

Healing the Heart, Living Again
5 Techniques to Recover From Heartbreak,
Regain Inner Peace, and Trust Love Again

by
Keff Vidala



TRAUMSAMMLER
V E R L A G

KEFF VIDALA

HEALING THE HEART, LIVING AGAIN

5 Techniques to Recover From
Heartbreak, Regain Inner
Peace, and Trust Love Again



TRAUMSAMMLER
VERLAG

Updated and expanded edition published by Traumsammler Verlag

2nd Edition, 2026
© 2018 Keff Vidala

First published by Books on Demand, Norderstedt
Cover design and typesetting: Wolkenart Media Design,
www.wolkenart.com

Printing and binding: Bookmundo Netherlands and Amazon
ISBN: 978-3-911821-22-3

Imprint
Traumsammler Verlag
Kerfala Vidala
Grazer Straße 29
63073 Offenbach
Germany

For questions or feedback:
info@traumsammlerverlag.de

INHALT

THE FIVE ROOMS	13
ROOM 1 - <i>Soul Pain</i>.....	22
THE HEALING	34
THE EXIT	62
 ROOM 2 - <i>Emotional Numbness</i>.....	 65
THE HEALING	72
THE EXIT	99
 ROOM 3 - <i>Healing</i>.....	 100
THE HEALING	105
THE EXIT	131
 ROOM 4 - <i>Emotional Depth</i>	 133
THE HEALING	143
THE EXIT	162
 ROOM 5 - <i>Inner Peace</i>	 164
THE FINAL HEALING	175
THE EXIT	194
 AFTERWORD	 195
ONE LAST REQUEST	197

PREFACE

If someone had told me years ago that I would one day write a book about heartbreak, I would have called them crazy. That reaction makes sense. I'm not a psychologist. I never studied anything like that. To be honest with you, I didn't go to university at all. I did an apprenticeship in business and finished with average grades. Nothing special. So you might be asking yourself a fair question:

“How can you claim that your book can really help people deal with heartbreak, when there are already so many guides and psychology books out there?”

Here is my answer. I lived through what I write about. And I'm not talking about a simple kind of pain like, “My girlfriend lied to me and I felt sad.” As a child, I went through emotional and physical abuse. Those experiences damaged my self-worth early in life. I started to see myself as someone who was not good enough. Someone who would never be enough for another person. That feeling stayed with me for years. It shaped the way I saw myself. At 18, I experienced love for the first time. For the first time, I felt wanted. I felt accepted for who I was. Just a few months later, I found out she

had been cheating on me the whole time. I was mentally and emotionally broken. It took me a long time to recover. About a year later, I met another woman. Her name was Sophie.

She gave me hope again. She was a light in a very dark time. We shared beautiful moments. For the first time in a long while, I felt at home again. It felt like I had finally found where I belonged. But only one month after we officially became a couple, she was murdered by her ex-boyfriend out of extreme jealousy.

That moment destroyed everything. It felt like something inside me broke in a way I can't fully describe. A deep crack ran through my heart. I was dealing with intense heartbreak. The kind that doesn't seem to end. During that time, I noticed three things very clearly. First, my mind would not rest. I kept thinking about her all the time. Memories showed up everywhere. In music, in the streets, in the middle of the night. Second, my body changed. I slept badly. I felt tired all the time. I started to doubt my own worth again. Third, there was a deep emptiness inside me. Things that once made me happy meant nothing anymore. I pulled away from people. I felt lost within myself. Maybe you recognize some of these feelings.

Maybe you're holding this book right now because you're going through something similar.

So let's come back to your question: How can I say that my method works, when there are so many other books out there? My answer is simple. I didn't just wri-

te about heartbreak. I lived it. The loss. The emptiness. The nights when my mind would not stop. The days when I barely had the strength to get up. This book was born from that pain.

But I want to be honest with you. Writing this book was, at first, a way to save myself.

I wanted to heal. I wanted to pull myself out of that pain. When I started writing, I didn't even believe that anyone could understand what I was going through. Then I received hundreds of messages on Instagram. People wrote things like: "I feel you, Keff. I went through the same thing." Or: "I'm going through this right now."

Those messages changed something in me. They showed me that this pain is not just mine.

They also showed me that this book matters. Because despite everything that happened to me, I found a way out. I grabbed the rope and pulled myself up. Slowly. With all the strength I had left. Until one day, exhausted and worn out, I saw light again. I won't lie to you.

It was a hard fight. A very hard one. It took me four years.

"Four years? Are you saying it will take me that long to heal?"

No. It doesn't have to take years for you. But I want to give you something real in this book.

No sugar-coated words. No empty promises. Only the

truth. Telling you that you'll feel better in two weeks or one month would not be honest. It would be a lie. Healing takes time. And it's different for everyone. It depends on things like your age, your life situation, and how deep the relationship was. Some people need to get hurt more than once before they truly let go. Of course, it would be easier to fall in love again right away. It would be easier to jump into a new relationship just to avoid the pain. But how can you grow stronger if you keep placing your happiness in someone else's hands?

“What can I expect from this book, Keff?”

This book will not only help you understand why the pain feels so intense. It will also show you, step by step, what you can do about it. You will find personal texts and quotes in this book. All of them come from me. They are the words I once wanted to say to the people I loved. The ones who broke my heart. They are also the words I used to hold myself together when I felt completely alone. Some of these lines were written on nights when the pain was so strong, I wanted to scream it out into the dark. And in the end, some of these words helped me survive. Over time, I realized something important. When you truly understand your pain and allow yourself to feel it, healing begins. For your mind. And for your body. In the pages of this book, I allowed my pain to exist. I wrote it down. So that you can learn to do the same.

The worry and emptiness you feel right now are not a disaster. They are a turning point. A chance to get to know yourself better and grow from within. Right now, something new begins. The way back to yourself. If you are in the middle of heartbreak, feeling hopeless, or even going through a depressive phase, these words may not feel true to you. They may even feel like a lie. That's okay. Doubt is part of the healing process. You bought this book because you are ready to move your life in a new direction. I respect that. But I also need to be honest with you. This path will not be easy. Depending on how much pain you carry, it will cost you tears. A lot of them. It can feel like standing in a 25-story building with a broken elevator.

The way up is hard. Sometimes painful. But don't forget this: I am only your guide.

You have to take the steps yourself. You will learn how to deal with pain, anger, sadness, guilt, and fear. And there is one more thing that matters. If your pain feels overwhelming, don't be afraid to get professional help. There are moments when a doctor or a therapist can truly support you.

For example:

- If you have thoughts of ending your life
- If you feel so exhausted that you can't function in your daily life
- If you have no one to talk to and feel completely alone

- Everything I share in this book comes from my own experience.

But we are all different. So it's possible that my method or my way of writing may not work for you. Maybe you've read this far and feel like you don't want to continue.

That's okay too. No book can help everyone. Maybe this approach is not for you. But I ask you one thing. Don't let this book collect dust. Give it to someone who is going through heartbreak. Maybe it will help them more than it helped you. Or simply take what speaks to you. The words. The thoughts. The poetry. If you are a man reading this:

Many of my words are written with women in mind. Not because this book is only for women. But because most of my readers are women, and it helps me stay clear in my writing. Don't let that confuse you. My words are for anyone who is going through heartbreak. Now, enough of the introduction. Your journey starts here. I want you to take your life back.

And find real love again. You deserve to be happy. For the nights you fell asleep in tears.

For the days you don't know how to let go. For the moments you feel like you're not enough.

You are not alone.

You never were.

THE FIVE ROOMS

In this book, you will enter five rooms. Each room represents a phase you may go through on your path through heartbreak. In some rooms, you will stay only for a short time.

Others may stay with you longer. It depends on how deeply you see yourself in them. You may also find yourself moving back. From room three back to room two, for example.

That only means you are not ready for the next step yet. That's okay. Healing rarely moves in a straight line. If you are dealing with heartbreak or going through a depressive phase caused by a breakup or unreturned love, start with room one. As mentioned in the preface, this book also includes poems, reflections, and quotes. Many of these texts were written during times of pain, loss, healing, and hope. They are deeply personal. Some of them have never been shared before. A few are even very intimate letters, written in moments of deep pain. In these rooms, you will slowly get to know yourself better. You will begin to understand how pain forms in your heart and why it can stay for so long.

Questions like:

"Why is it so hard to let go?"

"How do I get over heartbreak?"

"How do I find my way back to a happy life?"

These questions will be answered step by step in the

chapters ahead. I know that right now, you may not have the strength for this journey. But if you truly want to understand your pain, you need to understand where it comes from. Why it only touches some people for a short time, while it stays with others for much longer. This understanding will help you see yourself more clearly. And maybe one day, it will help you understand others too. These five rooms will stay with you for days, weeks, or even months. In some of them, you may feel stuck. Like you will never get out. But if you truly want to, you will find your way through.

I believe in you.

Not everyone will go through all five rooms. Some people go back to their ex.

Not because they realized it was right, but because the pain of being left and the feeling of loneliness became too much. They give up on themselves and return to a relationship that is not good for them. They think: “I would rather risk being hurt again than feel this pain every day.” Others don’t recover for a long time. Some don’t want help at all. Their life starts to revolve around one thing: the fear of loss. This fear can lead to serious consequences. I know people who turned to alcohol. Others depended on pills just to get through the day. Some escaped into nightlife. And some reached a point where they saw no way out except ending their life. All of them missed one thing:

Giving themselves a real chance.

Before you enter these rooms, I want to ask you for one thing. Please don't send me relationship questions on Instagram or by email while reading this book. This book was written so I can speak to you directly. Now take a deep breath in. And slowly breathe out.

I'm going to show you the rooms now.

ROOM 1

Soul Pain – When It Hit, Your Heart Burned

This is the first room. And also the hardest. In this room, you will face your pain, your anger, and your guilt. You will cry. A lot. But this place helps you release the first pressure from your heart, before we go deeper into the real inner work in the next room. In Room 1, you have lost someone you loved deeply. And you don't want to accept it. A part of you still hopes for a second chance. You still believe you might find your way back to each other. Maybe you walk through certain streets, hoping to run into them by chance. Maybe you keep checking their Instagram or Facebook. You look at who likes their posts, trying to see if there is someone new in their life. Maybe you're not even ready to tell your friends that it's over. Deep

down, you still hope they will realize that you belong together.

Right?

On some days, you feel anger. Maybe even hate. On other days, you feel nothing but deep sadness. And a part of you believes that only one thing can end this pain: Getting back together. This is Room 1.

And as painful as it is,
it's only the beginning.

ROOM 2

*Emotional Numbness – When They Left, Your Heart
Turned to Ash*

In this room, your emotions go up and down. You feel empty. You feel helpless. Your belief in men, and maybe even in love itself, starts to break. You may think: There are only the wrong people out there. I will never be happy again. Slowly, doubt begins to grow inside you. You ask yourself: Was I not attractive enough? Did I not give enough? These thoughts come more often now: I'm not good enough for a relationship. I'm not good enough for love. Fear starts to rise too. The fear of not being able to handle life on your own. And then something else appears. Anger. A deep, burning anger.

Sometimes, you wish they would feel the same pain you feel. Maybe you even imagine something bad happening to them. An accident. Or anything that would make them feel what you feel. And yet, there is still a small piece of hope. You text them again. Maybe one last time. But nothing changes. Then you think: Who do they even think they are? I don't need someone like that. But then something else happens. Maybe they suddenly like one of your posts. Maybe they even text you again.

Maybe they come close to you again, only to tell you later that it still won't work. And in that moment, you lose yourself a little more. Your feelings become more and more confusing. Anger. Pain. Longing. The urge for revenge. And a part of you might even think: I will make your life hell. No one walks away from me like that.

This phase is filled with anger, disappointment, and wounded pride.

This is Room 2.

ROOM 3

Healing – You Find Your Heart Again

You have let go of the hope of getting back together. And even if that thought feels painful at first, something new begins right here. After all the pain, anger,

and despair, you slowly start to see that life has more to offer than a relationship with your ex. The need for revenge begins to fade. The anger slowly softens. Not overnight. Not all at once. But step by step. You begin to reconnect with life again. You go out more. You take better care of yourself.

Maybe you try a new style. You join a gym. You go on a trip again. With friends. Or even on your own. And suddenly, there are moments when you don't think about them. Just for a few minutes. Maybe for an hour. But those moments are real. Fresh air, new places, and new experiences slowly bring you back to life. You're not just functioning anymore.

Not just getting through the day. You're starting to live again. And slowly, you begin to like yourself again. Maybe carefully. Maybe with some doubt. But something inside you is becoming softer again. Sometimes, memories still catch you off guard.

A song.

A smell.

A street.

A date.

And suddenly, the pain is back. But it doesn't stay as long as it used to. It doesn't take over completely anymore. The healing process has begun. For the first time, you feel it: You are coming back to yourself.

This is Room 3.

ROOM 4

Emotional Depth – You Repair Your Heart and Bring Back Its Warmth

You now see that the breakup was not just a loss. It was also a turning point. Maybe it wasn't the outcome you wanted. But deep inside, you begin to understand that this relationship was not good for you. And that without them, you are not just surviving. You are becoming freer. This breakup made you stronger. Not without tears. But it forced you to face the truth. You have grown. You see things differently now. You understand better what matters to you in a relationship. You know what kind of values a person should have to truly fit your life.

And you feel more clearly what kind of love you will never accept again. You become aware of the kind of partner you want by your side. But even more important: You become aware of the kind of person you want to be. For the first time in a long time, you feel in control of your life again. You can choose. You can choose to stay on your own for a while.

Or you can choose to open yourself to someone new. And that is the difference now. You are no longer choosing out of fear of being alone. You are no longer searching to fill a void.

You are choosing from strength. Maybe you still feel fear.

Maybe you are still careful. But you are no longer lost. You are closer to yourself again. And maybe for the first time in your life, you realize this: Healing does not mean becoming who you used to be. Healing means becoming someone who no longer abandons themselves.

You are happy again. And now, you are ready for the final room.

ROOM 5

Inner Peace – Your Heart Beats Again and Shines in a Way You Once Thought Was Impossible

In this room, you find inner peace. A deep sense of calm. Not the kind that comes from everything suddenly being perfect. But the kind that grows when you stop fighting your pain and start to truly understand yourself. You begin to see life differently. You feel more aware. More grounded. You make decisions with more clarity. Things that once threw you off balance lose their power over you. You learn to say no. You understand what is good for you and what is not. You no longer stay in places out of fear of being left again. With time, you also begin to understand what love really means.

You no longer confuse longing with love. You no longer confuse dependency with closeness. And you no