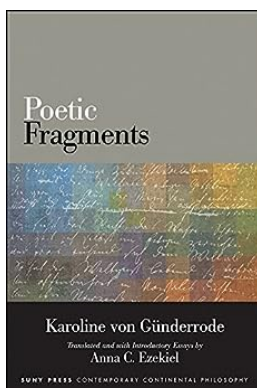
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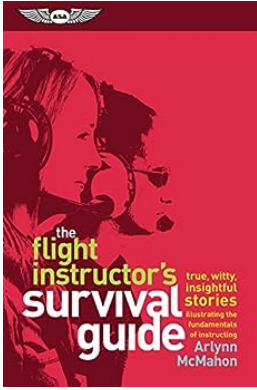
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