

Chat Example: Heartbreak - Woman

COACH 3:04:04 am
Hi Melody

MELODY 3:04:12 am
Hi Coach

COACH 3:04:21 am
I see your topic and I'm here for you

MELODY 3:04:27 am
thank you so much

COACH 3:04:39 am
you're welcome
what is causing your heartbreak?

MELODY 3:05:29 am
I was (still am) in love with a guy, who also was my best friend. I have known him for the last 4 years, I was in love from the first moment. We were friends and i confessed many times my feelings to him. He kept rejecting me but I still came back saying that I can try to be his friend and not feel anything else nothing more. but unfortunately, i wasn't able to get over him. all this time. We had a discussion the other day and I got mad. i didn't act right. We got into a fight and he confessed that he likes someone else. I sort of lost it i started crying i basically had a breakdown. Then he said he doesn't trust me anymore and anyways we said a lot of hurtful things. were both christian. i know what happened wasn't oCoach. I told him I think its better we cut connection. Because I really don't know how to deal with my emotions. they're so strong

COACH 3:08:24 am
Oh no, it sounds awful the way it ended

MELODY 3:09:31 am
I know... right now I really don't know what to do. I don't know what God's will is. If I stay close to him I will still be hurting. The thought that he loves someone else, that he doesn't like me back breaks my heart. I know its bad but I get jealous. i cant stand seeing him with someone else

COACH 3:09:59 am

That's very hard

MELODY 3:10:08 am

I want him to be happy. But I feel like my heart is torn. I feel like im dying.

COACH 3:10:53 am

I was interested in a guy for a long time and he wasn't interested, but it ended when I gave up... I'm so sorry that it was so dramatic in your situation... that probably makes it even harder when those hurtful words were said.

MELODY 3:11:49 am

I know it sounds silly, but I am so hurt I have stopped believing that God has anyone for me. And part of me wants no one else.

I dont want to be forever single, i cant stand the loneliness i feel sometime. but i feel as if there is no escape

COACH 3:13:07 am ()

It's not silly, we're made for close relationships and it hurts when we go through separation

when you have feelings for someone, it takes time to move on

MELODY 3:13:40 am

i know.

We are at the same church. I have to see his face everytime he comes

I know what im saying is bad, but i wish we werent

i dont know how to deal with this. each time i see it it hurts

i see him*

And I keep imagining that he will get married to this girl, he will bring her to church, and they will hold hands. i don't know how to deal with it. its too much.

COACH 3:15:20 am

I can imagine :(

MELODY 3:15:52 am

I should have guarded my heart. I didn't and now I'm broken :(

COACH 3:16:35 am ()

Well, I believe you will not always be lonely, I believe you will find someone, even though right now your heart is still with this guy and you are not ready to think of being with someone else... but you can trust God's leading in your life

MELODY 3:16:55 am

Yes...

How should i deal with this pain?

what if everything i fear happens. And I'm not ready to handle it?

COACH 3:19:09 am

Well, church is a place where you grow closer to God and encourage other believers, but if you are so distracted because of this situation, you might need to take a break and go to a different church for a while.

MELODY 3:20:10 am

well, he is studying abroad currently, he will probably be back at November. So i wont be seeing him for the next two months. I guess that's a good thing

COACH 3:20:29 am

Yes, that gives you a little time

MELODY 3:21:09 am

You know it always happens. I manage to be alright when he's gone for a while and then he comes back and all my feelings return tenfold i wish i couldn't feel anything. I actually never want to fall in love again

COACH 3:21:44 am

I'm so sorry you're feeling this way

So, is there another church you can go to? that way you can focus on your relationship with God without distractions

MELODY 3:23:12 am

Well, where i am there isnt. At least one with sound doctrine. I cant change my church. Unless i move to another place. But i cant really do that currently. I guess i have no choice but to push through. Even if i feel so much pain

and i pray that God is able to delete him from my heart

he wants to be my friend but i cant. i tried and failed. How can i be his friend? i don't know how. I cant change my feelings for him friends arent in love with each other.. :(

COACH 3:25:01 am

Yes, true

MELODY 3:25:16 am

how did you get over that guy you liked?

how long did you knew him and how long did it take?

COACH 3:28:16 am ()

I liked him for 4 years, but he wasn't interested in me (except for just a short time) and there came a time when I realized it just wasn't going to work out, so I gave up and let God lead me to the right person... then I met my now-husband and that helped me forget the other guy.

MELODY 3:28:40 am

Thats great... im happy for you <3

COACH 3:28:44 am

Thank you

MELODY 3:29:05 am

What if i dont meet anyone else though? And i just suffer every single day?

COACH 3:29:47 am

There's a lot of uncertainty in life but we have to trust God to lead us of course, even though we trust in God's leading, it's fine to look for someone to marry, if you can meet more people in some way

MELODY 3:31:58 am

To be honest i don't really meet a lot of people. However, i know that the problem is with me. I am so heartbroken that i cant see anything good now. I hope God can heal me soon so i can be a better person
I never had anyone to truly love me. Sometimes i feel like i dont deserve love. So i dont know if ill ever find anyone
i guess only God loves me..

COACH 3:33:22 am

I'm sorry you've never felt loved
it's good you believe God's love for you
and I will pray that He helps you through this

MELODY 3:34:27 am

Thank you so much Coach, God bless you <3

COACH 3:34:38 am

thank you

before you go...

I just want to ask, how did you come to faith in Jesus?

MELODY 3:37:29 am

When i was 17, i was very depressed. I wanted to die. I was on antidepressants and other drugs. Then i met a man who talked to me about Jesus. He is my current pastor. He said that Jesus will cure me. And i couldn't believe it. I said "OK, he can try". Honestly i was so broken. And i felt as if no one can help me. I had chronic depression. Since i was 11 years old. After i came to church and heard the word of God i saw my life starting to change. And slowly it became better. Now i am sad sometimes. But I'm not depressed. Its a huge difference. You have no idea how bad i was. To be honest i had such a strong faith. And the last years i drifted away from God. Maybe that's why i wasn't able to guard my heart. Because i wasn't really reading his word or praying. I don't like the person i have become. I want to be again 17. I want my faith to be strong i am 24 btw now. God was with me all these years. But i haven't really improved the way i wanted to. Sometimes i believe i have become worst. I need to find a way to come closer to God.

COACH 3:39:22 am

Thank you for sharing
That's an amazing testimony

MELODY 3:40:05 am

No problem. Thanks for listening to me

COACH 3:40:14 am

Jesus said the one who follows Him would never walk in darkness (John 8:12)

You're welcome, and if you'd like, I can share a list of ways to pray...

MELODY 3:40:55 am

sure :)

COACH 3:41:28 am

Ok here it is:

(1) Pray the Lord's prayer, applying it to your life and people you know- Matthew 6:9-13, (2) confess sins- Proverbs 28:13, (3) pray for others- mostly for their relationship with God- 1 Timothy 2:1-4, (4) worship God with music- Psalm 100, (5) surrender to His leading in your life and ask Him to take full control for whatever He knows is best for you- Matthew 10:39, (6) ask to be filled with His Spirit - Ephesians 3:19, 5:18, (7) Pray for your own needs, and say exactly what is on your heart- Psalm 62:8, (8) Be thankful for things in your life now & what He has done for you in the past;

remember God how He has worked throughout history - Psalm 100, Psalm 107.

Make sure you set a time every day for prayer, worship, and surrender... that way you'll be consistent

MELODY 3:42:42 am

thank you so much for your advice Coach >3
and for your prayers.

please dont forget to pray for me
it was very nice talking to you
it made me feel much better

COACH 3:43:36 am ()

You're welcome, and sure, I will remember to pray

MELODY 3:43:44 am

thank you <3
bye :)

COACH 3:44:00 am

you're welcome, bye Melody :)
God bless you

MELODY 3:44:21 am

God bless you too Coach, you and your whl
whole family *
<3
bye <3