

The Final Drop of Hope

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1. Initial shock – when everything suddenly goes wrong

- Sometimes life runs smoothly, and then in a single moment everything turns upside down.
- First sign of business loss or breakup
- Confusion, disbelief and shock

2. Inner fight – when a person is fighting with his emotions

- Inside there is an ocean of guilt, guilt and regrets
- “Was it my mistake or a game of fate?”
- Depression, anxiety and struggle with loneliness
- Society pressure – when people start blaming
- The biggest fear is often about how society will judge us.?
- Different reactions of friends and relatives
- Society's perspective on a person's defeat

4. The pain of loneliness - when you don't feel like going to someone

- Being away from your world
- Self-doubt and extreme loneliness
- The pain of lonely nights

5. The modus operandi - when a person either breaks down or thinks of getting up again

- The battle between hope and hopelessness
- Who thinks of getting up and who accepts defeat?

- Getting back motivation due to some thing or person

6. Life's lesson – which every falling person learns

- Everything that can only teach sorrow
- “The meaning of those who left me and the meaning of those who stayed with me”
- Looking at life and priorities in a new way

7. New dreams, new thoughts – when a person thinks of living in a new way

- A new goal or a new mission is achieved
- The passion to turn sorrow into motivation
- Self-improvement and looking at the world in a new way

8. New journey – When it slowly returns

- Small victories and building new confidence
- The importance of what is left behind and the significance of what is gained
- The journey that gives birth to a new person

9. When the time changes – when success knocks at your door again

- How do the same people who used to blame you earlier react now
- Understanding the real meaning of grief and defeat
- Writing your own story – becoming an example

Why You Should Read This Book?



Life is never like a straight line. Sometimes we are on top, sometimes we are on the bottom. Sometimes everything is going well, and suddenly everything falls apart in a moment. Loss in business, downfall of career, separation from someone close, or standing at a point where you don't understand how to move forward - this book is about those moments.

If you have ever gone through or are going through such a phase where the world does not understand you, where you feel that everything is over, then this book will speak what is in your heart. This is not just a self-help book, but a journey - from falling to getting back up, from breaking to making yourself in a new form.

When you don't know when this pain will end

When you feel that you are alone and no one is understanding you

When the world is judging you and you start doubting yourself

When you have fallen, but are searching for the courage to get up

Then this book will answer those questions of your mind which you are unable to ask anyone. This is a story of real emotions, real struggles and real comebacks - which will connect with your heart.

If you are at such a point where life has become a question, then maybe this book can give you the answer you are looking for.

Are you ready?

Contents



Chapter 1	1
Chapter 2	13
Chapter 3	28
Chapter 4	35
Chapter 5	42
Chapter 6	53
Chapter 7	66
Chapter 8	79
Chapter 9	89

Chapter 1



The initial shock – when everything suddenly goes wrong

When life is going along at its normal pace, we assume that everything is under control. But suddenly something happens that shakes up our thinking, our beliefs and our plans. This is the “initial shock” – the moment when we realize that everything will not go as we expected.

A. Sometimes life runs smoothly, and then in a single moment everything turns upside down.

1. Sudden change in business

A successful businessman has built his business with years of hard work. His profits are constantly increasing, customers are satisfied, and the future looks bright. But then something happens that ruins this success.

How does sudden change come?

- An important client, on whom the business was dependent, suddenly breaks the deal.
- The government announces a new policy, which affects the entire business model.
- An unexpected move by a competitor company shakes the entire market.
- A wrong investment pushes the company into losses.

Mental state of the businessman: At first, he thinks that this is just a temporary problem, which will get cured soon. But when the situation does not improve, he realizes that everything is falling apart. This shock shakes his confidence, and he is worried thinking that "Everything was going well, then how did this happen suddenly?"

2. Unexpected changes in personal life

A person who is completely satisfied with his life-he has a good relationship, a happy family, career growth. But then an incident changes the whole story.

How does the change come?

- A close person suddenly dies.
- A betrayal is discovered, such as a spouse cheating.
- A serious health problem arises.
- A missed opportunity in an accident.

The person's mental state: At first, he cannot believe that this has happened. Then gradually a feeling of disbelief, sadness and confusion surrounds him. He feels that he has lost control, and now nothing will go according to his plan.

3. Effect on emotional and mental level

When everything is going well, there is a sense of security in the person's mind. He feels that things are moving forward according to his hard work and plan. But when a sudden shock occurs, it destabilizes the person emotionally and mentally.

Confusion: *"How could this happen to me?"*

Disbelief: *"Is this really happening?"*

Shock: *"What do I do now?"*

Fear: *"What if it gets worse?"*

All these emotions take over together, which affects the decision-making ability of the person. He does not understand what should be the next step now.

4. Social and behavioral effects

When a big change comes suddenly in someone's life, its effect is not limited to that person only, but also affects his family, friends and society.

Sourness in relationships: *People either come closer or move away completely in weak times.*

Social pressure: *Society expects a person to come out of this situation soon, but it is not so easy.*

Economic crisis: *If the change has come due to some economic reason, then the person may have to change his lifestyle.*

5. Ways to recover from this situation

When life suddenly turns upside down, the first step is to accept the truth. Accepting that things will no longer be the same and that we have to think according to the new circumstances.

Analyze the situation: *Try to understand why this change happened and whether it could have been avoided.*

Plan ahead: *Try to adapt yourself according to the new situation.*

Seek emotional support: *Talk to friends, family or someone experienced.*

Maintain flexibility: *People who keep their thinking flexible even during difficult times, come out of it quickly.*

Conclusion

"Sometimes life runs smoothly, and then in a single moment everything turns upside down." is a harsh truth of life. It shows that no matter how safe we feel, uncertainty always remains. But breaking away from this shock is not the only option-it gives us a chance to think anew, learn anew and make ourselves even better than before.

"Life may not always follow your plans, but you can always choose how you respond to it."

B. First Signs of Loss or Breakup in Business

No major negative event happens suddenly. It always develops slowly, and we start getting small signs of it beforehand. But the problem is that most people do not take these signs seriously. They think that "this is just a small ups and downs; everything will be fine soon." This thinking is the biggest mistake. By the time a person understands the situation, it is too late.

First Signs of Loss in Business

When a business is successful, it has stability-regular customers, good profits, and constant growth. But if the business is about to decline, then some of its early signs start appearing.

1. Client suddenly turning cold

The trust of customers and investors is most important in business. If a customer was showing a lot of interest earlier but now suddenly has started taking less interest, then this can be a sign of concern.

- The client is now calling or emailing less often than he used to earlier.

- He is delaying new orders or making excuses.
- He has now started talking to your competitors as well.

This indicates that he has either doubted your product or has found a better option. If this is not understood in time, the client may slip out of hand completely.

2. Unexpected changes in the market

Business is never stable-it depends on the market situation. But sometimes sudden changes come in the market that shake up the entire business.

- New policies of the government or changes in the tax system, which can affect the business.
- Entry of a new and big player in the market.
- Change in customer preferences-like in the days of digital cameras, smartphone cameras took over the entire market.

If a businessman is unable to see these changes in advance and does not prepare in advance, his business may suffer losses.

3. Cash flow problems start increasing

If a business is continuously making profits, but still cash flow problems start arising, then this is the biggest sign of an impending crisis.

- Customers are delaying payments.
- Inventory (stock) has increased, but sales are decreasing.
- There is a need to take a loan to run the business.

If this is not handled at the initial stage, it can gradually turn into a major financial crisis.

First signs of a breakup

Relationships are also a kind of investment-time, emotions, and trust are invested in it. But when a relationship is on the verge of ending, many of its signs start appearing in advance.

a). Changing partner's behavior

If a person loves you, then his behavior is also the same-he cares for you, listens to you, and understands your needs. But if a relationship is about to break, then the first thing that changes is the person's behavior.

b). Decrease in communication

Contact is the foundation of any relationship. When the relationship is strong, both partners share everything with each other-be it small or big. But if the breakup is starting, then the conversation gradually starts decreasing.

- Earlier there used to be conversations for hours, now the conversation ends in a few minutes.
- Chats and calls reduce, and even when there is a conversation, it is only on important issues.
- "First tell me how was your day?" starts getting replaced by answers like "Hmm, okay".

This is a clear sign that the partner is no longer as emotionally involved as he was earlier.

c). Increasing fights over small things

When the relationship is heading towards breaking, even small things start becoming the reason for arguments.

- Things that were ignored earlier, now start getting debated.
- Anger increases over small mistakes.
- Bitterness and sarcasm start coming in the words.

Fights themselves are not a big issue, but they indicate that patience and understanding are decreasing in the relationship. If this is not taken care of, the relationship may end soon.

How to avoid it?

If you are noticing any negative signs in business or relationship, the first step is to accept the problem.

For business:

- ★ Keep a close eye on client and market activities.
- ★ Understand the financial situation and strengthen the cash flow.
- ★ Find solutions to potential problems in advance.

For relationship:

- ★ Improve communication and share your feelings openly.
- ★ Talk to your partner about the changes and understand their feelings.
- ★ Try to rekindle the romance and trust in the relationship.

Conclusion: No big loss happens suddenly, there are small signs before it. It depends on the person whether he understands these signs on time or wakes up when it is too late.

"It is wise to wake up in time, otherwise there is nothing left except regret."

C. Confusion, Disbelief, and Shock: When Trust Begins to Break

When an unexpected event occurs-whether it is in business, a relationship, or personal life-the first thing a person's mind refuses to accept is the "Denial Phase.

In this phase you feel that things should be different or you want something to be good. But as time passes and your work doesn't get done, slowly your illusion starts breaking, your hope starts breaking. This is the situation where your life goes upside down and nobody can support you.

1. Confusion: When the Mind Refuses to Accept the Truth

Confusion in Business

When a business is suddenly hit by a crisis-a big client leaves, profits start falling, or a legal or financial problem arises-the first thing a businessman sees as a minor problem.

- "Maybe this is a temporary slowdown, everything will be fine soon."
- "The client has just cancelled the deal, but he will come back."

- "The market has slowed down a bit, but I will recover soon."

At this stage, the person does not take the situation seriously and often delays taking necessary steps.

Confusion in the relationship

- When problems start arising in any relationship then the partner starts ignoring that relationship.
- When a boy or a girl is under stress, they want to talk less to their partner.
- They don't think that this is just a fight and nothing else.
- Everyone is in a bad state during times of stress and this time keeps them away from the truth which sometimes leads to second thoughts in relationships.

2. Mistrust: When the illusion starts to break

As time passes and the situation goes on so far that the person starts losing control and he feels that he should stay away from it. This Brahma always stays in the mind and does not even know how to go away.

Mistrust in business

- "Is my business really sinking?"
- "Did my partner cheat on me?"
- "Did my employees lie to me?"

The businessman now starts realizing that the situation is really serious, and he starts looking for potential dangers all around. He starts doubting his business partner, employees, clients, and even his own plans.

Mistrust in relationship

- "Does he/she not love me anymore?"
- "Has someone else come into his/her life?"
- "Do I not matter to him/her anymore?"

Now the partner starts realizing that things are not the same anymore. He/she starts looking for signs in every little thing—calls being answered late, talking less, the eyes not being as loving as before. Mistrust gradually starts creating distance in the relationship.

3. Shock: When trust is completely broken

Finally, when the truth is completely revealed and the person realises that the situation is no longer in his control, he experiences a deep shock.

Shock in business

A large investment is lost.

The company is on the verge of bankruptcy.

A loan has to be taken to save the business.

At this stage, the person starts breaking down mentally. He feels that all his hard work has gone to waste. Sometimes this shock is so deep that the person goes into depression or gives up.

Shock in relationship

When the partner openly says that he/she wants to end the relationship.

When it is revealed that the partner was cheating.

When there is no emotional connection left in the relationship.

In this situation, the person feels as if his/her whole world has ended. He does not understand what to do next.

How to get out of this?

a). To get out of confusion:

Look at the situation realistically. Don't tell yourself that everything is fine, but think that if things are getting worse, then why are they happening?

Focus on facts, not emotions. Look at data and reports in business, understand behavior and gestures carefully in relationships.

Accept the problem. The sooner you accept the truth, the sooner you will be able to move towards a solution.

b). To remove mistrust:

Talk. Discuss openly with your employees, investors, and clients in business. In relationships, ask your partner directly what the problem is.

Don't let doubt grow. Doubting anyone without proof can worsen the situation.

Strengthen yourself. Be mentally prepared that the truth may be different from your expectations.

c). To recover from shock:

Accept that this is a part of life. It is normal to have losses in business and difficulties in relationships.

Plan ahead. Adopt new strategies in business, try new strategies in relationships if there is scope to improve things, otherwise move on.

Let time be your healer. The biggest truth is that every pain fades with time.

Conclusion: Confusion, disbelief and shock-these are the three mental and emotional reactions that every human being experiences during any major change. But it is not impossible to recover from them.

"The person who accepts the truth as quickly as possible also gets out of it as quickly."

Chapter 2



Internal battle – when a person is fighting with himself

There are many moments in life when our internal battle troubles us more than external challenges. This battle is not with anyone else, but with oneself. This is the period when a person starts thinking about his past decisions, mistakes and circumstances and puts himself in the dock.

When a big loss occurs-whether it is in business, in relationships, or in personal life-the first feeling that arises is guilt. This guilt gradually turns into regret, remorse, anxiety and loneliness. This is an emotional cycle from which it is not easy to get out.

A) There is an ocean of guilt, regret and remorse inside

When a person feels that he has lost an opportunity, wasted an opportunity, or hurt someone, then feelings of guilt and regret arise inside him. This feeling starts breaking him mentally and emotionally.

Guilt and regret in business: *When a business fails or suffers financial loss, the person repeatedly starts questioning his decisions.*

- "Why did I not take this deal?"
- "If I had not taken this decision, maybe everything would have been fine!"
- "Did the company suffer a loss because of my wrong strategy?"

- "If I had worked harder, maybe my business would have been successful today!"

The person curses himself thinking that maybe he has made some mistake. He repeatedly remembers past decisions, tries to understand what happened, why it happened, and whether he could have prevented it. But the real problem is that the past cannot be changed.

In this situation, guilt starts breaking the person's confidence. He starts doubting his abilities and becomes afraid of taking any new step. This is dangerous for personal and professional development, because when a person loses faith in himself, the path to success becomes difficult.

Guilt and regret in a relationship: *When a relationship breaks, the person wonders if it was his mistake? He remembers every word, every behavior he did and thinks that if he had done something different, then perhaps the relationship could have been saved.*

- "I wish I had taken her words seriously!"
- "I shouldn't have gotten so angry."
- "If I had tried a little more, the relationship could have been saved."
- "Maybe I could have understood her better!"

This guilt dominates the person's mind so much that he starts ignoring the rest of his life. He starts punishing himself, thinking that he is not worthy of love.

In this situation, the person gradually starts moving towards loneliness. He does not talk openly to anyone, tries to suppress his sorrows, but keeps suffocating inside.

The battle going on inside: *This battle of guilt and regret is the most difficult, because it breaks the person from within.*

Mental stress increases: *The person remains under stress all the time and keeps thinking about the mistakes of the past.*

Self-esteem starts decreasing: *He feels that he is not good at anything and no one likes him.*

Fear of new opportunities begins: *He starts fearing to take any big decision in the future, thinking that the same mistake may happen again.*

Loneliness increases: *He gradually distances himself from people, thinking that he is not worthy of others.*

How to get out of this internal battle?

It is not easy to come out of guilt and regret, but it is not impossible either.

Accept that everyone makes mistakes:

- Whenever a mistake happens in life, you feel that you have become weak but it is not so, these mistakes teach you something or the other.
- If you make a mistake, remember why that mistake happened and you should not ignore it. As soon as you know the reason for the mistake, you should learn from it and move on.
- First of all, you must forgive yourself.
- It is as important to forgive yourself as it is to forgive others.

- Unless you learn to forgive yourself and get out of your heart and mind, you cannot move forward.
- You have made a mistake; you cannot change that mistake. They say we cannot change the past but if we can change the future.
- If you have already made a mistake, you should not keep remembering it again and again. You should learn from your mistake and move forward. Remembering the mistake only creates problems.

Look at what happened as a learning experience and take your future decisions thoughtfully.

Share your pain: If you want to tell someone about your heart, i.e. about your feelings, then remember that he/she should be special to you, like your special friend, someone from your family or your life partner.

Whenever you share your feelings, your pain with someone else, the burden on your heart gets lighter.

Love yourself: Give yourself time, take care of yourself and do your favorite things.

Remember your accomplishments and remind yourself that one mistake is not your whole identity.

Conclusion

Everyone faces problems in life but life is not limited to those problems.

Everyone makes mistakes but life is about moving forward after learning from those mistakes and that gives us happiness.

Removing the darkness of the past and going into the light gives us a bright future.

B) "Was it my fault or just fate?" – *When a person gets stuck in the dilemma of blaming himself or the circumstances.*

When something bad happens-whether it is a huge loss in business or the pain of separation from a loved one-a person often starts asking himself these questions:

"Was it my fault?"

or

"Was it just fate?"

This question is not just a thought, but the beginning of a mental battle. The person replays every situation in his mind again and again, analyzes every decision and tries to decide what was the real reason for the failure.

1. If the person accepts it as his fault:

When the person thinks that the mistake was his, guilt and regret start hollowing him from inside.

In business:

A thought definitely comes in everyone's mind that if I had taken the decision at the right time then I would not have to see this day today.

- "Maybe I trusted the wrong people!"
- "If I had worked harder, this failure could have been avoided!"

In a relationship:

- "If I had been a little more patient, the relationship could have been saved!"

- "Why didn't I realize my mistakes earlier?"
- "Did I cause this relationship to break?"

Whenever a person makes a mistake, he starts blaming himself for that mistake. Many times, people go into such depression due to that mistake that we are unable to even think and start cursing ourselves. Because of this, your self-confidence decreases, due to which you do not believe in yourself. And until you do not come out of this depression, you cannot be successful in any work.

2. If the person considers it a game of fate:

When the person thinks that his failure was not in his hands and it was just a game of fate, he starts feeling helpless.

In business:

- "Maybe it was not in my destiny!"
- "Things are easy for others, but my luck is always bad!"
- "No matter what I do, my efforts go in vain!"

In a relationship:

- "Maybe this relationship was already doomed!"
- "Why did fate bring us together if we were meant to be separated?"
- "Maybe I can never find true love!"

When a person starts blaming fate, he starts running away from his responsibility. He feels that nothing is in his hands, so he does not even make any effort. Gradually he gets stuck in a

negative mindset, where he starts believing that his efforts will not have any effect.

3. The real struggle: Blame yourself or the situation?

This is the real dilemma. When a person blames himself, he drowns in guilt.

When he blames the situation, he feels helpless.

If it was my mistake, could I fix it?

If it was a game of fate, should I accept my defeat?

Could I have done better, or was this failure predestined?

In this mental confusion, the person repeatedly revisits the past, thinks about possibilities and gets entangled in the same question: "If I could have done something else, why didn't I do it?"

4. How to get out of this mental conflict?

To get out of this endless trap of thinking, a person has to understand that-

(A) Accept the mistake, but forgive yourself:

Whoever is born in this world definitely makes mistakes but every person should learn from that mistake instead of blaming himself.

"I tell myself that "yes" I have made a mistake and I will not repeat that mistake and I will learn a lot from this mistake so that I do not make any mistake in future in my life."

(B) Do not blame fate completely, but take responsibility for yourself:

It is not right to believe that "everything depends on fate". Our contribution in life also matters.

"The odds may be against me, but I should still try something new."

"Every failure doesn't mean I can't try again."

(C) Focus on the present and the future:

The past cannot be changed, but the present and the future are in our hands. Rehashing the past over and over again will not change anything.

"What can I do next?"

"Are there other ways for me?"

"What did I learn from my mistake so that I don't make the same mistake in the future?"

Conclusion: When you make a mistake, ask yourself - was it my mistake or did fate play a trick on me? Is all this happening because of my fate? *"Mistakes are mistakes, don't fool yourself by calling them fate."*

If not handled properly, it can push a person either towards guilt or get stuck in negativity.

But if a person handles this struggle wisely, it can become a learning experience.

"Maybe some things were not in my hand, but some things happened because of my decisions. I can learn from my mistakes and do better in the future."

This thinking can take us out of this mental battle and make us a strong, wise and mature person.

C) Struggle with depression, anxiety and loneliness – *when a person struggles with his emotions.*

When a person goes through difficulties – whether it is a business failure, a breakup of a relationship or any major defeat in life, his emotions start falling apart. Gradually, this emotional crisis turns into depression, anxiety and loneliness.

- *Depression hollows a person from within.*
- *Anxiety keeps him restless all the time.*
- *Loneliness cuts him off from the whole world.*

This struggle is not visible, but a person feels it every day, every moment.

1. When depression grips a person

Depression comes when a person starts realizing that there is nothing good left in his life. He keeps cursing himself thinking about the past and the future seems bleak to him.

Depression in business:

- *"Now my business will never run!"*
- *"My whole life's hard work has gone to waste!"*
- *"Now people will not respect me!"*

The person starts feeling that there is no hope left. He starts getting disconnected from others, loses the confidence to try new things and gradually considers himself a failure.

Depression in a relationship:

- "Now I will never be able to love anyone!"
- "Was I not worthy of love?"
- "Will I always be alone now?"

When a relationship breaks, the person starts blaming himself. He feels that he was never special for anyone, and this thought puts him into deep sadness.

2. When anxiety makes you restless all the time

Anxiety does not just mean fear or nervousness; it is a mental state in which a person feels insecure and helpless all the time.

Anxiety in business:

- "How do I take the next step now?"
- "What if I fail the next time too?"
- "Why am I so far behind compared to others?"

The person repeatedly thinks about the future and is worried about negative possibilities. He is unable to take any decision and always feels scared.

Anxiety in relationship:

- "What if I trust someone again and he also leaves me?"
- "What if I get attached to someone again, and the same mistake happens again?"
- "What if no one loves me?"

Anxiety prevents a person from entering into a new relationship. He feels that the mistakes of the past will be repeated again. Due to this fear, he starts preventing anyone from coming close to him.

3. When loneliness cuts you off from the whole world

The worst effect of depression and anxiety comes in the form of loneliness. When a person feels that no one can understand his suffering, he slowly starts getting away from others.

Loneliness in business:

- "No one will understand my failure!"
- "I have no partner left now!"
- "No one will support me in my troubles!"

The person feels that the people around him will judge him or ignore him. He does not talk to anyone about his problems, and gradually becomes isolated.

Loneliness in a relationship:

- "The one I loved the most has left me!"
- "With whom do I share my pain now?"
- "No one cares about me!"

Whenever this thought comes in a person's mind that no one understands him, then he gets separated from this world.

4. How to get out of this mental conflict?

(A) Way to get out of depression:

- ✓ **Change your thinking:** *Failure does not mean that you will always fail.*
- ✓ **Recognize your inner strength:** *You have overcome difficulties before; you can overcome them now too.*
- ✓ **Appreciate small achievements:** *Every small step matters.*

(B) Ways to reduce anxiety:

- ✓ Instead of worrying about the future, focus on the present.
- ✓ Avoid thinking about what has already happened.
- ✓ Plan the next step, but don't think too much.

(C) Ways to get out of loneliness:

- ✓ Share your thoughts with others.
- ✓ Try to connect with family and friends.
- ✓ Learn new things, so that your attention is diverted and you meet new people.

Conclusion: Depression, anxiety and loneliness - these three come together and start destroying the person from within. But this is not permanent!

If the person tries to change his thinking, talks to people and slowly motivates himself to move forward, then this struggle can end.

Failure does not mean that life is over!

If your relationship breaks for some reason then it does not mean that your love was weak or that you are not worthy of love.

Whenever you are living alone it does not mean that you have become weak but you learn something from loneliness and this loneliness gives you more opportunities.

That is why it is said that instead of accepting defeat in every battle at the beginning, it is better to win this battle slowly.

“How to win this internal battle?”

Every person in this world, be it a boy or a girl, there comes a time in his/her life when he/she is unable to get out of his/her thoughts and feelings. He/she tries very hard at that time, but he/she has a lot of pain and headache at that time. That time is more difficult when he/she gets attached to the feelings, anger and worry play with his/her mind and he/she gets trapped there. But you can win this battle easily.

1. To get out of guilt and regret:

Understand that no human being is perfect.

Every person makes mistakes. But making mistakes is not a weakness, but learning from them is the real strength.

The only thing you have to remember is to forget what happened and find a way to move forward.

I have already said that you will have to forget the past only then you can make the future better.

I have already told you that you have to learn from your mistakes, stop punishing yourself.

2. "Was it my mistake or a game of fate?" To get out of it:

There is no definite answer to this question, so leave it.

It is difficult to decide whether an incident was our mistake or just the result of circumstances. That is why instead of getting entangled in this question, focus on moving forward.

The future does not improve by thinking about the past again and again.

If a mistake has been made, then regretting it again and again will not achieve anything. Rather, it is wise to adopt new ways to avoid it.

Find new ways to move forward.

There is a lesson hidden in every failure. If one path is closed, try to make another path.

3. To get out of depression, anxiety and loneliness:

Share your feelings with a trusted person.

Keeping the trouble inside yourself increases it further. Talking to a friend, family member or counselor can lighten the mind.

Do exercise and meditation daily.

Physical activities help in reducing mental stress. Meditation and yoga also provide mental peace.

Keep yourself busy and set new goals.

An idle mind promotes anxiety and negativity. So keep yourself busy with new tasks, set small goals and move forward gradually.

Conclusion: Every human being faces an internal battle at some point in his life. But the real strength lies in the one who can win this battle and stand up again.

Chapter 3



Societal pressure – when people start blaming

When a person goes through a setback in life-whether it is a business loss, a relationship breakup, or some other personal struggle-the struggle is not just internal. The outside world also starts to judge him. Societal pressure breaks him down even more, as people often start blaming instead of sympathizing.

A) "The biggest fear is often about how society will judge us.?" – The biggest fear of society

This question has a deep impact on a person's thinking, confidence and decisions. It is not just a sentence, but a mindset, which has taken many people away from their dreams, taught them to doubt themselves, and many times forced them to lose their real identity.

When a person goes through a difficult phase in his life, the real challenge is not his failure, but how the society will look at him.

"The biggest fear is often about how society will judge us. if my business closes down?"

- People will say, "See, I already told you that this business will not work!"
- Some people will taunt, "What will he do now? Find a job!"

- Some people will taunt in the name of sympathy, "Hey, you should not have taken such a risk!"

"How will people react if my marriage breaks up?"

- "He must have done something wrong, otherwise why would the relationship break up?"
- "How will he live alone at this age?"
- "People will now look at him with disdain."

"If I am not successful, will society consider me a failure?"

- "Not everyone gets success, just look at this!"
- "Now no one will take him seriously, his time is over!"
- "This man cannot do anything!"

Mental effect of "The biggest fear is often about how society will judge us.?"

Self-doubt: The person starts doubting his ability.

Fear: He starts getting scared of taking any new step, because the fear of failure stops him.

Guilt: He feels that he has not lived up to the expectations of others.

Inferiority Complex: He starts feeling small in front of society.

Solution - How to get out of this fear?

It is impossible to keep society happy:

If you succeed, some people will be jealous.

If you fail, some people will laugh.

People's opinions cannot change the truth of your life.

Ask yourself:

Are people's opinions really important enough to make me change my decisions?

Are the people who are making fun of me doing something great themselves?

Am I living my life for myself or to please others?

Focus on yourself:

Focus on your goals, not on people's opinions.

Take failures as an opportunity to learn, not a reason to be embarrassed.

Every great person has faced criticism, but they did not change themselves.

Set your priorities:

The most important thing in life is your own peace and happiness, not the approval of others.

Society's opinions keep changing, but your self-esteem and confidence should be permanent.

In conclusion:

"If you start living according to society's thinking, you will never be able to live for yourself." So, stop worrying about what people will say and do what feels right to your heart.

B) Different reactions of friends and relatives

When a person goes through a tough time, only then does he understand who is with him and who was just a part of the

show. Tough times put relationships to the real test and many times this is the time when a person feels the loneliest.

1. Some people will sympathize:

These are the people who really care about you.

They will understand your pain and try to encourage you.

They will make you realize that failure is a part of life, not the end.

Sometimes, they won't say much, but their support will give you strength.

2. Some people will blame you:

These are the people who consider your failure as a result of your mistakes.

"You should have understood earlier that this is not right!"

"If you had followed my advice, then this situation would not have happened today!"

They will count your mistakes again and again, but will not help.

3. Some people will make fun of you:

Such people consider your failure as an opportunity to show themselves better than you.

They will forget your previous success and make fun of your defeat.

They will taunt you in front of others-"Bada aaya tha businessman bane, ab dekho!"

They are happy that you fell, so that they can feel high.

4. Some people will go away:

This is the most painful truth.

The people who used to laugh and celebrate with you, disappear in difficult times.

Some become so busy that they don't even make a phone call.

You realize that some relationships were with you only during the good days.

What should be done?

Appreciate from the heart those who are supporting you.

Learn from the words of those who are blaming you, but do not underestimate yourself.

There is no need to answer those who are making fun of you- your return will be the biggest answer.

Let go of those who have gone away. Real relationships are recognized only in difficult times.

"Difficult times help us recognize real and fake relationships."

C) Society's View on a Person's Failure

Society's natural tendency is to praise success and look down upon failure. A person who succeeds is respected, listened to, and considered a source of inspiration. But as soon as someone fails, the same society starts looking at him as a failure, incompetent, and sometimes as an untouchable.

1. Failure in business and society's attitude:

When a person is doing well in business, people praise him-
"Look, he is so talented!"

"He is a very hardworking person, that's why he has progressed so much!"

But as soon as he fails for some reason- "I don't know how he was running the business, failure was inevitable!"

"Hey, see? He was so arrogant, look at his condition now!"

No one sees how hard he worked, how many sacrifices he made, and what difficult situations he went through. People only focus on the result, not on the struggle.

2. Failure in relationships and society's perception:

If a married person is living a happy life, society gives them as an example- "This is a perfect couple!"

"Learn from them, the right way to maintain a marriage!"

But if the marriage breaks due to some reason, the same society starts pointing fingers- "It must be his fault, that's why the relationship didn't work!"

"Don't know what he must have done that the marriage didn't survive!"

People don't try to understand that every relationship is complicated, and every breakup or divorce doesn't happen just because of one person's mistake.

3. Failure in career and society's attitude:

If a person is progressing in his career, society considers him an ideal person- "Look, how hardworking he is!"

"That's why he got success; he is a smart person!"

But as soon as he starts struggling for some reason- "Hey, he is useless, he couldn't do anything!"

"He must not have paid attention to his studies, now he is suffering!"

People forget that there are ups and downs in career, and every person has to go through struggle at some point or the other.

Effect of this mentality of society

This mentality breaks many people from inside.

They start worrying more about what people will say than themselves.

After failure, they disconnect themselves from the world, start feeling embarrassed.

Many people start blaming themselves for fear of society and go into depression.

How to avoid this mentality?

- ☒ It is not easy to change people's thinking, but your perspective can be changed.
- ☒ Understand that failure is just an incident, not your identity.
- ☒ Those who are taunting you on your failure cannot understand your struggle.
- ☒ Do not look at yourself from the perspective of society, but give priority to your self-esteem.
- ☒ Those who are supporting you despite failure are your true loved ones.

"Everyone hears the noise of success, but very few understand the silence of struggle."

Chapter 4



The pain of loneliness – when you don't feel like going to anyone

Loneliness is not just about being alone in physical space; it is about the state of mind when a person starts feeling disconnected from the world. It becomes even more painful when the person himself doesn't feel like meeting anyone, talking to them or sharing his pain. It seems as if the whole world is on one side and we are lost in some desolate place on the other side.

A) Being away from your world

You feel that being alone is a feeling but it is not so, it depends on the thinking of the person, it changes your way of living. When a person is going through pain and frustration or hopelessness then slowly, he starts searching for being alone and one day he leaves himself alone. In this distance you feel alone not only physically but also mentally.

How does this separation start?

In the beginning, the person feels that no one understands his feelings. He repeatedly thinks that:

☑ *"I don't feel like talking to anyone."*

☑ *"No one will understand my problem."*

☑ *"If I share my thoughts with someone, they will make fun of me or judge me."*

Gradually these thoughts start becoming his habit. He starts interacting less with people, gets away from social media, and does not feel like meeting anyone.

When the distance from loved ones starts increasing

Friends who used to call every day earlier, now call, but the person does not receive their calls.

Family members ask "What happened?", but he does not answer. Gradually people also stop asking and the person starts feeling lonelier.

Now he feels that this loneliness has become his reality, not his choice. He feels that there is no solution to his problems and that is why he starts shrinking into his own world.

Talking to oneself and getting lost in the past

When a person starts getting away from his world, then he often starts talking to himself. He gets lost in old memories, regrets his decisions and thinks that "If I had done this, then perhaps the situation would have been different today."

He gets away from society, but not from his thoughts. These thoughts are sometimes so deep and painful that he starts losing his self-esteem.

Can this loneliness be harmful?

Yes, because it can gradually lead to depression and social isolation.

- ✓ The person loses interest in anything.
- ✓ His self-confidence weakens.
- ✓ He starts feeling weak and unsuccessful.

- ✓ He feels disconnected from the world, as if no one is watching him.

How to get out of this?

- ✓ Start small – If you don't want to talk too much to someone, you can start with small things like "Hello" How are you? Did you eat? How is your work going?
- ✓ Express your feelings – If you feel that you do not want to talk to anyone then you can make a list of your feelings, like in a diary or on the phone.
- ✓ Keep yourself busy in some activity everyday – If you feel that you want to stay alone then at that time you should read books, watch movies, listen to songs and you can also go for a walk somewhere.
- ✓ Maintain some contact with your loved ones – If you feel that you do not want to talk much then I have told you what kind of questions you should ask which will not create a rift in your relationship.

"Loneliness might be your current situation, but it should never define who you are.."

"Immobilizing yourself is not a solution, but a trap that causes deeper pain."

B) Self-doubt and extreme loneliness

Loneliness becomes more dangerous when it starts affecting a person's self-esteem and confidence. When a person feels lonely for a long time, he starts thinking negatively about himself.

When self-doubt takes root inside

Initially, a person thinks that being alone is his own choice. But gradually this loneliness turns him against himself. He starts questioning himself:

☑ *"Was there any shortcoming in me?"*

☑ *"Am I not worthy of anyone?"*

☑ *"Did people connect with me just for their own benefit?"*

Self-doubt gradually leads to self-shaming and a sense of helplessness. Consequently, he believes that the world does not think highly of him.

How does self-doubt affect?

- ◆ Feeling weak: A person starts thinking that he cannot be successful in any relationship, career or life.
- ◆ Preferring to forget former failures: He keeps looking back and reflecting on his past, often telling himself, "I should never have done that."
- ◆ Underestimating oneself in comparison to others: He struggles with the belief that others are incomparably better than him. Therefore, no one wishes to be in his presence.
- ◆ Detaching from one's emotion: Over time, he becomes unable to find joy in anything which causes him to become emotionally detached.

When loneliness becomes a trap

The loneliness which was earlier just an emotional shield, now becomes a locked door. The person cuts himself off from the

world and starts living in the memories of the past. He thinks that there is no value for him in the outside world.

Staying off social media: Because he gets jealous of the happy lives of others, he stays off social media.

Talking to self: He talks to himself in silence and keeps beating himself up for his past actions.

- ◆ Finding fault in everything: If a relationship breaks, a job is lost, or friends drift away, he thinks "Maybe it was my fault."

"Loneliness becomes dangerous when a person makes himself his enemy."

C) The pain of lonely nights

Loneliness may not be felt so much during the day, because then a person is busy in some work or the other. When it is night and the world is sleeping and you are awake, this is the time when the fears, regrets and emotions hidden inside your mind come out.

Night time is always felt noisier than day time because it is silent and this silence disturbs a person a lot.

When nights become a mirror of the past

- ◆ Memories of the past become fresh - Whenever you go into silence where there is no noise, then your memories become fresh. At that time, you think that if only I had not done this, I would have been somewhere else today.
- ◆ The fear of the future starts to haunt you – A question about the future always lingers in your mind: what will happen if my life does not change?

◆ He starts asking himself questions: In the silence of the night, this question comes to your mind: Will I remain alone forever?

Every person feels lonely in the dark of night and he starts struggling on his own. Only one thought roams in his heart and mind that why am I alone. Another thought comes in his mind that no one can understand my pain.

Every night is more scary and you wonder why the night is so scary?

- ✓ Quiet environment: There are sounds and movements during the day, but at night everything is quiet. Whenever you do not speak and remain silent, sometimes it becomes a burden for you.
- ✓ More time to think: Every person is busy during day time but when night time comes then he becomes calm. The result – the mind starts wandering in the past and the future.
- ✓ Emotions become more intense: At night a person's emotions are felt more deeply, so loneliness becomes even more intense.

When nights become a test

These hours of the night are no less than an exam. When you are unable to sleep, you start changing your posture, you open and close your eyes repeatedly, you keep looking at the house again and again. At that time the thought comes in your mind that someone should talk to me, someone should explain to me, but that person is not able to decide with whom and when he should talk.

♥ "Can anyone understand my pain?"

♥ "Will this loneliness ever end?"

♥ "Why does no one stay in my life?"

These questions are like a poisonous trap, from which it becomes difficult to get out.

How to get out of this pain?

☑ Do not let yourself feel lonely at night: Read a book, listen to soft music, or watch a positive video before sleeping.

☑ Avoid thinking about the past again and again: What has passed cannot be changed. Focus on your present.

☑ Make a routine at night: Keep a fixed time to sleep every day, so that the body gets used to it.

☑ If needed, seek help: Talk to a friend, or if needed, take counseling. This is not weakness, but the courage to protect yourself.

Conclusion:

"Lonely nights are the hardest, but never forget-every dark night is followed by a new dawn. All you need is to hold on until the morning comes."

Chapter 5



Methodology - When a person either breaks down or thinks of rising again

There are turning points in life when a person stands on two paths - one path is of despair, where he accepts his defeat and the other path is of hope, where he gathers courage to stand up again. This is a battle which is first fought in the mind of a person.

A). The battle between hope and despair – an internal struggle

When a person goes through a major shock – whether it is failure, loss of a loved one, or life has pushed him into a dark alley – then two forces are born within him. On one side despair, which starts breaking him from inside, and on the other side hope, which tries to make him stand again.

This battle is fought within every person who is going through some deep sorrow, failure or setback. But this battle is not easy, because despair always screams louder than hope.

1. The power of despair – when everything seems to be over

Despair is born when a person is at such a point where he feels that there is no way forward. His confidence is shattered, dreams become blurred, and the mind keeps repeating just one thing – "Nothing can happen now."

How does despair start dominating?

- ☑ Memories of failure: When someone tries and still fails, he starts replaying the same failure in his mind. He thinks that if he couldn't do it earlier, what will he do now?
- ☑ Burden of the past: A person starts blaming himself for his mistakes. "Sometimes this thought comes in your mind that if I had not made a mistake then all this would not have happened today." You all know that that time is not going to come back but still you remember that time again and again.
- ☑ People's words: The attitude of society also starts to make him fall deeper. When he hears taunts from all around-"You can't do it," or "You have ruined your life,"-the mind becomes weaker from within.
- ☑ Fear of the future: When a person sees only darkness ahead of him, he starts losing courage. He feels that nothing good will happen in the future, and his life will never change.

"You know that despair is like a poison which slowly destroys a person's self-confidence and his dreams."

2. A ray of hope - when a voice comes from within "One more time!"

But even in this darkness of despair, a faint ray of hope remains somewhere. It may be weak, but if a person catches hold of it, it can make him stand again.

How does hope give strength?

- ☑ This is just a phase, life does not end here: When a person thinks that life is over, then hope reminds him that this is just a difficult phase, not a permanent end. It says - "What you are feeling today, will not last forever."
- ☑ Everyone who falls gets another chance: All the successful people in the world, they too had fallen at some time. But they did not give up. Hope tells that one defeat cannot decide someone's entire life.
- ☑ Failure is a lesson, not an end: When a person looks at his failure from the perspective of learning something new, his pain reduces a little. He understands that "I made a mistake, but now I can correct it."
- ☑ Possibilities are hidden in the future: Hope tells that what did not happen today, it is not necessary that it will not happen tomorrow. Everyone's life is unpredictable and new doors of life open with new hopes.

"Hope is the light that keeps burning even in the darkest nights. You just need the courage to see it."

3. The biggest battle - who wins?

Now the question arises that when despair and hope come face to face, who wins? Its answer depends on only one thing - which voice does a person listen to more?

- ☑ If he starts listening to despair more, then gradually he accepts defeat. His mind accepts that nothing can happen now, and he stops cursing his fate.
- ☑ But if he catches even the slightest voice of hope, then a gradual change begins to take place in him. He starts thinking

that "I can try one more time." And just this thought makes him stand up again.

"True defeat is not in falling, but in refusing to rise again."

Conclusion - How to win this battle?

1. Change your thinking: When despair takes over, ask yourself-"Is everything really over, or is it just my fear?" Most of the times, it is just our fear, not reality.
2. Recognize small victories: If you cannot get a big victory right now, then take small steps. Every small effort matters.
3. Talk to trusted people: Sometimes we get too confused with ourselves. In such a situation, talking to someone close can be helpful.
4. Be ready for a new beginning: Remember, falling is not a sin, but accepting that falling is your destiny is the biggest mistake.

Finally:

This battle of hope and despair comes in everyone's life at some point or the other. The person who stands with courage and thinks, "I have to try one more time!" – always emerges as the winner of that battle.

Real strength is not that which doesn't give you a chance to get up again after falling, but real strength is that which gets up after falling and comes back victorious.

B). Who thinks of getting up and who gives up? - The true test of a person

When life comes to a difficult turn, then a person is divided into two paths -

- One, who gives up and sits down.
- The other, who dares to get up again even after falling.

But why does this happen?

Why do two people stuck in the same situation choose different paths?

Let's understand this in depth.

1. Those who give up - When fear and pain win

When a person gives up on difficulties, there are many reasons behind it. These people make their failure their identity. They feel as if life has taken everything from them and now nothing is left.

How do these people give up?

☒ Blaming oneself:

People who give up repeatedly remember their failures and hold themselves responsible.

- "I did wrong."
- "I wish I had not done this!"

They get entangled in the past and do not try to get out of it.

☒ Fear takes over:

They get scared before every new attempt -

- "What if I lose again?"
- "People will laugh at me!"

This fear stops them from taking another step.

☒ What society says:

When people taunt them, they believe it to be true.

- "You can't do it!"
- "Life is over now!"

Taking the words of others to heart makes them weak from within.

☒ Losing hope:

The biggest reason is - losing hope.

When a person loses hope, he also stops trying. He feels that nothing will change now.

"Only he accepts defeat who gives up hope."

2. Those who dare to get up again - when the flame of hope keeps burning

On the other hand, there are some people who get up again even after falling. These people make pain and failure their strength. There is a fire inside them that does not let it extinguish even in difficult situations.

How do these people get up again?

☒ Considering failure as a lesson:

These people do not consider failure as defeat, but consider it an opportunity to learn.

- "If I have fallen, I will walk carefully next time."
- "This defeat taught me what not to do in future."

☒ Asking questions:

When they fall, they ask themselves -

- "Am I really made to give up?"
- "Is this the end of my story?"

Each time these questions make them strong from within.

☒ Focusing on small victories:

Such people are focusing on small victories instead of big victories.

Such people first think that today I have taken the first step and will take the second step later.

However, even small efforts give us a chance to move forward.

☒ Keeping hope:

Their biggest strength is hope.

They know that the sun definitely rises after the dark night.

- "I am going through bad times today but good times will definitely come tomorrow."
- "It is your fate if you fall but it is your decision to get up after falling."

3. So, what is the difference? - Mindset

People who give up consider difficulties as their weakness.

People who get up make difficulties their strength.

People who give up say - *"I cannot do this!"*

People who get up say - *"I can do it; it will just take time!"*

People who give up trust the words of others.

People who get up trust their inner voice.

"The one who does not lose courage is the real winner!"

4. Which path are you on?

Now the question arises, which path are you on?

Are you one of those people who bow down to difficulties?

Or are you one of those people who get up and fight again even after falling?

Remember - Falling is not your fault, but staying fallen is your choice.

There is definitely a morning after every night, you just have to take care of yourself till that morning.

"Defeat is accepted only by those who stop trying; the real winner is the one who rises after every fall!"

So, what will you choose? Accepting defeat or getting up again and moving forward?

C) Getting Motivated Again Because of Something or Someone - When Hope Is Rekindled

When a person is broken, gives up, and life is pushing him into darkness from all sides, sometimes something, someone, or a feeling gives him the courage to get up again. This motivation does not come from anywhere - it is hidden within him; it just needs a spark to ignite it.

Let's understand this in detail:

1. A Small Success - When Small Victories Give Big Encouragement

When a person faces disappointment, even a small victory becomes a ray of hope for him.

The little success also tells him when he talks to one of his friends, whom he has been avoiding talking to for a long time.

Sometimes getting up early in the morning and trying to achieve your goal is also considered a small victory.

These small steps remind him that he is not completely defeated.

“Even the smallest victory can become the spark for a big change.”

2. Someone close - when someone's words become a support

Sometimes just having a hand on the shoulder of someone close, saying “I am with you”, can bring life to even a dead person.

When everyone abandons, then the faith of one person gives him the courage to get up again.

It can be a friend, who says - “Friend, you are made for bigger things than this. Don't give up!”

It can be a family member, who just sits beside him without saying anything, making him feel that he is not alone.

“Sometimes a person can climb a mountain just by holding a hand.”

3. Past dreams - when unfulfilled dreams call out

When a person starts giving up on himself, then somewhere inside him, old dreams call out to him.

He remembers that he had once made big plans.

Once he wanted to do something in the world.

He thinks - "Should I really leave these dreams incomplete?"

Suddenly a fire burns inside him.

"If I give up now, this dream will never be fulfilled. I have to stand up again."

"Unfulfilled dreams sometimes become the biggest inspiration."

4. Feeling of pain - When wounds become strength

Sometimes the pain inside a person becomes so deep that it turns into a fire to prove himself.

He thinks - "I have to prove wrong those who said that I cannot do anything."

His every tear, every injury, every taunt becomes his strength.

He decides that now he will not fight just because he has to win - he will fight because he has learned to bear pain.

"Pain can either shatter you, or make you so strong that nothing in the world can bend you."

5. The inner voice - when the soul calls

The greatest inspiration does not come from outside - it is hidden within us.

Sometimes a person can lose to the whole world, but when his own soul calls him, he stands up again.

He realizes that this is his life, and he has to live it his way.

He thinks - If I don't believe in myself then who will?

"In this world every person loses but as long as he refuses to lose, he remains invincible!"

6. In the end...

Inspiration never comes from outside.

Sometimes it is hidden in a small victory.

Sometimes it is in the faith of someone close.

Sometimes it is in unfulfilled dreams.

And sometimes it happens in that pain, which has shaken the person from within.

"Falling may be your fate, but getting up is your choice."

So, when life makes you fall, just remember one thing - Whether someone comes or not, whether someone sees or not, whether someone appreciates or not...

You will have to get up, because this is your life.

"You start walking, the paths will keep on making themselves."

Chapter 6



Life lessons - what every falling person learns, everything that only pain can teach

When a person goes through the darkest phase of life, when he feels that nothing is left now, then the same pain teaches him such lessons, which happiness and success can never teach. These lessons not only make a person strong, but also change his perspective of looking at life and people.

Let's understand this in depth:

1. “The people who left me, their meaning and the people who stayed with me, their meaning”

When a person goes through a difficult phase, the people around him are divided into two parts –

One, those who go away as soon as difficulties come.

The second, those who stand with you in every situation.

This experience makes a person understand the true identity of relationships. Let us understand this in depth:

People who left:

As long as everything is going well in your life – you are getting success, happiness is with you – there are many people around you. They join in your laughter, celebrate your victory and claim to be with you. But as soon as the situation worsens, the same people slowly start moving away.

The mask of selfishness:

These people are with you only for their own benefit. As long as they get some benefit from you, they stay close to you. But as soon as you fall, their selfishness ends, and they refuse to even recognize you.

“Some people are like the sun - they stay around you as long as you shine. As soon as it gets dark, they disappear.”

Painful feeling:

Their departure leaves a deep wound in the heart. When the people who were closest to you go away like this, a person starts doubting himself and his decisions.

“I trusted them... maybe I made a mistake.”

Lesson:

When these people leave your life, you get the biggest lesson - “Not everyone who smiles is yours. Not everyone who supports you is true.”

People who stayed with you:

When the whole world leaves you, there are some people who stand with you without any selfishness. These are the people who are recognized only in bad times.

Selfless love:

These people stay with you because they care about you. They don't care if you succeed or fail. Your presence is the most important thing for them.

“Real relationships are proven when people stand by you even when you have nothing to offer.”

Depth of feeling:

When everyone has turned away and these people stand by you, then you understand that true relationships are not made by pretense, but by trust and love. For them, wiping your tears matters more than seeing your smile.

Making a place in your heart:

Their loyalty creates a different respect for them in your heart. Such people may be few in number, but they make a place in your life that no one else can take.

“Bad times reveal the true identity of people. Some people fade away in your memories, and some settle in your heart.”

In the end...

This is the real truth of life - The people who left, taught you that not everyone should be trusted.

The people who stayed with you, taught you that true relationships are never dependent on circumstances.

“The greatest lesson of life is this - when you fall, see who comes to pick you up and who turns away and walks away.”

This is the lesson that only pain and loneliness can teach.

2. Looking at life and priorities from a new perspective

When a person goes through deep pain and difficulties, his perspective of life starts changing. Things that seemed most important earlier, do not seem so important now. A person starts understanding that life is not limited to success and

money only – its true meaning is hidden in relationships, peace and understanding oneself.

Let us understand this in depth:

First: The race for success, money and fame

When a person is moving ahead in his life, his priorities are different –

- He runs to fulfill his dreams, without stopping, without getting tired.
- For him, success means a big house, expensive cars, and making a mark in the society.
- Work, money and fame replace relationships. He thinks that when he becomes successful, everything will be fine.
- Instead of spending time with his loved ones, he keeps running after his goal. He feels that if he just works a little more, then everyone will be happy.

But when the downfall comes – when everything is taken away or when loneliness surrounds him – then he realizes that the success he was chasing could not give him the happiness he was looking for.

Later: The importance of relationships and solace

Difficult times teach a person that real happiness was not in the things he was chasing. Real happiness was hidden in those small moments which he never felt.

The value of relationships:

When someone puts his hand on your shoulder and says, “Main hu na,” then that feeling seems more valuable than any wealth.

He understands that the biggest asset in life are those people who stood by him in every situation.

Search for solace:

Now he starts finding solace in those small things which he had never valued before –

Tea made by his mother.

- Those old evenings spent with friends.
- Sitting on the roof and watching the stars.

Importance of time:

He understands that money can be earned again, but the time that has passed will never come back. He now tries to live every moment, without the fear of what will happen tomorrow.

Meeting himself:

The biggest thing - he starts knowing himself. He had never talked to himself before, but now he questions himself, understands himself, and slowly

Starts loving himself.

Lesson: After falling, a person understands that -

Life is not just about getting, but about feeling it.

Money is important, but more important than that are the people who are with you.

True happiness is not in being successful alone, but in celebrating that success with loved ones.

"The most important thing in life is not money, but peace. And peace is in sitting with loved ones and drinking tea, not in celebrating success alone."

This is the lesson that only hardship and loneliness can teach.

3. Sorrow teaches you to understand your own importance

When a person goes through a difficult phase, he realizes what is the most important thing in the world - to value oneself. Sorrow, pain, and loneliness are the bitter truths that introduce a person to his true strength. These are the teachers who teach the most difficult but most important lesson: understanding your own importance.

Let's understand this in depth:

A). People come and go - but in the end you are left with only you

When everything is going well in life, there are people around you - friends, family, relatives. But as soon as the darkness of trouble comes, people slowly start moving away.

- Someone distances themselves by telling their helplessness.
- Someone goes away saying "I have nothing to do with this now."
- And there are some people who make fun of your failure.

In these situations, a person realizes for the first time that in the end, only he is left with him. No one comes to wipe his tears.

There is no one to understand his pain. He realizes that he will have to heal his wounds himself.

"Everyone left me when I was drowning... then I realized that I will have to learn to swim myself."

B). Stop expecting from others, trust yourself

When someone breaks down again and again, then he understands that having expectations from others is the biggest deception.

- Earlier he used to think that someone will come, hold his hand, and take him out of the darkness.
- But gradually he understands that no one will come.
- If he has to come out of the darkness, then he will have to light his own lamp.

Sorrow teaches him that – First of all, trust yourself.

Find the solution to your problems yourself.

People support you only till the time it benefits them.

"Do not expect support from others, leave alone giving a shoulder, people are happy to see you fall."

C). It is also important to keep yourself happy

Often a person forgets himself in the process of making others happy.

- He tries to live up to the expectations of others.
- He wants people to like him, accept him, and praise him.

- But when those same people leave him in trouble, then the person realizes that he always lived for others... but never for himself.

Sorrow teaches him that - Living for your own happiness is not selfishness, but a need.

If you yourself are not happy, then no one in the world can keep you happy.

It is more important to feel good in your own eyes than to be good in the eyes of others.

"Protect your own happiness, because the world may mock your failures but will never cry for your tears."

D). The biggest lesson: Your battles are yours to fight; no one else will fight them for you.

The harshest but truest lesson of grief is this -

- "Your battles are yours to fight; no one else will fight them for you."
- "No one will fight your battle for you."
- "No one will heal your wounds."

If you have fallen, then the responsibility of getting up is only yours.

Grief teaches that -

Recognize your strength.

Do not expect mercy from others.

If you fall again and again, then the strength to get up again and again is also within you.

"Your fight is only yours. Either you will get up yourself, or you will remain lying on the ground. The world does not care."

The last lesson:

Grief teaches a person a lot, but the most important lesson is that -

- Understand yourself, accept yourself, and love yourself.
- People will come and go, but when everyone is gone, only you and your courage will remain.
- Do not walk with the support of others. Make your own path.

"Sadness taught me that I came alone and will go alone... so why not take responsibility for my own happiness while I'm alive?"

This is the lesson that only pain and suffering can teach.

4. In the end...

It is not bad to fall in life - what is bad is to remain the same person you were before after falling.

There comes a time in every person's life when he breaks down. Dreams are shattered, loved ones go away, and only emptiness is left in the heart. It seems as if everything is over. But the truth is that - falling is never the end.

Falling is sometimes necessary, because in those moments you see yourself in the clearest mirror..

A). Falling has come to make you knew, not to break you

When pain and suffering knock at the door of life, they do not come to just make a person cry - they come to make him new.

- Until a person does not fall, he does not see his weaknesses.
- Until a person does not break, he does not realize his true strength.
- And until a person does not go through pain, he does not understand the value of happiness.

Every fall brings with it an important lesson: that -

- It takes the most strength to put yourself back together.
- When a person learns to heal his wounds himself, then no one can defeat him.
- Pain has not come to change you, but to make you knew.

"The one who recovers after falling, gets up stronger than before."

B). Perspective changes after getting up

When a person falls and gets up again, his perspective changes -

- Earlier he used to see only the destination, now he starts seeing the journey as well.
- Earlier he used to see only the shine of success, now he starts understanding the darkness of hard work as well.
- Earlier he only wanted to win, now he starts looking for the lesson hidden in every defeat.

Every fall brings with it an important lesson: that -

- The world respects only successful people, but it is important to earn true respect in your own eyes.

- Every defeat comes to teach you something new.
- Every fall is to improve you from within.

"If the perspective changes, then every pain of life becomes a new lesson."

C). Priorities change

After falling, a person understands that life is not just about running after big things.

- Earlier he wanted success, now he wants peace.
- Earlier he used to run after wealth, now he wants the support of his loved ones.
- Earlier he wanted to rise high in the eyes of others, now he wants to rise high in his own eyes.

After falling, a person realizes that -

Relationships are the biggest wealth.

Peace is the biggest success.

And recognizing oneself is the biggest victory.

"Those who get up after falling, their priorities change - now they are more worried about living than winning."

D). You must have understood life

The most important thing is that when a person gets up after falling, he understands life in its true sense -

- He realizes that behind every laughter there is pain hidden.

- He understands that every person who smiles is not necessarily happy.
- And the most important thing - he understands the truth that life does not stop for anyone.

The person who gets up after falling knows that -

Success and failure are just parts of life, not life.

People come and go, but in the end, you have to fight your own battle.

Life is not just about breathing, but about standing up again after every fall.

"People who get up after falling do not just become successful - they become true human beings."

E). So, get up, because life is waiting for you

Falling was necessary. Breaking was necessary.

Because now when you get up, you will not be the same person you were before.

Now you will have a new fire in you.

Now your intentions will be stronger than before.

Now your dreams will not be just dreams, but will have become your obstinacy.

Life made you fall, so that you can rise stronger than before.

Life broke you, so that you can put yourself together again.

Life stopped you, so that you can understand the true meaning of your journey.

So, get up - Because now your defeat is your biggest strength.

Because now your wounds are your biggest identity.

And because now your tears have become the biggest reason for your dreams.

“Falling is not bad, what is bad is that you keep lying after falling. Life is waiting for you - get up, and hold it in your fist.”

Chapter 7



New dreams, new thoughts - When a person thinks about living in a new way

When a person goes through deep sorrow and suffering, a profound change comes in his thinking.

After a fall, the person who dares to rise again, does not just take his steps - he also re-creates his thinking.

After going through sorrow, the perspective of looking at life changes. Now he is not the same person as he was before.

Now a new dream, a new fire, and a new purpose is born within him.

Let us understand this in depth:

1. A new goal or a new mission is achieved

When a person goes through the darkest phase of life, a profound change comes in his thinking.

He understands that the darkness did not come just to scare him, but to make him stronger.

After the fall, a new fire burns within him – a passion that gives him the courage to rise again.

Now his journey is not limited to just living – he wants to do something that can give meaning to his pain.

A) . Moving out of darkness towards light:

When a person goes through his biggest failures and troubles, then he realizes that –

- The darkness did not come just to scare him; it came to show him his true strength.
- Falling was not bad, what was bad was that he gave up and kept lying there.
- He understands that the true value of light can only be known by the one who has experienced the darkness closely.

Now he does not run away from his fear, but faces it.

The paths that seemed impossible to him earlier, now he sees them as opportunities, not challenges.

A new energy is born within him – the energy to prove himself.

“Only those who wander in the dark understand the importance of light.”

B). Converting fear into strength:

After a fall, a person sees two paths –

- Either he bows down to his fear.
- Or he makes his fear his biggest strength.

The person who is determined to rise, turns his fear into a weapon –

- Earlier he was afraid of failure, now he considers it an opportunity to learn.

- Earlier he was afraid of people's taunts, now he makes them his inspiration.
- Earlier he was afraid of defeat, now he believes only in trying.

Now he understands that fear is just an emotion, and it can be controlled.

He takes every step firmly, because now he has nothing to lose and the whole world to gain.

"Only those who have never tried feel fear. Those who try only make paths."

C). Passion to fulfill dreams:

Falls do not break a person's dreams, but make them stronger.

When he goes through the darkest time, he remembers what dreams he had once seen.

Now he is not just a dreamer - now he lives with the determination to fulfill them.

- Earlier his dreams were just dreams, now they have become his mission.
- Earlier he used to think only about winning, now he considers learning as his victory.
- Now his every day does not just pass, but makes him stronger.

He knows that if he has to rise again, it is not just to live – but to do something big.

His passion now shows him the way.

He is no longer afraid of defeat, because he knows that every fall will make him stronger.

"Those who live to fulfill their dreams are stronger than those who dream them."

D). Every day is a new lesson:

Now every day is not just a date for him – every day becomes a lesson for him.

He learns from his mistakes.

He now sees every challenge as an opportunity.

Every morning is a new beginning for him, and every night makes him stronger.

He understands that –

- Falling was necessary so that he could know his true strength.
- Pain was necessary so that he could understand his limits.
- Loneliness was necessary so that he could find his true identity.

Now he takes every step thoughtfully.

He knows that the journey is long, but now he is not afraid of the path – he only sees his destination.

"Those who get up after falling, their eyes are not only on the destination – they also understand the path."

In the end...

Falling does not just break a person – it also makes him. When he gets up again, he is not the same as before –

- His thinking has changed.
- His intentions have become stronger.
- His dreams are no longer just dreams, but have become his identity.
- Suffering teaches him that –
- It is necessary to fall, so that the value of getting up can be understood.
- Darkness is necessary, so that the importance of light can be known.
- Defeat is necessary, so that the sweetness of victory can be felt.

Now he has a new goal, a new purpose, and above all –
a new identity.

“Falling may be your fate, but getting up is your choice.”

So, get up, because no one asks the stories of those who fall - but those who get up after falling make history.

2. Passion to turn grief into inspiration

Grief... a feeling that shakes a person from within.

This is the stage where a person has only two options -

- Either he sits and counts his troubles,
- Or he turns his wounds into his biggest strength.

The person who is determined to move forward makes his pain his biggest inspiration.

He realizes that if he endures this grief, then no pain can stop him.

A). Two paths of pain:

When a mountain of sorrows breaks on a person, then he has only two options -

Give up:

He caresses his wounds, curses his fate, and surrenders to the circumstances.

A strange fatigue takes root inside him.

He feels that there is no hope left now.

Turning suffering into strength:

He wipes his tears and resolves to revive his fallen spirits.

He thinks - "If I can endure this much, then nothing can defeat me now."

His sufferings now become his weapons, and every wound gives him the strength to move forward.

"Pain has not come to break you; it has come to make you knew."

B). The strength hidden in every pain:

Suffering does not just give pain -

- It brings out the strength hidden within a person, which he himself could not recognize.

- Every fall teaches him how much he has suffered, and how much he can bear now.
- He realizes that falling is not bad, the bad thing is to fall and lie there.
- Now he sees every difficulty as an opportunity:
- When people consider him weak, he silently builds his strength.
- When circumstances try to break him, he gathers the courage to fight them.
- When the world taunts him for losing, he decides to move towards victory.

“When pain crosses its limits, then a person either gets used to breaking down, or the passion to rise awakens.”

C). Turn wounds into stories:

Grief does not just give pain - it also gives a person new story. Every injury, every tear, and every fall becomes a part of his story.

He understands that -

- Every wound is his strength.
- Every fall is his new beginning.
- Every pain is his identity.

Now he does not hide his wounds, but proudly makes them a part of his story.

He knows that his real strength is hidden in his past.

“Those who have a story of pain have the most profound things to teach the world.”

D). Learn from defeat and move forward:

Sadness teaches a person that defeat is just a stage, not a destination.

- He realizes that defeat does not make anyone weak, the one who does not get up after defeat is weak.
- He understands that defeat did not come to make him weak, but to make him strong.
- Now he is not afraid of falling, because he has learned that getting up after falling is the real strength.
- Sadness gives him a new thinking:
- Now he considers failures as a lesson.
- Now instead of being afraid of setbacks, he makes them his strength.
- Now he knows that every obstacle coming in the way is only to make him stronger.

“Those who learn to smile even in sorrow, no trouble can break them.”

E). In the end...

Sadness is not just a feeling, but a strength -

- It teaches you something that happiness can never teach.
- It makes you what a comfortable life can never make you.
- It shows you the path that takes you to your own destination.

Now that person has changed –

- His perspective has changed.
- His dreams are new.
- His thinking is strong.

Sorrow teaches him that –

- It is necessary to fall, so that one can get the strength to get up.
- Defeat is necessary, so that one can understand the importance of victory.
- Pain is necessary, so that one can know the real value of life.

Now he has accepted sorrow as his biggest strength, not his weakness.

There is no fear in his eyes now – only a passion.

“Sorrow does not come to stop you, but to teach you how to move forward. You just need to understand it in the right way.”

So, if you are also going through pain,

Then don't cry... don't stop...

Just get up, and make every tear your strength.

Because no one reads the stories of people who fall - but those who get up after falling create history.

3. Self-improvement and a new way of looking at the world

When a person comes out of a storm of pain, he is no longer the same. Every deep wound teaches him something new. A change comes within him, which not only makes him stronger, but also

completely changes his thinking and his way of looking at the world.

A). Patience and tolerance:

Suffering teaches him that not everything in life is achieved immediately.

- Earlier he used to get upset over small things, but now those things do not shake him.
- When a problem comes, instead of panicking, he faces it with patience.
- He realizes that even though time may be difficult, it will definitely pass.

"Pain teaches that patience is not just waiting, but having the strength to handle yourself at that time."

B). Finding happiness in small things:

Earlier his happiness was associated with big achievements - big job, expensive phone, compliments. But now he realizes that true happiness lies in these little things –

- in the drops of rain, in the rising sun, in the laughter and jokes with loved ones.
- He understands that peace does not come from wealth, but from a light heart.
- Even when he is alone, he learns to be happy with himself.

"When a person gets up after falling, he finds happiness not outside, but within himself."

C). The art of understanding people:

Suffering makes him recognize people.

- Earlier he used to consider every smiling face as a friend, now he learns to read the intentions hidden behind the eyes.
- He understands that every person has his own battle, and sometimes just a smile or a little support can save someone.
- He stops judging others and starts listening to them with sympathy.

"Suffering teaches that to understand a person, feelings are needed, not words."

D). Recognizing the real strength:

Earlier he used to judge his strength by comparing it with others.

But when he took care of himself, then he understood that -

- The real strength is not in defeating others, but in lifting yourself up every time.
- He realized that learning and moving forward is more important than winning.
- Now he works hard not to prove himself to anyone, but for his own happiness.

"Strength is not what is shown to the world, strength is what is spent in taking care of oneself alone."

E). The journey of understanding oneself:

After suffering, a new desire to know oneself awakens within a person.

- He stops judging himself by the opinion of others.
- Earlier he used to be busy in keeping others happy, now he learns to keep himself happy.
- He understands that he himself decides his worth, no one else.

"When a person makes friends with himself, then he is never alone."

New perspective:

Now he does not run like before, but stops and thinks.

Earlier he used to cry over his shortcomings, now those shortcomings have become his inspiration.

Earlier he used to think that the world should change, now he feels that change starts from oneself.

Now he does not expect anything from others, but becomes his own hope.

"The world sees only what you show it. When you show yourself strong, then the world will also consider you strong."

Sorrow teaches him that the real strength lies within a person. When a person understands himself, then the world also starts understanding him.

4. Finally... a new journey begins

When a person stands up again after a fall, he doesn't just move forward - he takes himself on a new journey.

He now takes every step thoughtfully.

Every decision of his now becomes a lesson learned from pain.

Now in his life - there are new dreams, which are witness to his new beginning.

There are new thoughts, which give him the courage to fight every difficulty.

And the biggest thing - there is a new identity, which is only his.

Grief makes a person what happiness can never make him – a strong person.

“The one who stands up again after falling, his eyes are not only on the destination – he also starts seeing the path.”

So, remember – Grief has not come to bring you down, it has come to lift you up.

People who get up after falling do not just become successful, they become an example.

Now when you get up, you will not be the same as you were before.

Now your dreams will be bigger, your intentions will be stronger, and your story will become an inspiration for people.

“Strength is hidden in pain – you just need to recognize it.”

Chapter 8



The new journey - when it slowly comes back

When a person starts recovering from bad times, a new journey begins in his life.

This journey is more of an inner journey than an outer journey.

A journey that teaches him to live in a new way.

This journey gradually makes him stand again - making him stronger, wiser and calmer than before.

1. Small victories and new confidence

When a person goes through a very dark phase, his confidence breaks.

Fear takes root inside him -

- Fear of falling again.
- Fear of people's eyes.
- Fear of his own failure.

But when he starts coming out of that darkness, his victory does not lie in any big success.

His real victory lies in those small moments when he handles himself.

The first time he smiles again, that is his victory.

When he dares to dream again, that is his victory.

When he stands on his feet for the first time after falling, that is his biggest victory.

In these small moments is hidden that light, which slowly starts erasing the darkness inside him.

How does confidence return?

Confidence does not return overnight -

It is built from those small steps that a person takes every day.

When he says to himself, "I can do it," his confidence grows a little stronger.

When he moves towards his dreams for the first time, he leaves his fear behind.

When he overcomes every small difficulty, he realizes that he is stronger than he thought.

These small victories teach him that - It is not bad to fall; it is bad to not get up after falling.

Fear stops a person, but courage moves him forward.

The real strength is not outside, but hidden inside.

Difference between before and now:

Earlier: his hands used to shake, now they have become strong.

Earlier: his heart was full of fear, now courage has started living in it.

Earlier: every step used to scare him, now every step reminds him of his strength.

Now he understands that - "He was not weak; he was just stuck." When a person leaves his pain behind, he becomes stronger than ever.

In the end...

Confidence takes time to return - But when it returns, it changes a person completely.

Now he is ready to run, not just walk.

2. The importance of what was left behind

When a person comes out of a difficult phase, he does not have only today -

he also has the past, which changed him.

He has lost a lot in the past, and now when he looks back, he starts understanding the real meaning of those lost things.

Realization of lost relationships:

The relationships that left him in difficult times - Earlier he used to think that they betrayed him, but now he understands that those people were just a lesson in his life.

The people who went away taught him that - "True relationships do not leave you in difficult times, but stand by holding your hand."

Now he does not complain about those relationships.

He has realized that it was better for those who were destined to leave to go away.

The pain of lost dreams:

There were some dreams that he left out of fear. Sometimes due to the fear of defeat, sometimes by listening to others, sometimes by bowing down to circumstances.

But now he has understood that the death of dreams is the biggest defeat.

Today he is ready to live those dreams again – because he has come to know that as long as he is breathing, those dreams are also alive.

“Dreams can be left behind, but cannot be forgotten. And when a person wakes up again, those left behind dreams become his biggest strength.”

Importance of past moments:

The time that was spent in fear, sorrow and loneliness – Earlier he used to feel that that time was stolen from his life.

But now he realizes that that time was not wasted.

That loneliness taught him that he should trust himself the most, not anyone else.

Every tear made him stronger.

Every night who saw him cry; taught him that life does not end even in the morning.

Now he doesn't run away from the past -

he embraces it because it is the time that has made him the person he is today.

In the end...

He has now understood that - What he left behind was just the past.

What he didn't have with him was not a part of his story.

And what he has today is the reward for his hard work and courage.

He is not afraid of the past - instead, drawing strength from it, he wants to live the future with full intensity.

"The past exists only in memories - real life is that which lies in moving forward."

3. Importance of what is gained:

When a person goes through a difficult phase, he often feels that he has lost everything.

But when he comes out of that darkness, he realizes that he has gained much more than he has lost.

He emerges by fighting not just the situation but himself – and this is his biggest victory.

A). Finding yourself:

Earlier he used to find his identity in the opinion of others.

But difficult times taught him that the real identity is hidden within oneself.

He learned that when the world abandons him, then a person has to stand up for himself.

He learned by walking alone that the most important relationship a person has is with himself.

Now no external force can bring him down, because he has learned his biggest strength – to trust himself.

“Winning over oneself is much bigger than winning over the world.”

B). Journey from pain to strength:

The pain that once came to break him has now become his biggest strength.

He learned from every fall, gained courage from every tear, and strengthened his feet with every stumble.

Earlier he was afraid of difficulties, but now he knows that difficulties come to him not to stop him but to improve him.

Now when a problem comes in front of him, instead of retreating, he stands firmly.

“Pain does not weaken you - it gives you the strength you never knew.”

C). Importance of relationships:

When he suffered loneliness, he understood the importance of loved ones.

Now he knows that true relationships are not those who only accompany you in happiness, but those who stand by your hand even in the dark.

Now he cherishes every moment spent with his loved ones.

He has realized that sitting and having fun with loved ones is more valuable than wealth.

He has realized that no matter what the world says, in the end, only those people are your own who understand you unconditionally.

"The biggest wealth in life is the time spent with loved ones."

D). The value of small joys:

Earlier he used to run after big victories, but now he has understood the value of small joys.

Now he finds peace in the smile of a child.

He feels happiness in the drops of rain.

He feels life by sitting with a cup of tea.

He has realized that real happiness is not in a destination, but in the journey that takes him there.

Now he has understood that it is not necessary to get ahead in the race, it is important to avoid losing yourself in that race.

"The biggest happiness of life is hidden in small joys."

In the end...

Now when he looks back, he realizes that he has lost less and gained more.

He has conquered himself, not the world.

He has conquered his weaknesses, not his difficulties.

And above all, he has gained something that no one can take away – a strong heart, and an unwavering determination.

"The man who finds himself after losing everything can never lose again."

4. Birth of a new person:

A). Self-identity:

Earlier he used to look for his identity in the eyes of others.

He used to see himself in the same way as people thought of him.

But this journey taught him that real identity is not hidden in the opinion of others, but in one's own work and thinking.

Now he knows that his worth is in his own eyes.

Now he does not need anyone's praise, because he has recognized himself.

"The greatest respect is that which a person gives to himself."

B). Fight for dreams:

Earlier he used to dream, but did not have the courage to fulfill them.

He used to think that the world would bring him down, people would stop him.

But now he has realized that the real meaning of dreaming lies in the determination to fulfill them.

Now he does not just dream - he works hard day and night for them.

He has realized that if he has to change his fate, he will have to move forward himself.

"Dreams are not just meant to be seen - they are meant to be fulfilled."

C). The power of getting up after falling:

Earlier he was afraid of falling.

He used to think that if he fell once, he would never be able to get up again.

But now he has understood the value of falling.

Every fall made him stronger, every injury improved him, and every pain taught him that the person who gets up after falling is the strongest.

Now when he falls, he is not afraid - he smiles.

Because he knows that every fall will make him stronger than before.

"Falling is not weakness - not getting up after falling is weakness."

D). Learning from pain:

This journey teaches him that pain does not come just to give you trouble -

It comes to make you stronger.

The person who moves forward by enduring pain, does not just survive - he learns to live.

Now he does not run away from difficulties, he faces them.

He has learned that the bigger the pain, the deeper will be the learning from it.

"Pain does not come to break you, but to mold you."

E). New perspective:

Earlier he lived life just to live -

But now every day is a new beginning for him.

Every morning is an opportunity for him, to do something new,
to do something big.

Now there is no halt in his steps, but passion.

There is no fear in his eyes, but dreams.

There is no doubt in his thinking, but faith.

"The person who survives the storm of pain has the strength to fly in every wind of life."

In the end...

That person is no longer the same.

His morale is higher than before.

His intentions are stronger than before.

He did not lose even after falling - he became new after falling.

He made his pain his inspiration.

And today, he has become the person he was born to become.

"The pain did not break him - the pain made him new."

Chapter 9



When times change - when success knocks at your door again

When a person comes out of the deep darkness and success knocks at his door again, everything changes.

Not just his life, but also the thinking of the people around him.

The people who once thought of him as fallen, now see him walking with his head held high.

The path, which was once full of difficulties, now opens up towards victory.

But the biggest change in this journey is not outside - it is inside the person.

1. How those who used to blame earlier, react now:

When you lose, people justify your every decision.

They ignore your efforts and focus only on your failure.

But when times change, when success starts kissing your feet - the same people start making stories about you.

Those who used to call you a failure earlier, now give examples of your success.

Those who used to consider you a fool earlier, now praise your intelligence.

Those who used to run away from you earlier, now try to come closer to you.

This is the truth of the world -

“People worship only that sun which shines. No one remembers the one which sets.”

2. Understanding the real meaning of sorrow and defeat:

The pain that a person has suffered to reach this point of success changes him completely.

Now he knows that the real defeat is not when a person falls -
The real defeat is when a person loses the courage to get up.

Earlier he used to consider every difficulty as a punishment, now he considers it a lesson.

Earlier he used to be afraid of his failures, now he knows that a big victory is hidden behind every defeat.

Earlier he used to run away from pain, now he knows that there is no greater teacher than pain.

Now his thinking has changed -

“Defeat happens only when a person stops trying.”

3. Write your own story - become an example:

When a person gets up even after falling again and again and finally achieves success, he does not win only for himself -

he becomes an example for all those who are going through darkness.

His story gives hope to those who are on the verge of giving up.

His struggles give strength to those who consider themselves weak.

His success becomes a message for those people -

"If you can get up after falling, then no one can stop you."

Now he is not just a person - he has become an inspiration.

People tell his story to others, salute his struggles, and learn from his success.

"He wrote his story from his sufferings - and now that story is changing people's lives."

Finally...

When times change and success knocks at your door again, the biggest change is in your eyes, not in the eyes of the world.

You realize that the real victory is not in the applause of others - but in the peace, you feel when you look at yourself in the mirror and smile and say:

"Yes, I did it."

That journey is not over now -

but just beginning, which can become a new path for people.

Writing this book, I have put down not just words but my feelings on paper. This journey was not just mine - it is the story of every person who has faced darkness and found their own light.

First of all, I would like to thank my readers from the bottom of my heart. Because of all of you, this book became more than a story, it became an experience. If any page of this book touched your heart, taught you something, or gave you the strength to move forward, then my writing journey was successful.

I am grateful to all the people who have accompanied me on my journey at one time or another - family, friends, and even strangers whose stories inspired me.

Finally, I am grateful to life - for its ups and downs, its pains, and its joys.

Because falling was necessary to understand the value of getting up.

Your partner,

Dhaval Kumar

And above all, my heart's deepest gratitude

To my wife - the quiet strength behind my every step, the gentle light in my darkest nights.

She has been my anchor when the storms raged, and my wings when the skies cleared.

From her, I learned that love is not just in grand gestures, but in the silent understanding, the patient waiting, and the unshaken belief in someone's dreams.

Her smile has been my sunrise, her embrace my safe harbour, and her faith in me the reason I could rise each time I fell.

If there is any beauty in my journey, it is because she walked beside me.