## A journey through feelings



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### **PREFACE**

This book is a collection of moments—some held close, others left behind. It speaks of love in its purest form, the ache of absence, and the memories that linger long after someone is gone. These words are drawn from the depths of longing and the quiet understanding that some connections never truly fade.

For those who have loved, lost, and carried the weight of remembrance—this is for you.

# ACKNOWLEDGMENT

Writing this book has been both a catharsis and a calling. To my family and friends: thank you for your unwavering support, for standing beside me through the storms of memory and the quiet of creation. To those who unknowingly inspired these words—you have left footprints on these pages, even if you never meant to.

And to my readers—you give these words a home beyond my heart. Thank you for seeing pieces of your own story within mine.

# **DEDICATION**

To the one who was my beginning and my end, whose presence shaped my world and whose absence reshaped my soul. This book is a testament to all that was and all that will never be. Wherever you are, these words will always belong to you.

Was wondering how crazy it is that God has designed 'breath' and 'heart', with the same letters engraved in each. Just like yours and mine.

In this way, the absence of *One* makes the other worthless.

### - Warmth

Twas in my own shades of "gray."

You came and showed me different shades of black.

- Sadness

We kept our nicknames the same as each other other. "Ammuu."

But you say you don't miss me when your friends and family call you by the same name. Overcoming's are hard, my dear. So don't try to win an argument.

- Ego Stories

Juant to know what extra lines she got in her palm, that she got you so easily without any efforts.

Here I am dying to make my lines correct with the "Red Inkblood", shaping my lines with a knife, to have you in my life.

- Lost Love

Tremoved my clothes in front of you.

But you removed my soul in front of everyone.

After that, I never got a chance to be myself again. The scariest part of trust.

- Saddens

Wish I were super tired every day.

So, as soon as I go to bed, I fall asleep without your thoughts.

- True Lines

Jwish my soul had subtitles; at least then, you would understand what my love is!

- Broken Life

Tow do the same words resemble both feelings?

"Happiness and Sadness."

I believed it when both feelings were given by the same person, and that was you.

- Reality Check

After you left me, I returned to my old days of sleeping between the pillows I used to sleep, not allowing anyone to touch me even while sleeping.

- Body and Soul Only for You

You randomly said that it had been a while since we met. But for me, it was 7 years, 9 months, 17 days, 38 minutes, 14 seconds, 58 nanoseconds.

- My Thoughts

After you left, I started believing in God, which I never used to.

Wishing-miracles may happen, and "we" will be back again.

- A Deeper Wish

You left pain in the place where even air can't enter, nor water can flow.

- A Dead Body Decoded Words

Zrying to find the soulmate—

Who understands my soul, not the mind, not the body, not the words, not the heart.

- Still Didn't Find One

The movie we watched together had a superb plot, exciting twists, crazy songs, and a blockbuster ending. But when I started watching again all alone, everything seemed to be different, even the subtleties.

The entire movie was in a different joner...!

- Absence of You

You are my all-time favorite mistake, my dear. and I am trying to accept it with a smile.

With time, I managed to act like I am happy.

- Healing Stories

Imples on my cheeks disappeared from the day you left a part of us and our home.

Come back, dear-my heart is still beating, Only for you..!

- The Last Notes

# Tremember my mom telling me that

Our hearts and wrists have a close connection, with sizes that may match, lines to veins, feeling held, and much more, like how we check the veins at the wrist when we fall unconscious.

If that were all true, then why would people in our hearts won't be in lines on our wrists, nor would the people in our wrists be in our hearts?

## - A Question Mark

We are like two eyelashes that never separate, together in every eyesight.

- Love

You came like autumn in my life—for a bit of time with beautiful colors, extraordinary love, a lovely climate, just like a spinning top.

In all those, I forgot that other seasons exist too, and the spinning top will rest once it is done.

A Story of Fallen Leaves That Still Hopes for the Next Spin

Why do the unsaid words end with the question mark,

"Do you really love me?

Will you be there for me?

Will you marry me?"

If said, maybe those will be the last words with 'A complete full stop.'

- A Half-Written Love Story

Someone asked me, "What is your favorite hobby?"

To make you smile!

- My Forever

Everyone is alive because of their heartbeat.

But I am alive in every beat of your heart, my dear!

- Graveyard Story

Everyone says there are seven colors in the rainbow.

But to my eyes, they are actually 14 with the mixture of each other's. This is something I can only see in your eyes each year, when the clock strikes 12 on my birthday.

### - Rare Phenomenon

You are like a tattoo on my body, totally immersed in my blood, which will be forever with me, even after death.

### - Permanent Marks

You told me that you love me with all your heart, for the rest of my life, with all the memories, love, and places—by holding my hand and listening to my heartbeat.

But you forgot to highlight the most important part—in the memories.

- Half-Burnt Soul Words

got so used to your presence that even your absence feels like you're here with me around.

- Illusions

Then you were with me, you gave me so much strength and taught me to fight for what I believed in, even against the whole world, when I was right.

But I realized that you never taught me how to deal with the war that started after you left me.

- Fights Within Me

gifted you infinite moments of love to live for the rest of our lives, whereas you gifted me an infinite moment of pain and silence to live with.

### - Learned Lessons

You never apologized, even though I have 10,000 reasons not to forgive you.

- Regret Lives

Smile and happiness are two different things.

But for me, both seem to be the same when you are around.

- Mine Forever

She: What was my mistake??
Loving you or leaving you?

He: Loving me after leaving you...!

- Nightmares

With "yours," you took away all "ours" and left me with all Ys.

- Mists of Mystery

Wish, I were the falling stars to make every wish of yours come true.

- Wishes

There I was, who used to cry while watching sad ending scenes in movies.

See where you brought me; even heartbreak seems to be normal.

- Some Stubborn Stories

**S**he: What mistake have I made?

He: Knowing that I will leave you and still loving me with all your heart.

- Selfishness Need

Who said I can forget you after that incident?

The difference is I don't remember you. And, if I remember you, it would be with all the incidents.

Yes, it's true; I was there for only you then.

- Truth

Was I too soft that you broke me into a thousand pieces, and in each piece, you left your reflection?

### - Emptiness

Want to live my life in the memoirs that we made together. But unfortunately, you killed me in those memories, my dear.

- Death Note

True definition of my happiness..!!

Is all about your presence!

- Magic

Why do we always fall for the one whose absence will make us cry rather than the one whose presence makes us happy?

- Destiny

From the day you left,

I never saw a rainbow, rain,

I never saw a sunrise, a sunset, And an orange sky.

As it was dark around me and inside me.

- Lost Story

You always gave the love you wished for.
But you forgot to give me the love I always wanted.

- Forced Love

Wish I knew the way to stop you from loving me.

But now, I don't want to learn the way to bring you back.

- Past Triggers

You prepared me for hard goodbyes.

But forgot to teach me how to leave after that.

Dear, getting away is hard, but living with the memories is even harder.

If you don't believe me, ask my nightmares.

## - Broken Pieces

Thave seen the colors of happiness
Whenever I close my eyes on your shoulder, my dear...!

In the mists of your caring and responsibilities, let me be your fragrance!

He: How much do you love me?

Me: In simple words, you're the reason for my smile.

Should I tell a secret of my heart?

Shhh!! It beats only for you and in your name.

- Secret Love

Reart - Do you want her back in your life?

Head - I want her to be happy and the happiest always.

Mind - Think of a way to get her back, not because she is happy without you, but because you are not happy without her.

Destiny - Maybe in the next life.

## - Permanent Marks

You are planning to build a new house with her.
But along the way, you overlooked the "home" we made together.

- Stone Story

He: Do you ever miss me?

Me: No, no. But I remember you in every space between my lub-dub heartbeat, my dear!!

You're the only reason I always wish to come home a little sooner from work, my dear..!!

Living like a "kid" is always a bliss. Lucky me! I have you.

#### Then vs. Now.

Then: Taking all the stuff from my shoulders as soon as I step out of school – 'Dad.'

Now: Taking all the stuff I am carrying as soon as I step out of the office – You

Then: Arranging my lunch bag and making sure I won't feel hungry – 'Mom.'

Now: Angry with me for not finishing my lunch box with heavy meeting schedules -You.

Then: Keeping 5-10 alarms to wake me up and making sure I wouldn't be late for school – 'Sister.'

Now: Waking up along with me to prepare my breakfast, even though you work from home – **You** 

Then: Making sure to stand in front of me so that no one could cross him to tease me - 'Brother.'

Now: Always behind me as a protector and teaching me to face the world – **You.** 

Then: Was scared to sleep alone - 'Me.'

Now: Always between my sleep and my dreams - You.

I can proudly say thanks for being my man, my dear.

Wanted to know how God made two bodies with one soul.

The second your heart stops beating, that is my last breath...!

- Womb Story

People tell me that I glow differently when I am truly happy.

But I don't know how; I glow differently whenever you are around me.

- Happiness

Odreamt of our togetherness in my dream today, but I know the truth –

It was just a dream that won't come true, even in dreams.

- Dreams

I opened my eyes next to you.

- Dream v/s Reality

Loving you was the only destination I had before I loved you.

But after I love you, forgetting you was the only destination you made for me!

- Regrets

Jalways wished our love of rain would end up in the river.
But you always directed our love to end up in the ocean.

# - Hopeless

You made me realize that even a broken colored pencil can be made perfect by being given a new shape, rather than leaving it as is.

- Healing Stories

Thy do people always differentiate between night and midnight?

Because it's the only time when your heart overcomes the decisions made by your mind.

Dear love, I miss you every second of the midnight.

- Sleepless Nights

There is so much of 'me' that you took away along with 'you.'

- Breakups

Your name is the synonym of my smile.

Everyone remembered my name as 'your girl' as a nickname...!

You left, but they still remember me with the same nickname, which made them easy to identify and hard for me to forget.

- Views

Thave never been tired of loving you. But you always remained silent...!

I thought I never mattered to you, and I moved on with others.

But lately, I came to know you loved me more than yourself after seeing your name in the "Donors' list" at a hospital, dated the same day as my marriage date.

Confessions are more important, dear.

- Silent Love

Without losing anything, you can't get everything you need in your life.

Even the Heaven entry asks for your life, dear!

- Forecasting

My existence has no meaning,
And that was proved by your absence...

- Waiting Heart

Being a hope for your tomorrow is the true meaning of my life.

- Happy

Your "Hello" is my biggest weakness!

- Past Stories

Heaven seems to be so small.
When you're with me, my dear..!

- Like

You – The reason why I 'smile.'

- Relationship

You don't deserve a good: Me.

- Revenge

Jon't want to be perfect; I want just "us."

- Imperfections

It's not about "me" or "you." it is about "we and us."

That's the problem, dear!

- Togetherness

You loved my body and raped my feelings.

- Reality

My love is not a guesthouse for your short visits!

- Self-respect

You made me forget how to smile, after loving you.

- Broken Life

Console her with your

"Sorry" - Even if it's not your mistake.

Comfort her with your

"Hug" - Before she feels the same.

Convince her with your

"Love" - Express before she proposes.

Confident her with your

"PRESENCE" - Give her priority over you.

- My C's of Life

Wish even my heart had a bandage facility.
But, sorry, the wounds you made need
"surgery."

# - Permanent Marks

Truly, I will erase all of our memories and feelings.

If my heart would give "permission."

# - Mind vs Heart

You hurted me so deeply.

Even if I want to forgive, my heart is whispering your words again and again.

Sorry, I am unable to cross the lines.

- Mistakes

Was wondering how people differentiate "Hell and Heaven."

Finally, understood from my side that it depends on your presence and absence.

- Love

Jdidn't know that "like" can be converted into "love" unless and until you start liking me.

And I didn't know that "love" can be converted into my "life" unless and until you start loving me.

- Infinity Love

He: How much do you love me?

Explained with an Example

She: I always gave you my window-side seat; it's not that I don't enjoy the view or like it.

It is something way beyond.

"I love you more" when you enjoy the landing and takeoff by clicking the same pictures again and again for the same destinations, just like a kid.

- Importance

You lost me the day I realized how easily you could replace my place with any person.

- Breaking Promises

 $\mathcal{I}_{\mathrm{gifted}}$  you everything you wished from -  $\infty$  to + $\infty$ .

In return, you gifted me the one I didn't ask for—from tears to sadness.

- Lost Stories

Traveled all the way from one country to another country. (28 hrs. of travel).

All the stress vanished after seeing a rose in your hands and a spark in your eyes when you saw me at the airport.

Anything for you, my dear love!

- Long Distance Love Story

You occupied the space between my

"sleep and dream."

Your signature on my dream!

- Blind Love

Jdidn't realize he was sharing the same
Snapchat stories for both of "Us," saying this was only for "you."

- Cheating

Te reacted to all the memes she shared, but he forgot to realize that those were the same memes that were shared with me when He was falling for me in the past.

### - Past Stories

Said people who leave the relationship

"first" will not feel sad.

My friend corrected me; it's not about the person who left first or second.

It's all about the person who never 'loved back' the way you loved and who will not have any feelings.

### - Corrections

Omg! He loved every girl the same way. (Same messages, same stories, same romance, same love—everything was same.)

Mad me! I thought I was different and mad enough to fall for him again and again.

### - Broken Heart

Things he took so lightly:

My caring

My concern

My heart

My love

Things he took so seriously:

Credit card bills

Falling for others

Their special days

Impressing others with the same stories

- Life

If takes time to forget the love."

Extension. "It takes a lifetime to forget them!"

- Lost Stories

You stopped our journey at "like," but how stupid I am—I imagined babies with "you."

- Breakup Stories

forgot to love myself back by loving you more than you desired.

Now, I am struggling to love myself back without you.

# - Broken Heart

The said he would be there for me.

But he forgot to specify the time.

Until he found the next girl...

- Next Chapter

**S**roken heart words. I said there was nothing before he came, and there was nothing after he left.

A hope, will you allow 'ME' to be your something.

- Healing Story

is ex begged me not to believe him. Now, every second, I regret why she didn't force me or blackmail me not to love him.

- Regrets

Thenever you upload a new picture to your profile, I used to see the things around you and secretly wish to be one of them, to be with you.

- Blind Love

You left me to live with your memories!

(Our shared cupboard, enjoying movies together, sharing a sofa, same home, car rides, trips, common friends, sharing clothes, etc.)

Oh my god! How can you move on so easily?

Here, I can't even think of replacing your clothes in our cupboard.

## - Internal Bleeding

For temporary pleasure, you left permanent peace.

- Life Stories

Anderstanding that I like a 'song' is okay,
But understanding why I like it is way beyond.

Thanks, dear, for reading my brain.

I felt anyone could understand my heart easily, but it takes a special one to understand my brain.

## - Impressive

She always wished for him to stay back.

But you never know how strongly someone is praying for him to be their life.

- Destiny Stories

Someone said caring is the first step of love.

I didn't believe it until you traveled from one state to another to see me for an hour during your busy schedule after hearing me sneeze on our morning call.

Please, dear, don't love so much; I may start believing in 'love' again.

- Efforts

Someone is eagerly waiting to share the good news 'first' with me...

And you, not even thinking of sharing the 'news', just as a random person.

- Priorities

Jasked, "When do you love me the most?" (Dressed well, cooking, caring, dancing, singing, etc.) I begged him to give me at least one specific reason.

With a low voice, he replied,

"In the mornings, with your half-open eyes, messed-up hair, unbrushed teeth, yawning face, crackling with the blanket towards me and hugging me tight, begging for an extra five minutes of sleep, dragging me to sleep beside you.

Those mornings, every minute, I fell in love with you again and again."

- Simple Things

You lived very happily when you were with me. Actually, you forgot that we spent years together.

But somehow now, you're trying to act very hard so that you can live happily without me.

But in reality, you're struggling to pass a single day, and I came to know through our common friends.

- Known Reality V/s Ego

Just give me one more reason to hate you.

Promise, I will never come back to you again.

- Reasons to Leave You

Treally want to forget you. I am trying really, really hard, and I will definitely one day!

But when I type 'Love' on my phone, it automatically appears with your name as the next word.

After all, a non-living thing has stored you that much. I am a "Human", dear! It will take time.

Even if I disabled the autocorrection, muscle memory still exists with your name.

- Auto-Correction Things

You lost me, I didn't...

- Self-Respect

Care of my happiness-your presence.

- Relationship

Only the date and time change in our love story; everything else remains the same.

- Love Forever

You realized..! But it's too late to forgive you!

- Responsibilities

Scan handle myself pretty well,

Extension, when everyone is around.

- Untold Truth

**B**efore I met him, I was completely fine and normal.

But after meeting you, everything seemed to be smiling and happy.

Even wounds started to heal.

- Present Stories

You are "happily together" with her.

Because I did not reveal "our togetherness story" to her.

- Misty of Love Still Exists

Twish he knew that I could never get over him.

- Pain of Life

An affair with your 'voice'.

In love with you for a lifetime..!

- Music Love

Your smiles are my strength and hope.
Your happiness is in every single line of my palm.

- Predictions

His question and her smile decided their happy future.

- Love

Apology accepted; trust denied.

- Mind V/s Heart

Zhanks for letting me go...

You don't deserve me; love won't stand on second choice, my dear...!

- Trust

He never asked me to stay.

But he blamed me every single time for letting him go.

- Sad Reality

Celebrate with the one who makes you feel like it's worth a 'celebration.'

- Mad Love

You came into my life like,

The child found the last piece of a puzzle.

- You Completed Me

You labeled my love as "lust."

- Misunderstandings

On my birthday, I got many gifts.

But my favorite was a letter posted from '45678 km' away.

- Distance Stories

The doctor asked me when I had last slept without waking up in the middle of the night.

My reply: The last night, when we were together, without me knowing that tomorrow would be the last day with you.

- Sad Endings

Coday, you blocked me on Instagram, Facebook, Snapchat, Twitter, WhatsApp, and whatnot.

But years later, your kids will surely search for me with the same name as there's, after knowing our story, dear.

- Realization

If that's you, my ego will take a back seat.

- Importance

Sknow everyone loves my "presence."

But, destiny, I love the one who loves my "absence."

- Breakup Story

One of my friends randomly asked me what my favorite song is.

My reply: Anything and everything from the playlist he has

My reply: Anything and everything from the playlist he has shared.

- Acceptance

Was crying on the shoulder of the person who loves me. And crying for the one whom I love.

- One-Sided Love

Preaming of a queen's life that exists even in today's world while reading a "A Princess" story.

But all your love showed me that I am worthy of dreaming too.

- Poor Girl Love Story

Excess of anything is the key to lose everything.

- Life Story

Everyone said, "Time will heal."

Sorry, wrong quote. "You need time to heal."

- Corrections

You are the reason why I do not have any bad days in my life.

- Kids Story

Thave to become bad in your story and accept it because I want "you" to be good in your story.

- Forever Love

Wish to be your wife in my next life to feel your unconditional love again.

- My Last 5 Seconds Wish

Tam just finding a place where the thought of 'You' won't exist.

But I wonder whether that place exists in reality or not. Your name and presence, even in dreams...

- A Lonely Mind

To return your love, I need one more life, dear.

- My Broken Story

For everyone, the melting point is 32°F; for me, it's your tears, my dear!

- Melting Stories

One day, a genie asked us to make a wish for both of us.

After hearing the wishes from both of us, the genie replied that no two wishes should be the same.

His corrected wish: Let her leave this world before me, because no one else can take care of and love her as well as I.

Mine: Let my breath be his too. Because no one else can replace my absence in his life.

Genie accepted.

Together and Happy Forever.

Jalways wished to be the "One" whom he wished for.

- Secret Love

Got a call after years of breakup. But his silence after the "hello..."

It reminded me of everything that I thought I had forgotten and moved on from.

## - Reminders

Rehearsing for the 1008th time how to propose to him—Made me fall in love without your acceptance.

- Mad Love

The worst signature I ever kept was on the wedding registration paper.

After that day, I haven't found my original one, which was not included with your surname.

## - Wrong Love

Unless and until the air touches and passes through you, I can't "accept" it as my breath.

- Life Love

Ter picture, which he took, was saved with his name.

Read twice for Deeper meaning.

- Roles changed.

Is that true?

The person who comes into our dreams might also be dreaming about us!

I started believing after exchanging our words, my dear love.

Afraid to lose you. But sometimes I wonder, "Are you meant for me in this life?"

- Scariest Lines

Let my life need all your smiles to live, my dear.

y carpet of joy and happiness lies in your presence.

Same pinch – happiness and me, when you're around.

Twant to freeze time whenever I am with you, my dear!!

If the heart is mine, how come it beats on your name?

If sleep is mine, how come it beats on your name?

If my name is mine, how come dreams are on your name?

If my name is mine, how come people remember me by your name?

- Unfair Love Story

You always wanted him to be in your place to feel the pain after the breakup.

But you never wanted him to love someone else more than himself, to feel so.

- Selfish Love

Can feel heaven on earth when you hug me back!

Tappiness will be jealous whenever I am with you!

Sometimes, a new beginning is much better than a happy ending.

- Validation

Tappiest days are those with unanswered smiles.

- Pretending

Note: Stop fighting against reality.

Start believing that he will leave you either today or tomorrow.

- Reality Check

(y type of love and like.

Defines "L" in my Life—and that's you.

Barking out at those happy times in silence.

- Your Absence

If eyebrows are mine, vision is also mine.

If eyebrows are mine, eyelashes are also mine.

Then how can my 'tears' be on your name?

- Breakups

You and I are the two edges of my smile.
Without you, I can't even make a single smile.

- Need for Life

Wish your name would be on the wedding card.
But you wished to be in my secret password.

- In Next Life

Concliness is the only place where I can be with you – Your thoughts, your words, your smiles, your naughtiness, your habits, your complaints, your smell, your handwriting, your gifts, your love—each and everything in your name..!

My loneliness is all about your presence..!

## - Memories

Tried writing my story without you,

But every sentence still spelled out your presence.

- Bleeding Story

The hardest part I was thinking about, Is leaving you or forgetting you.

But reality hits differently, The hardest part is imagining you..!!

- All About You & Me

## THANK YOU

To every reader who has turned these pages and felt the emotions woven into each word, thank you. Your time, your thoughts, and your connection to this book mean everything.

May these words stay with you, bringing comfort, reflection, and a sense of belonging.

With gratitude,

- Ms. Gavulla Raga Pranitha Reddy



If you liked this book, feel free to reach out to me on Instagram at @pranupintu. I'd love to hear your thoughts!