

ALIGNED

Lead with Love, Live with Intention

CHAPTER ONE

Grieving a Ghost – The Person You’re Mourning Never Existed

You hear the dreaded words, your stomach falls through the floor. Your chest starts to tighten, you stop listening, trying to process what is actually happening. Everything in your body becomes hollow and you feel the tears rushing to exit your eyes. While the tears fall, everything loses energy, and it feels like the world just came crashing down right on top of you.

The hardest part of a relationship. When we get into them, we never think about the inevitable until it arrives. The person we are imagining a future with, ready to walk through life with... is gone in the snap of a finger.

The person you got to know made you feel special. You saw a spark, and now you’re dreaming about a future together. Then they ghost you. That heartbreak is grieving what you thought was going to be – so understand: we are not grieving the loss of the person.

You’re not missing them, you’re missing the version you made in your head. You’re not missing them, you’re missing the future you built inside your own mind. You’re not missing them, you’re missing the way you felt thinking it was true love. In reality, it was never them.

Thank you for reading the opening of Aligned. The full book is in progress – I’d love to have you along for the rest of it.

– Blake Cody · blakecody.com