

WHAT  
A TIME  
TO  
BE  
ALONE

THE SLUMFLOWER'S  
GUIDE TO WHY YOU ARE  
ALREADY ENOUGH

CHIDERA EGGERUE



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quadrille



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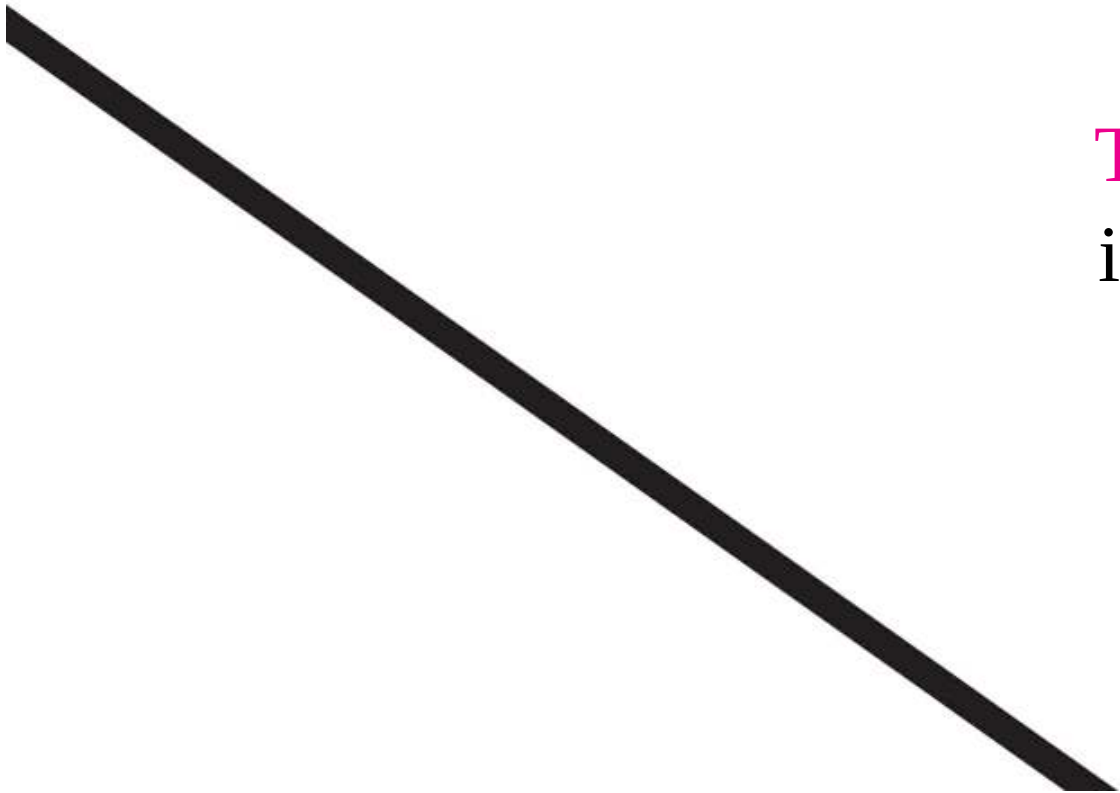
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To n  
inten



What A Time

Alone is a bc

recovering

It's here to

that no matter

you find yourself

you will ALWA

face your truth

You're not a

not crazy. Y

are valid and

make peace

all of them.

This book has

divided into

important s

you.

is all about evaluating your self-worth, taking your time to heal  
and knowing how to handle yourself better in this messy world.



em



is less about you



other people can  
don't know how  
also about understand  
protecting themselves  
matter how aggressive



allows you to

toxicity, shows

productive re



YOU.

YOU.

YOU.

YOU.

YOU.



YOU.

YOU.

YOU.

YOU.

YOU.











AR

SUPPOS

TO

BE

HERE.

You might be lost, you might  
like it lacks meaning, but you'  
aren't doing as well as you th  
everyone around you looks  
world seems to be moving fa  
just remember, you're still pu

Loads of people (including y  
have an extreme case of butte  
handling important things li  
you borrowed from your mate,  
conversations but you're still



## FIRST THINGS FIRST:

Allowing other people to be  
from the responsibility of lo  
everyone, but it should be a  
disaster. Nobody is ever goin  
shaped hole for you. No, not  
have inside that deeply crave  
It just won't work. You've got  
to support yourself emotionally

company of someone else.  
vain or conceited as long as  
The world loves to paint conf  
to be confident means to be  
world built on a multi-billion-  
you aren't doing you 'right'.  
the rest will follow.

SAVE

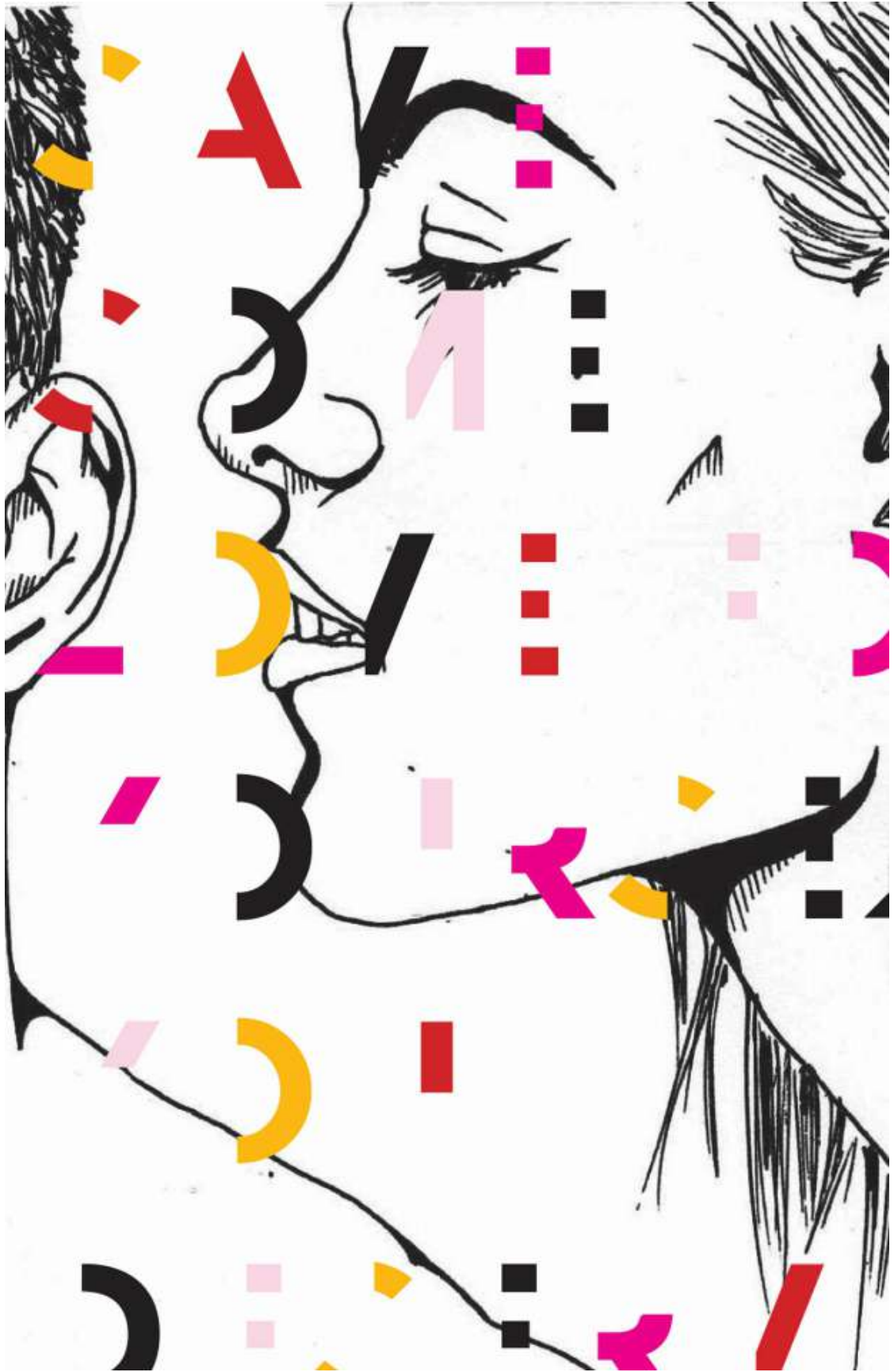
SOME

FOR

YOURSELF

YOU

DESERVE







TRY  
TO NOT  
BE  
A  
PRICK.



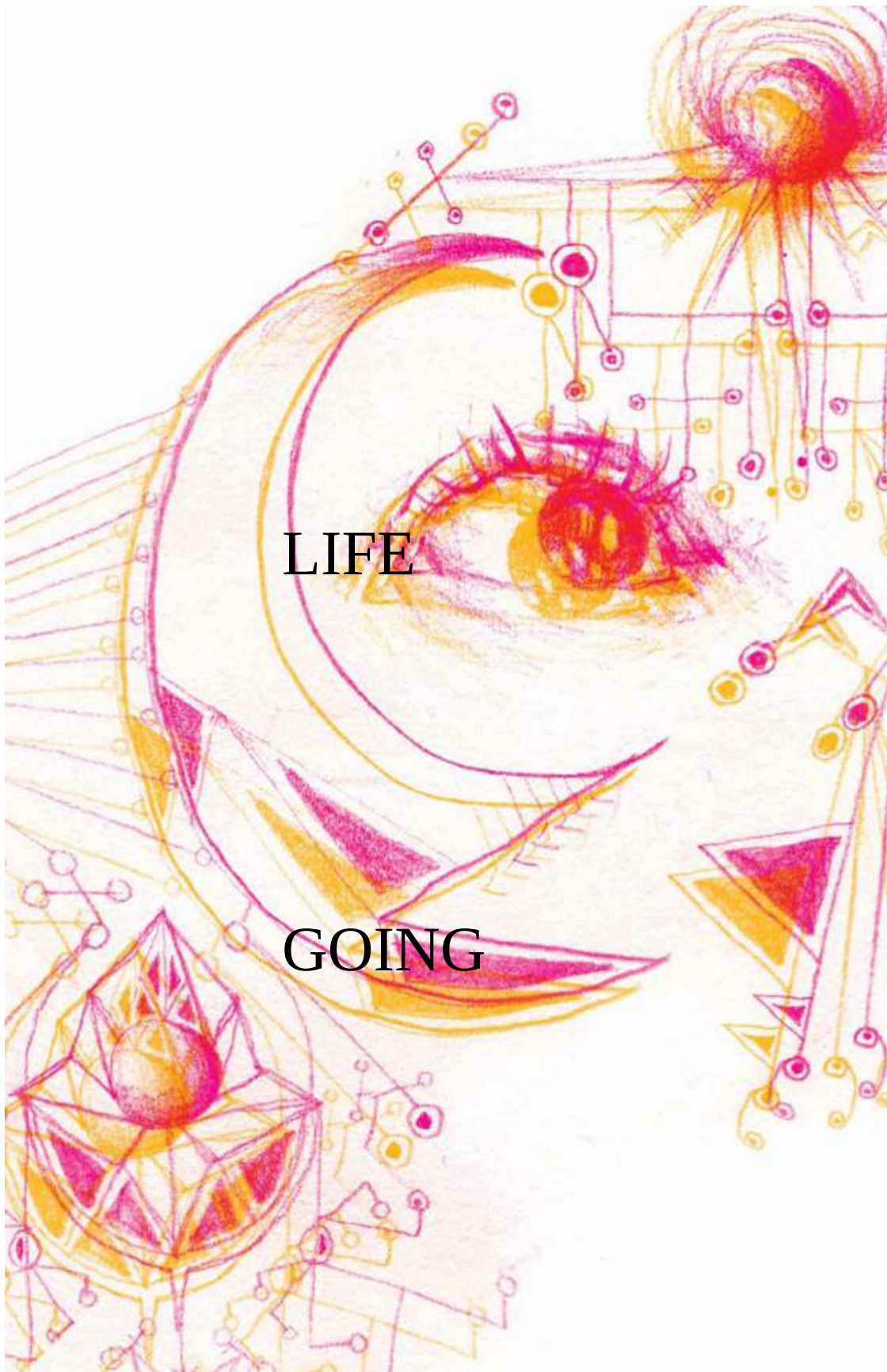
Human beings have been designed  
brutal, sad reality. It's a pretty  
once you finally come to terms  
as hard anymore.

The thing about human beings  
way we feel about ourselves,  
even realise it. This is why it's  
not internalise the way people  
you're one of those SUPER- S  
dies a little more inside every  
of your kindness, or pretty mu  
whenever they feel like it, you'  
nothing is ever really that pers  
reflection of how that person

someone decides to be a prick  
with the emotional turmoil. J  
fighting an even bigger battle

If in doubt, it's always wise to  
truly loves their self allows the  
onto another human being.  
than this, my friend.

Having said that, we all carry  
time to time, especially to peo  
creates room for us to take f  
you love them more often. An



LIFE

GOING

TO

K

YOU

IN

THE

BALLS

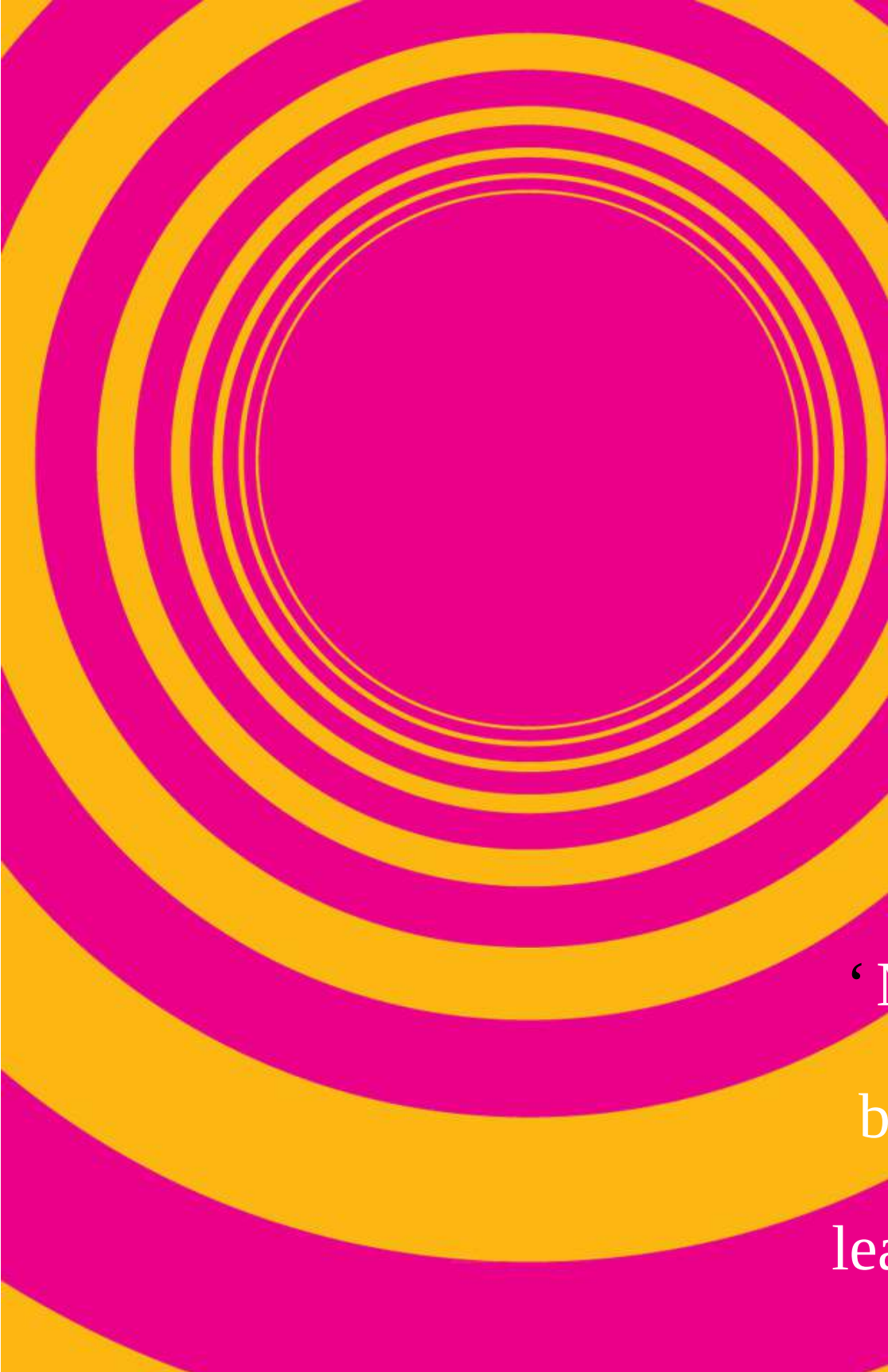






Healing hurts. Being kicked  
Being ignored hurts. Sometimes  
hurts and you don't know v  
always taught: if you want  
don't touch it! Why? Because  
to scratch that painfully itch  
it feels to ask that question  
like the answer to, it only pro  
process because you're shifti  
place. Apply this to recovery  
event and notice the similarities  
done each time you revisit  
you had had control over, tl  
yourself for being 'stupid'. I  
reach a point where you don

hurts more: the trauma or  
yourself. The thing about he  
There will be times where y  
will be times where you'll be  
will even be times where you  
psychoanalysing every possib  
that led up to the event itself.  
You're human. Analysis, regre  
are just as important as acce  
and forgetting. Every stage  
matter how painful, matters.  
do want to grow past the pa  
the wound and just trust tha  
day. Everything you feel, no  
shallow, is temporary. If you  
slipping back into despair,  
what Alan Watts says:



‘I

b

lea



DON

FOCUS

TRYING

TO









**ONYE SI A  
CHA YA ISHI A  
CHARA JOHN:  
O KWAKWARA  
ISHI JOHN  
KWARA?**





**translation**  
he who is asking for the  
same haircut as John:  
does he have the same  
shaped head as John?





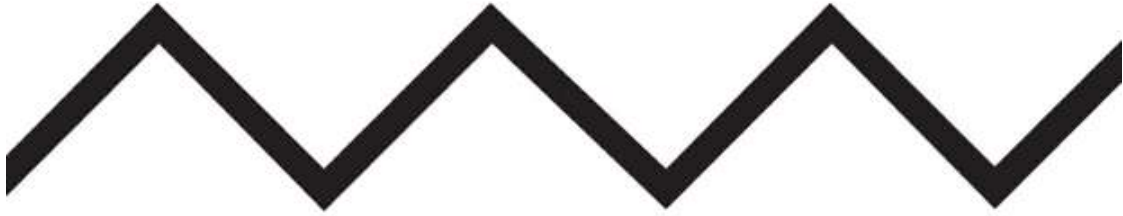
# Being an Igbo Nigerian Igbo as my first language Nigerian proverbs and saved my life.

This proverb as John is one that my mother than you can chew' or failing to your size' scenarios. If we what we have been presented disappointment which we way to avoid disappointment

We often find ourselves compared to other people's. Social media rise of people creating online heap of added pressure to very easy to forget that social present the life you wish you







The problem with this is that based on the outcomes they've expecting to see the same o about life is: copying someone get you their results. Looking the feeling you think they hav

Hanging out with people who necessarily make you cool if yourself to a level where you other association with anybody. the effort to create the life yo to look like John's, I'm afraid.

The time spent looking at oth actually be spent on self- deve spend 'preeing' other people's what we could have achieved





# BOREDOM IS THE IDEAL GROUND FOR BAD DECISIONS

A lot of regrettable scenarios  
just buckle down, focus on your  
to give in to temporary temptations  
distract and delay you from ac  
you deserve. The biggest mistake  
to allow yourself to get sidetracked  
will never be willing to stay with  
they create in your life through

DO BETTER.







‘ IT’ DOESN’T

REALLY

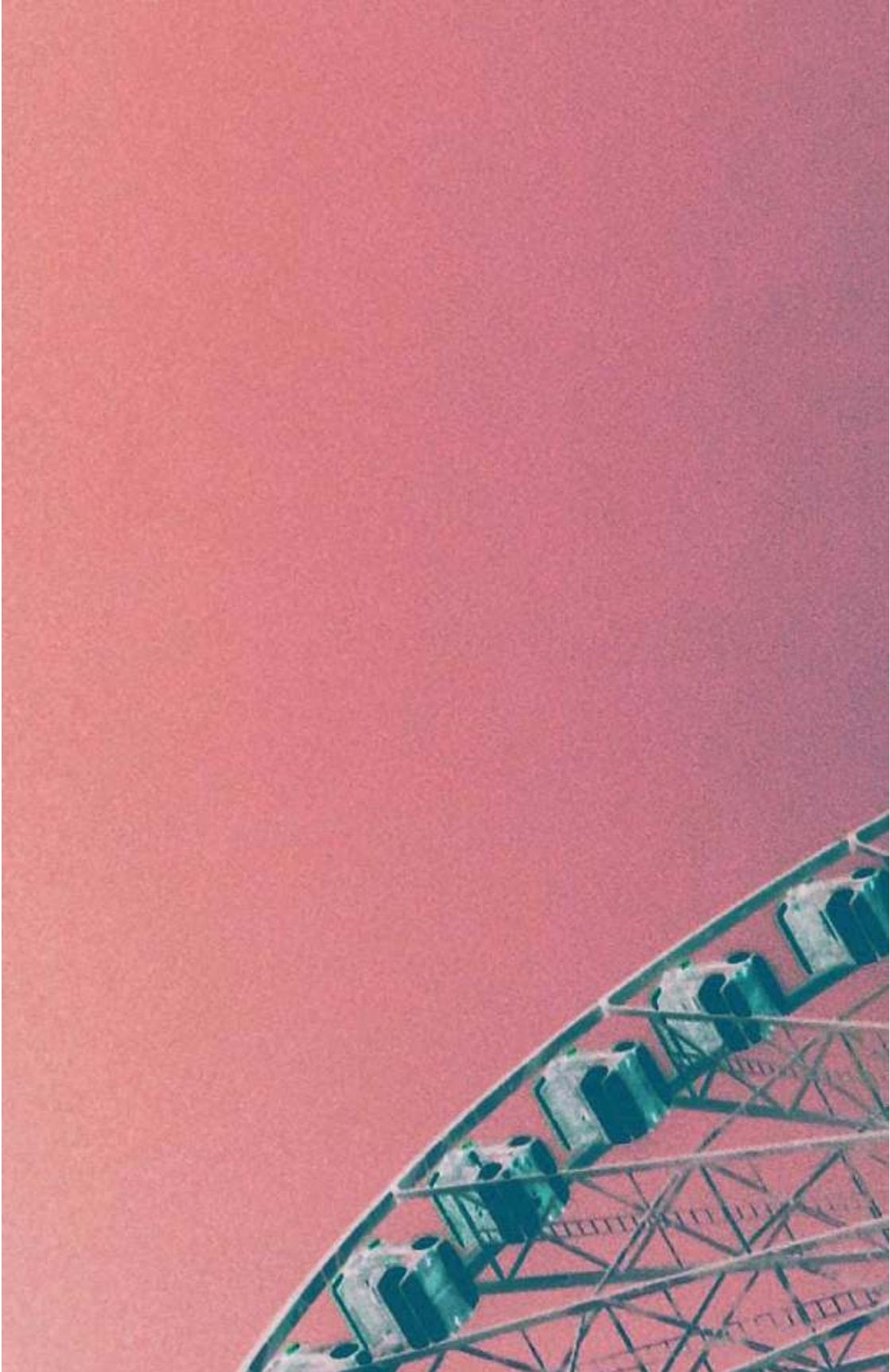
BETTER.

YOU

DO.

At some point, you finally wake  
you awake at night. It stops  
stops reminding you of how  
the world around you. Instead,  
of how in control you are of  
your experiences. It also reminds  
ever create one thing: more  
fearing it and started being  
what delays growth. Sometimes,  
to us in order for us to be equal  
wisdom which can end up  
can discover by yourself. But  
because everything about  
best we can do for ourselves







if

love

doesn't

teach

you,

will.









QUIT

OVER-

EXPLAI

THE

WORLD

GOING

TO



I still find myself trying really  
and understand, but in doing  
compromising on WHO I AM.  
me regardless, so I have made  
likeable and instead, just foc  
die, nobody is going to rememb  
made sure they pleased every  
The world does not care. We





Stop

v

people  
you perm

believe

are a





You don'  
change; ju

your

**NGWERE SHI  
NA ELU ORJI  
DA SI NA YA GA  
ETO ONWEYE  
MA OWURU NA  
ONWEHU ONYE  
TORO YA.**

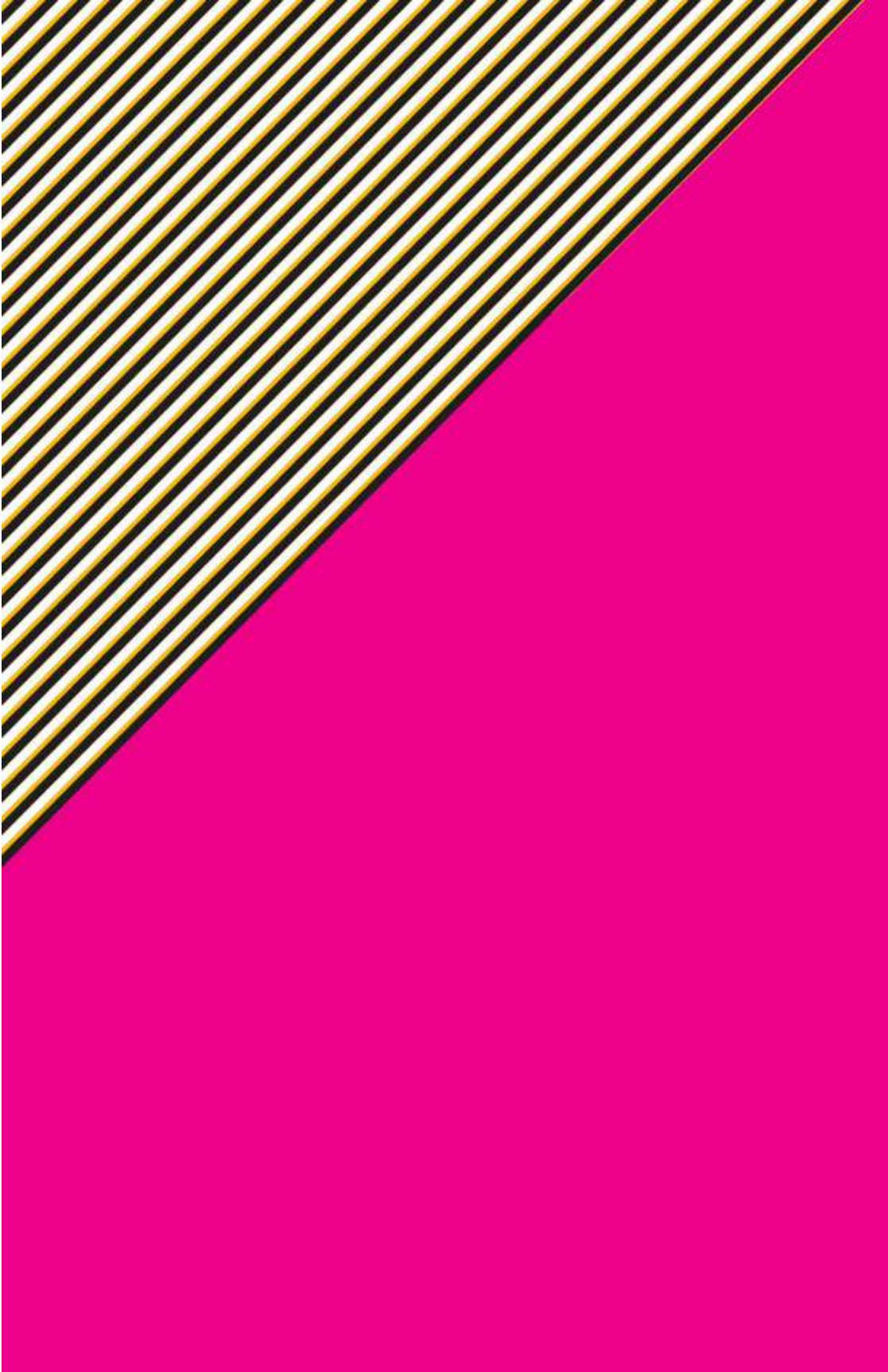
It's important to keep in mind  
only breed disappointment.  
only yourself, you can become  
spend our lives waiting for  
they are, we will live in disappoi  
if we spend our lives recognising  
reminding ourselves of how





**translation**  
the lizard that fell from  
an iroko tree said that it  
will praise itself if nobody  
else does.







d

about

going



The scariest part of the process  
because it's new. And anything  
possibilities. Possibilities scare

be outcomes we can't control.

expectations for yourself is

Back when I was a final-year

constantly tell my dad that

to do with myself after I graduate

is that I ended up failing university

I expressed concerns like 'I've

life so how am I going to find

I actually enjoy?' or 'I don't know

because I don't know how long

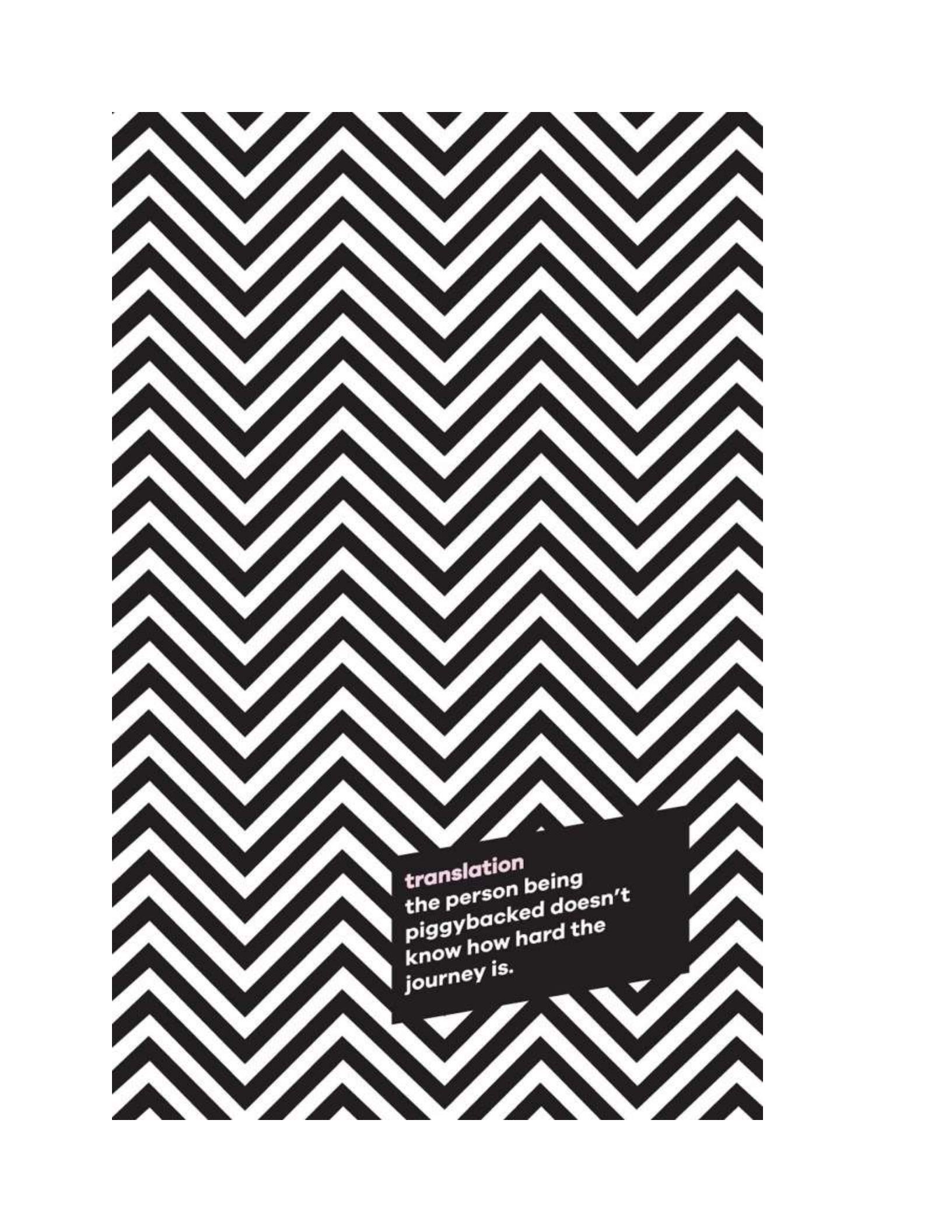
student loan has run out so

to be jobless', he would just

FIRST.

**ONYE AKWỌ  
NA AZU  
AMAHU NA  
IJE NA ARA  
AHU.**





**translation**  
the person being  
piggybacked doesn't  
know how hard the  
journey is.



# Recognise your privilege

'pretty' is a privilege; being

torn is a privilege. Being

'better' than a person

be it subtle or obvious.







As a white person, make  
of people who do not have  
them. Do not tell them ho  
literally know nothing of  
losing seeds and you are



The four-year-old you. Deplete  
in the way of your goals. Any  
an environment that dilutes  
four-year-old you and try y

When you're about to tell yo  
and not good enough, visualise  
those things to four-year-o  
be verbally abusive to a four-  
feel to be that four-year-old  
the one person she needs t

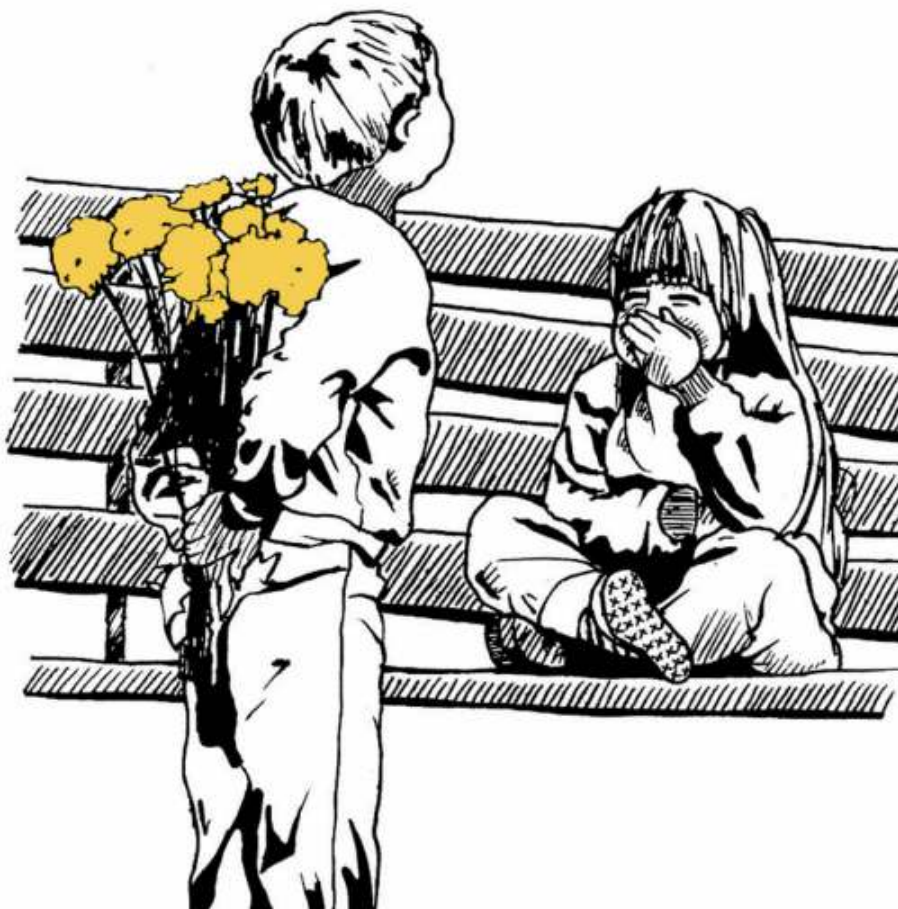
The only difference between  
current you is time. You're  
human being who wants to

same fragile human being  
'Wow, you're so amazing. W  
the same fragile human bein  
to be held.

Imagine a little four- year- o  
creating a really amazing ;  
really special to you, only to  
present it ...

I bet 'grown- up' you still goes  
This is the same as current  
to share yourself with people  
room for you. You reshape  
never enough. You repeat y  
laugh. You reduce your voice  
too much'. By the time you  
they've probably already di  
who interests them more.









The fixer.

You try to be 'hot

complain less. Y

perfume. You wea

You stop being

shrink yourself.

you continue doi

need the approval.

validation.                      You're  
because                      'nobody  
this    bond'.                      Because  
Because                      you    thin  
**You**    think                      you    cre  
But    the                      problem  
falling                      in    love                      wit  
trying                      to    fill    them





The fixer.

DON'T

LET

YOUR

KINDNESS

KILL

YOU.

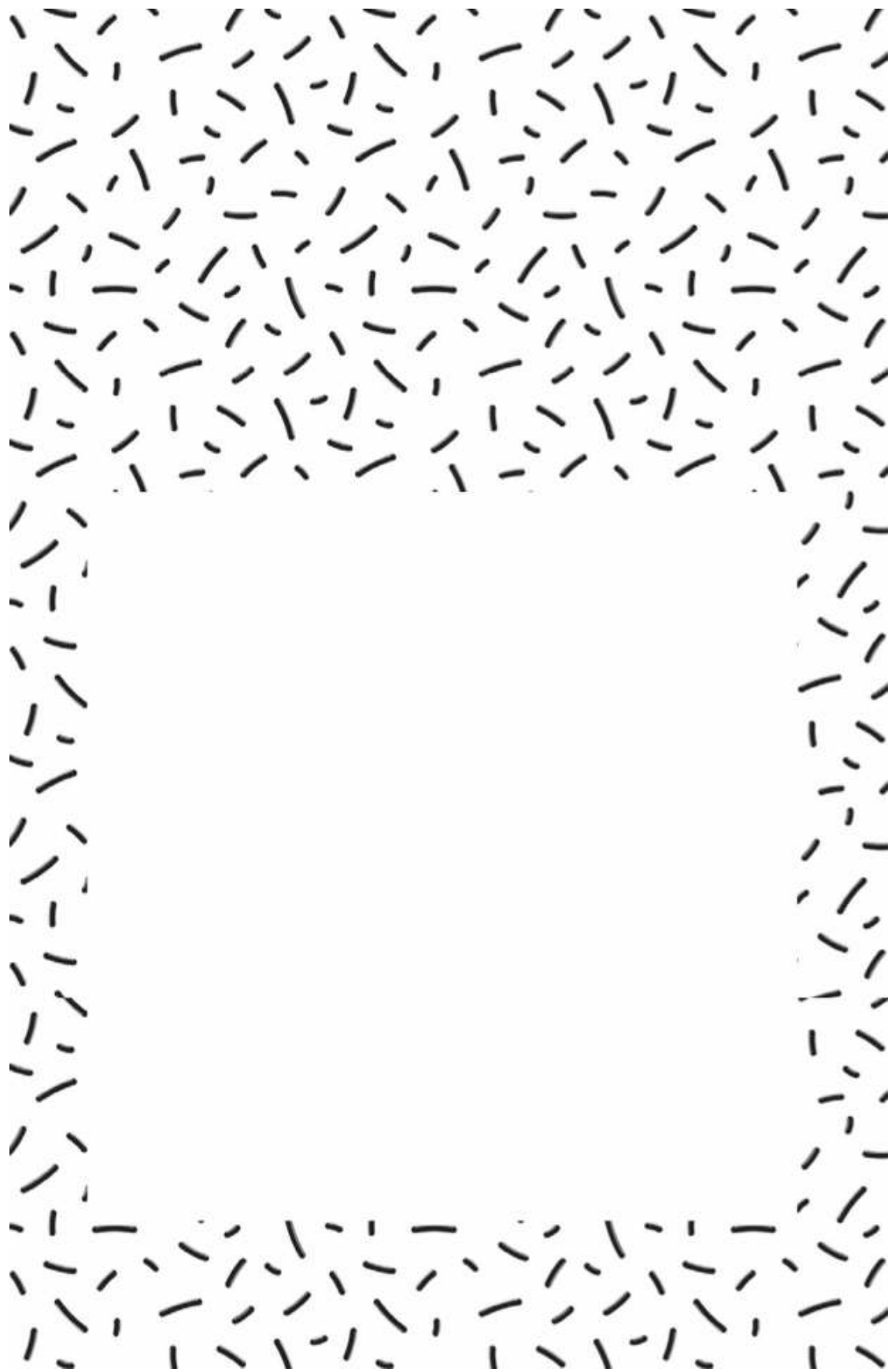
Let's face it: fixers like you  
little more control over our  
the process of attempting

You have a saviour complex!

When you have a saviour complex  
distinguish between whether  
or merely an accessory to

People with a saviour complex  
issues and try to make themselves  
irreplaceable to people by  
emotional toolbox.

Trying to make yourself overt  
without observing how much  
be a prevention mechanism  
abandonment issues.





I've learnt to hold my importance  
a default setting of neutral,  
own abandonment issues v  
expectations on others.

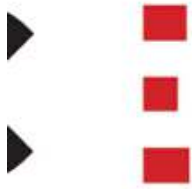
Sometimes, fixing looks like  
smaller to give the other pers  
times, fixing looks like fighting.  
approach but it's only met  
distance, which eventually  
how pure your intentions are  
meet their self. Your kindness  
when you think you're helping,  
actually causing damage.

Minding your business is the  
can all remember a situation  
doing good, only for the pers  
around and attack us. If you









## SILENCE CAN N

That's one more quo

such a G, right? Liste

of the time, they're

me: 'What I can see

standing up!' See?

She also taught me  
you or get you killed,  
She does have a poi  
can be held for. Learn  
skill that cannot be  
to be willing to learn

We have all been in  
a step too far and  
which has eventually  
from experience that  
concern you or someo  
tune out, because  
pitchforks will be co  
and focusing on you

**NTI CANU  
IWE AGAHU  
EWE OBI.**









**translation**  
if the ear doesn't hear,  
the heart will not be  
upset.



THE

SO

WE

STOP

PRETENDING

TO

BE

IMMUNE

MAKE

SENSE



You run because it feels scary

You run because you associate  
because facing these feelings  
facing up to yourself.

To care is to be vulnerable. /

to be vulnerable; it's cool to  
because to emotionally inept  
strength of character and the  
being eternally unbothered.

be constantly 'unbothered'

people, caring means losing.

all their energy into performing

appear unbothered all the time







I've stopped being disappointed  
chosen to treat me. It's often  
with their self. Nothing lasts  
your being. Nothing. Once  
feeling like a victim and more  
becomes more meaningful.  
need anyone else. Sympathy  
caught up in self-destruction,  
slipping into my toxic victim

Whatever happens to me, I



Your victi

mentality

why you

stagnant.

remember:

defeated

by



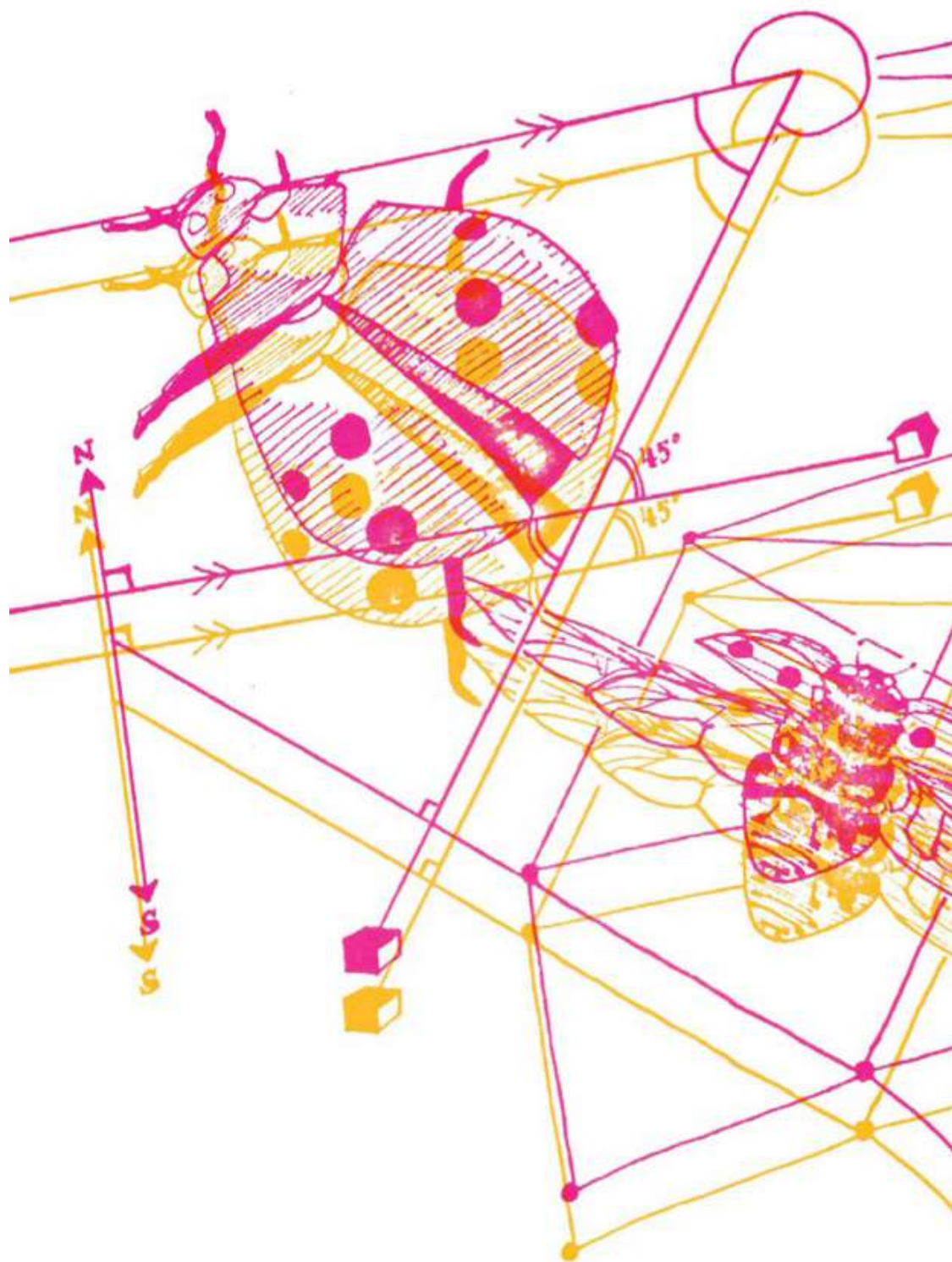
take

it

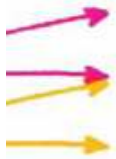












LEAF

‘ TAKE

LIKE

No matt

how er

it. Let

does

to show

needed

aren’t



Everything happening

Life is one big cosmic

you're going through

closer to the person

Human beings are

to curate the lives  
other people to ob  
phone screen. But  
the better your life  
demons become.

everything revolves  
will never be perfect  
better. When it gets  
remembering: these  
that you didn't kno  
you were praying

Tasting your own

Be nice to yourself.

Take walks along the

Have super-long ba

favourite playlist w

waiting for someone

unconditional fa

Start

people who give you

Protect your space

to how people may

this. You deserve to

yourself.

sit around waiting

and rescue you from

you by – it ain't gone



**MAMERE  
ARAHU AHU  
MANA  
OKUKO  
AGAHU  
ANYULI YE.**





**translation**  
to pee is not hard but a  
chicken can never do it.



You ever seen a

Of course not!

Chickens don't



They do release waste but you  
leave a chicken's body. You  
reading about chickens peeing;  
peeing such a big deal? You're  
us. But to a chicken, it's an u

We spend so much time dwellin

and dreams we think we can't  
realise how magical we are  
pee is a blessing in itself. It n  
means you are healthy; it mea  
effortless to us but we never  
the complexity of the process  
create pee. We take our cells  
for granted. We fail to recognise  
human beings.

Next time you go for a pee, t  
and magical you are.



Repeat after me:

I do not owe

Whichever star

to show up in

enough.

I do not owe

Whichever star

to show up in

enough.

I do not owe

Whichever star

to show up in

enough.

I do not owe

Whichever star

to show up in

enough.

I do not owe

Whichever star







DO YOU  
KNOW  
HOW  
SHORT  
LIFE IS?



**Too short to be convincing other  
people that you are worthy.**

---





CHOC

YOU

SELF



NOOSE

R-

-

-

•

Cho

Ove

Eve

Cho

Eve

Cho

Eve





SELF-

LOVE

THE

LEAST

AGGRESSIVE,

MOST

EFFECTIVE,

FORM OF  
INTIMIDATION.



You cannot deceive someone

You cannot control someone

Because it is controlled by time  
states, the world wants us

Here are three mantras to re-  
of inadequacy start creeping

1. For the world, I'll always be enough or not enough or I will ALWAYS be enough

2. No matter how much I invest with myself, none of it is a lifetime investment and

3. Once I learn to own my own life, I'm not afraid of deciding what I want. I am a special person and I deserve respect that I go out and

**them.**

**them.**

**them.**

**them.**

**them.**



them.

**them.**

**them.**

**them.**

**them.**



NO MATTER

WHAT,

ALWAYS

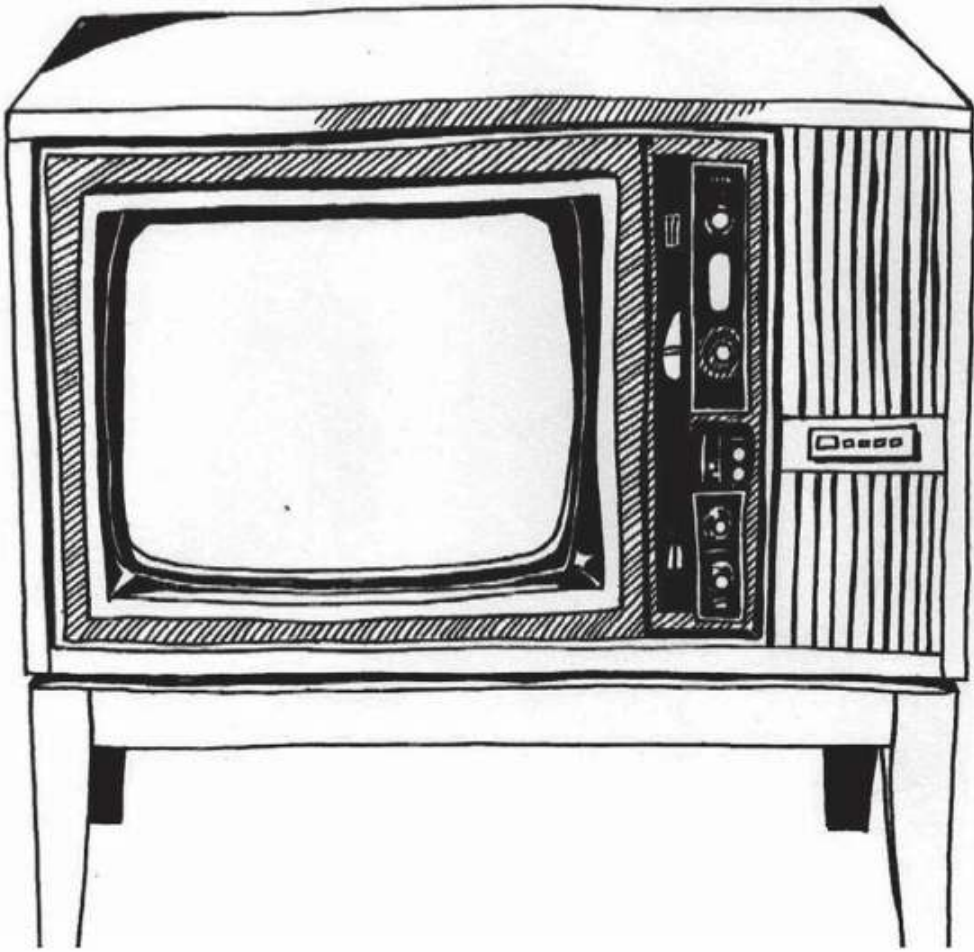
REMEMBER:

YOU ARE

ALLOWED









If they keep bringin  
they belong in it.

treat you not how they feel  
themselves. This is because

attention at all times. When

it's easier for you to blame

sometimes people don't know

things simply because they

your responsibility to make

Sometimes, people don't like

supposed to be your problem.  
they tend to make poor decisions  
decisions are in no way reflected

We need to stop feeling bad  
people who do not put our  
exactly how you are feeling  
people away. If asserting your  
don't deserve you. Tell people  
stop using your mind to alleviate  
responsibility for their own

You can't have peace if you're  
choices ... if they cared, they'd

I wish there was a way to talk  
just don't deserve to know  
no matter how bitter you look  
validating your own feelings:  
used. Your intuition can detect  
mind registers it. So if you :



People hate seeing you raise  
them question their own ability  
about your life and watching  
should teach you that other  
create resentment. People w  
first to tell you you're asking

Sometimes, people get a rush  
because it's the closest they  
their own lives. When I say th.

ultimately because of you, th

A lot of the time, people mask  
because they feel out of contro  
the only way they can regain  
that makes them feel powerful.

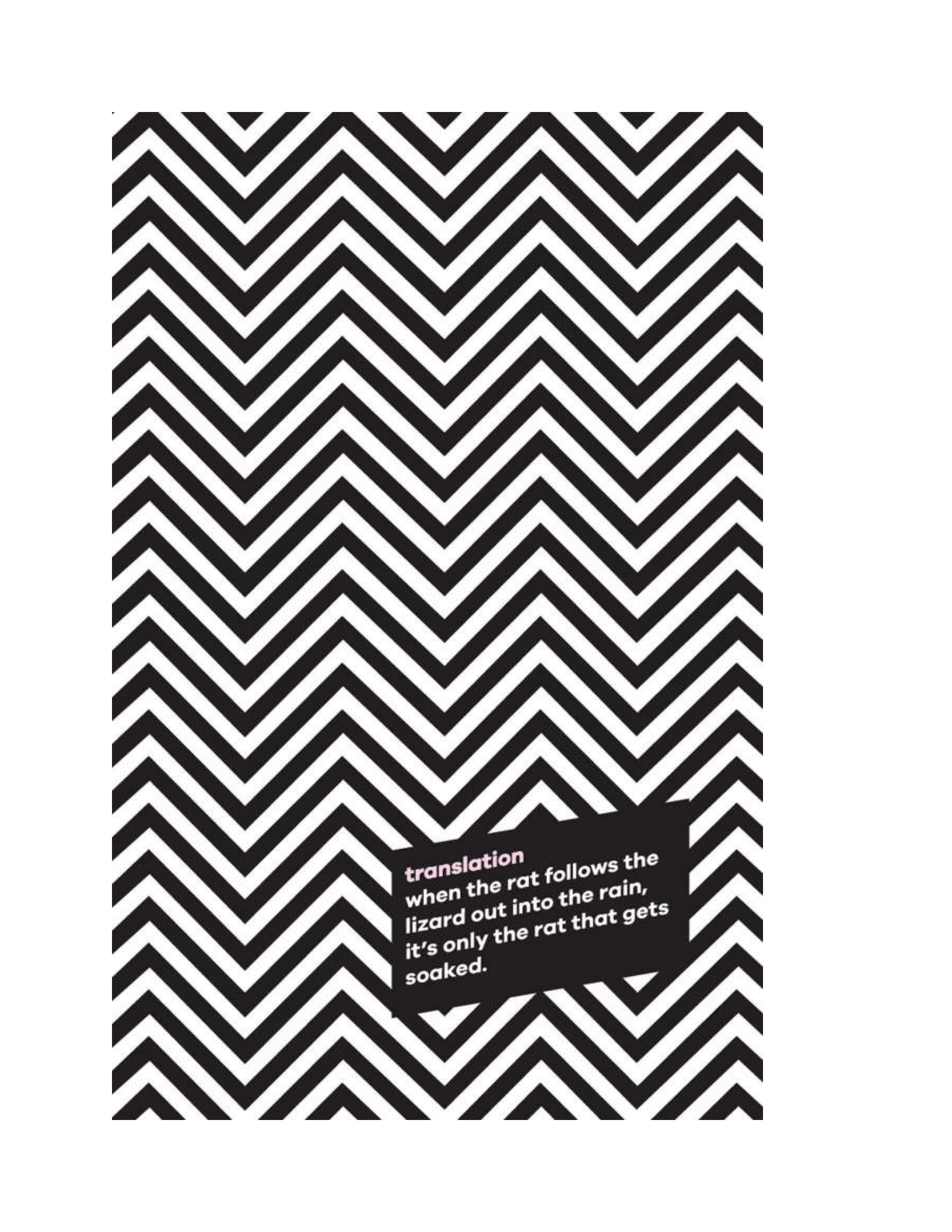
But what we have all yet to u  
someone else is still hurting  
much later.

**OKE SORO  
NGWERE NA  
NMIRI, OKO  
NGWERE  
ONAHU AKO  
OKE.**



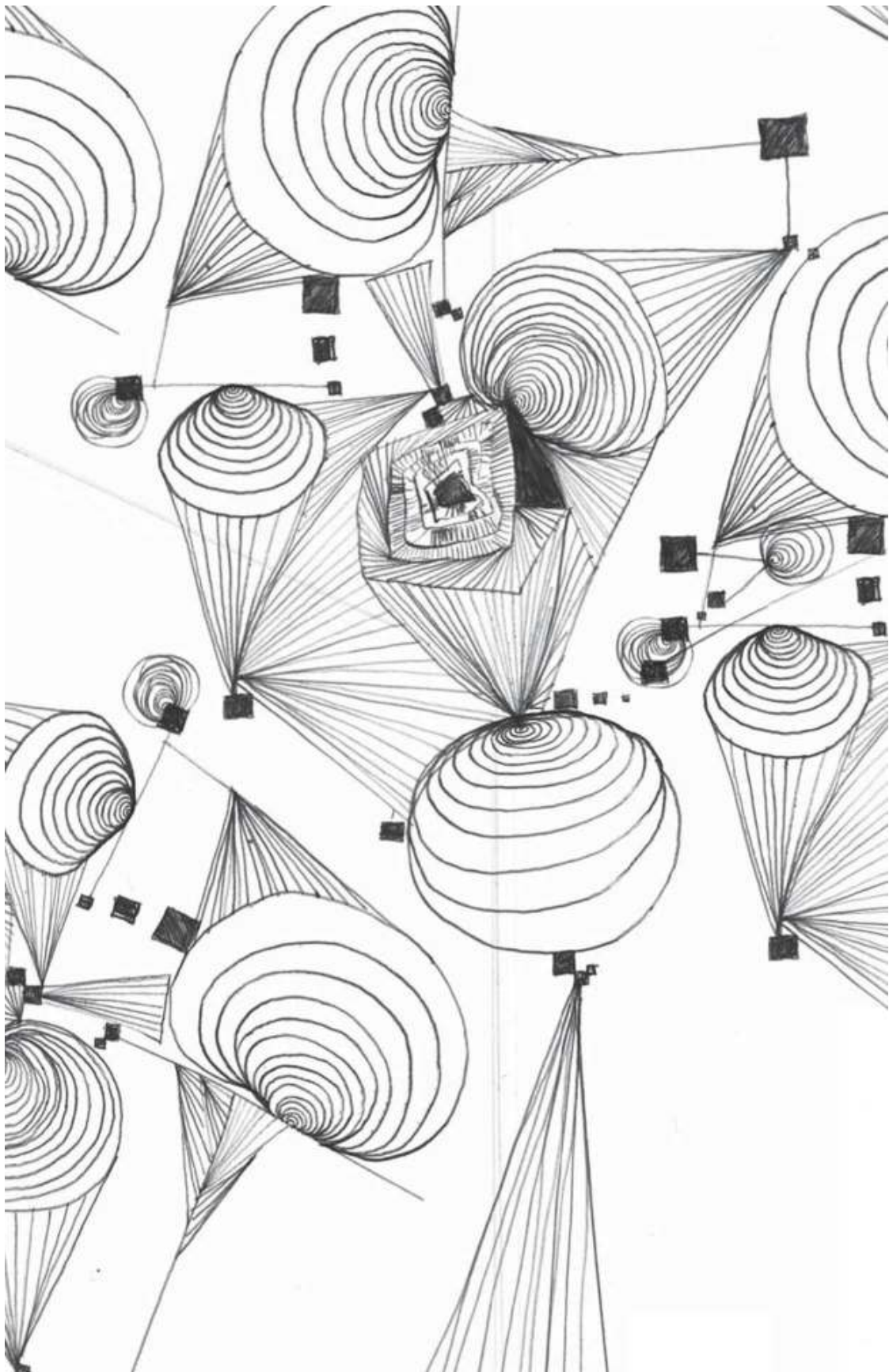
Mother always taught me:  
Just because someone looks  
similar to you, this does not  
the same environment. Some  
taught them how to adapt  
present. Just because your  
it, does not mean you will h  
hate it. \* TRIGGER WARNING\*



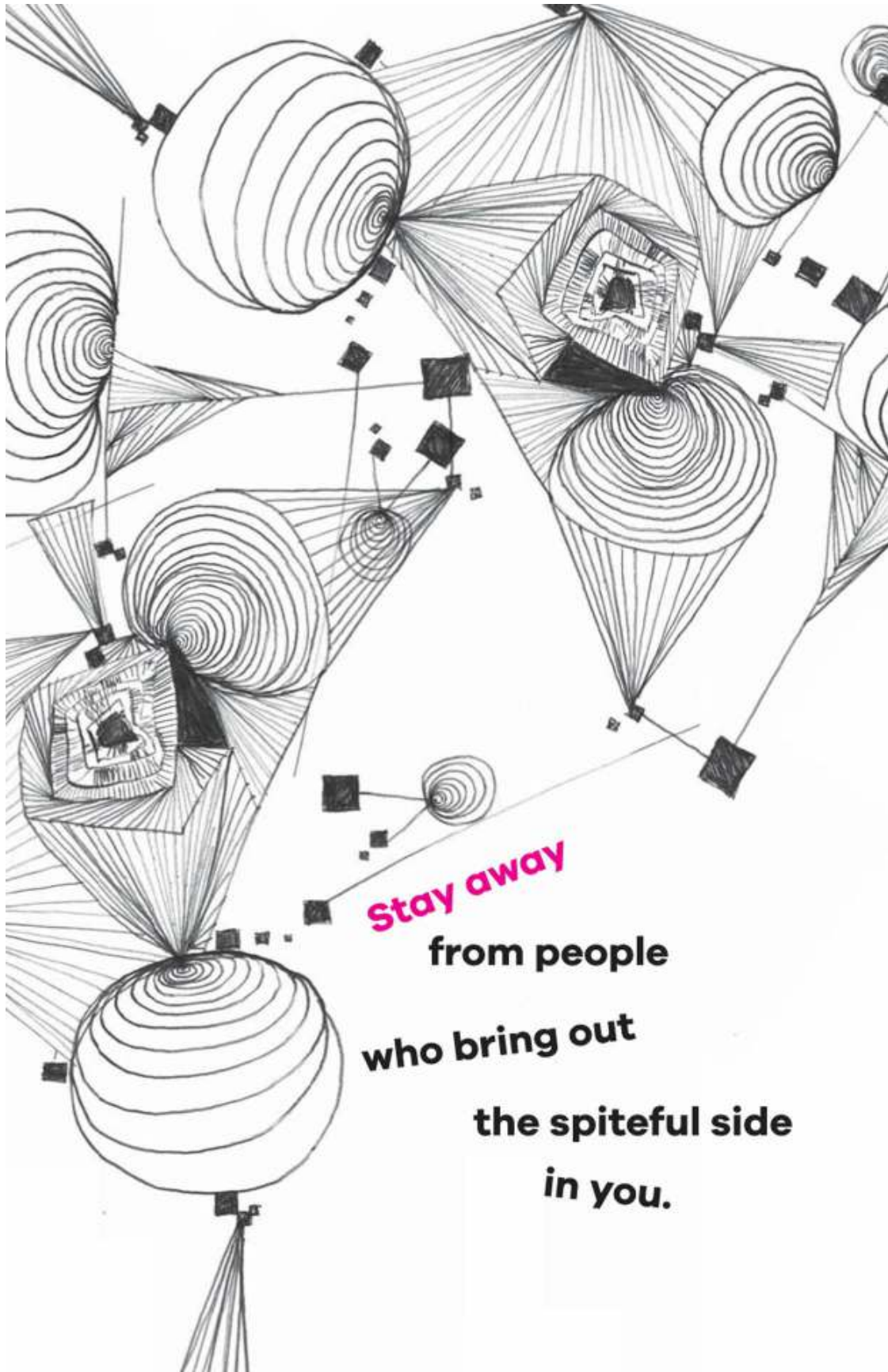


**translation**  
when the rat follows the  
lizard out into the rain,  
it's only the rat that gets  
soaked.





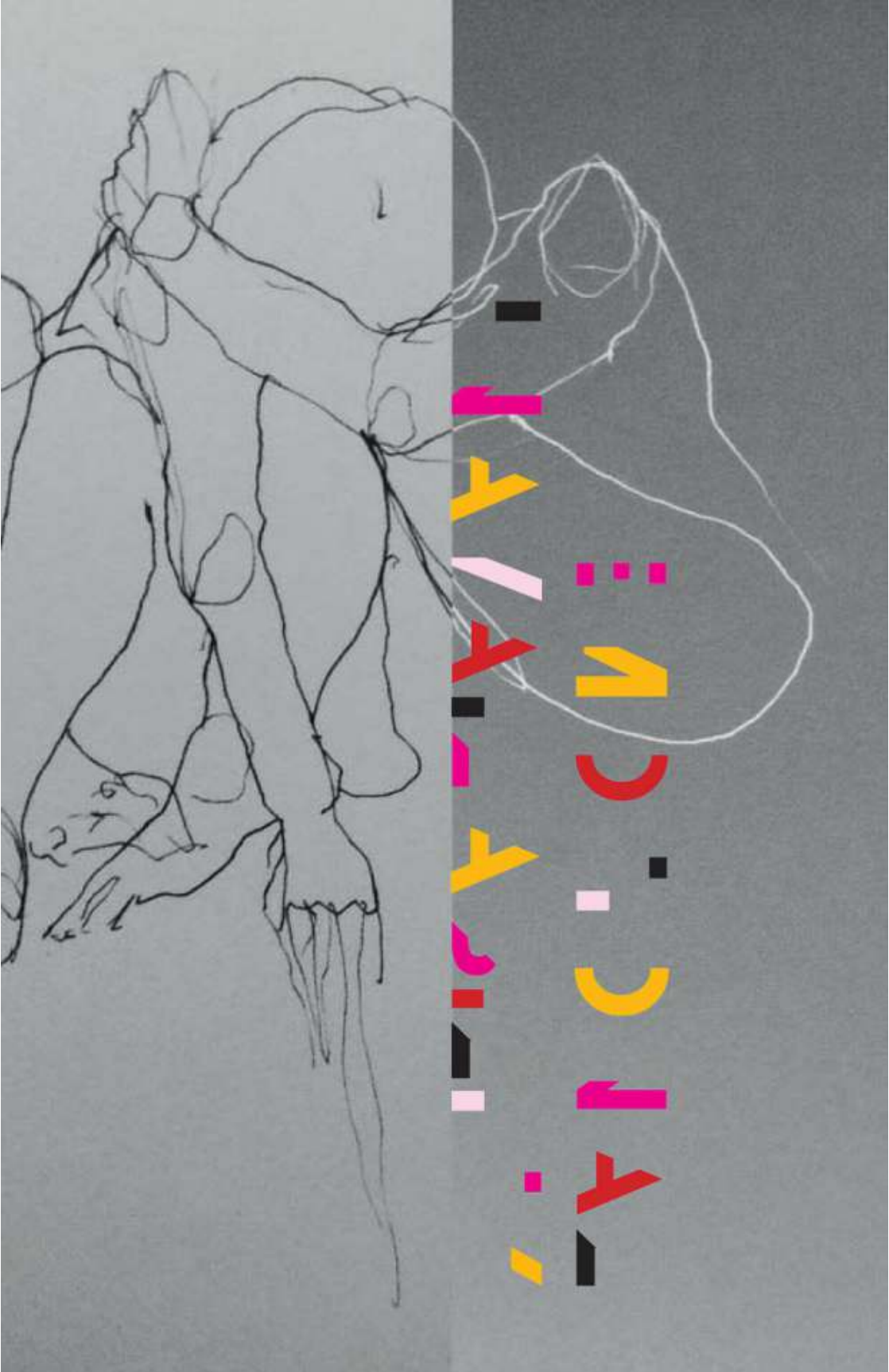




**Stay away**  
**from people**  
**who bring out**  
**the spiteful side**  
**in you.**









# EMOTIONAL UNAVAILABILITY

Emotionally unavailable people  
cut them off because they w  
you they want. It's flattering  
proving this point can be very  
mental well-being. When your

their much-anticipated and  
they will also make sure to put  
YOU back in the position of  
are easy to control.

An emotionally unavailable  
They are only around you because  
you give them. Remember that  
are scared of their own feelings.  
to properly interact with yours  
or dilute them.

You have to understand that  
unavailable individual you are  
person who is afraid of losing  
they often associate loving  
much they enjoy ignoring you  
And that when you pull them  
such a stalker? This is because



To hit an emotionally unavailable  
them off and restrict them  
them on as many of your so  
Take charge of your space.

This works because blocking  
their position of control. How  
are thinking, doing or feeling.  
their ego, they will tell their  
they have 'won', because to  
about power and everything

to never compliment you about  
want you to know how great

If they're the type to complain  
emotional', they're emotionally  
mature human being stigmatise  
Empathy is often what emotion  
This is the reason why they  
place all their value in their  
love their self enough to make  
never experience the full spectrum  
with being with someone else  
to someone (close enough  
being treated) but they resist  
to you, it is because they are  
fear with their pride – which  
forming a proper bond with  
you for an ego boost.

Think about it: you cannot face  
vulnerability. Vulnerability means

This is their biggest fear. Have  
unavailable people only convert  
something from you, but are  
are the type to hide behind  
when they want to use you!

But the irony is that an emotional  
always becomes fonder of the  
other way round. Because the



someone who loves their self  
that exclude people who are  
about us human beings is the  
attracted to what we cannot

This is why they always come  
familiar territory, combined  
of you.

If a person is withholding vuln  
because their pride is more  
with you. Pride is the product  
being in a position of doubt.  
sees vulnerability as a threat.  
walls the ego has built and t  
someone has more pride than  
are not in a position to love

**ONYE JI IHIE  
NWATA WELIE  
AKAYA ELU,  
AKA RAWA  
YA AHU, OGA  
EWEDA YA.**

Bullies will always quit in the  
rush from getting a reaction





**translation**  
the person holding a  
child's toy up high will  
eventually put their  
arm down when it starts  
hurting.



Never

give

people a

second

chance

to

violate

you ... no matter

small-

or

large- scale

it was.





It doesn't

violation

that p

with y

to gaslig

This i

it dies.

them

behaviour,

to you

violation

Put yo

They

as to

them

too mu



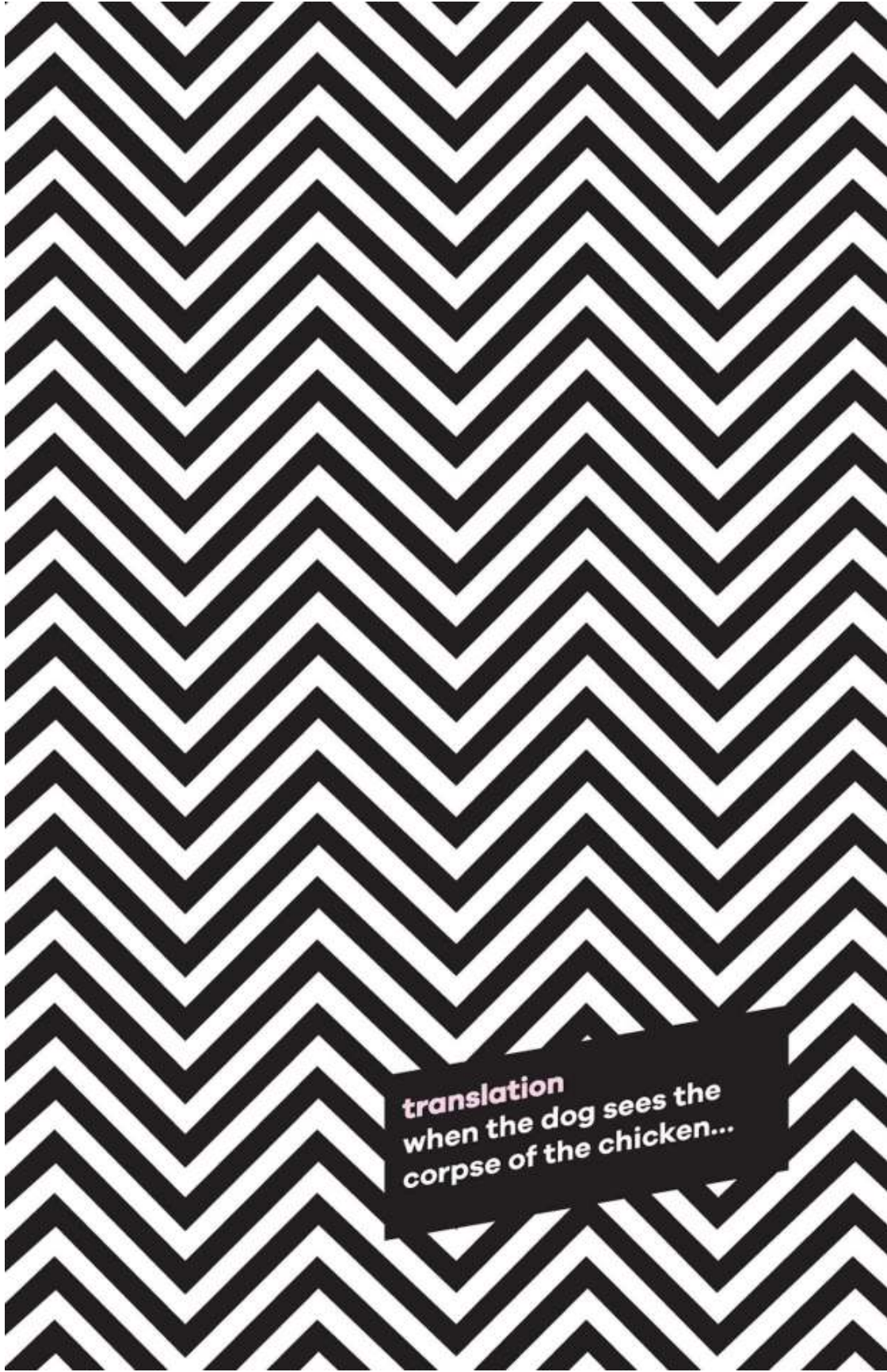
**MGBE NKITA  
HURU OZU  
OKUKO...**

My mother always says to  
the corpse of the dog, it's fi  
corpse of the chicken, it's ti  
will instantly assume the do;

There's this disease the world  
people are the chicken and  
scenario. As black people,  
to avoid being caught in a  
be armed in a state that per  
will always be seen as a threa  
by police with no benefit of

But there have been identical





**translation**  
when the dog sees the  
corpse of the chicken...





**friends who give you weird  
energy that you can't quite place  
your finger on**

They flake on you when you

'forgot' or 'something came  
happen once; this happens  
pattern that spells out 'I don'  
about how you make me feel  
but right now, I've found some  
myself in, so I'll drop you and  
because I know you'll be there  
flake on what they believe  
genuinely comes up, they v  
also make an effort to rearrang  
through with it. Not flake ag  
on the receiving end of this,  
that person anymore if your  
minimised. You deserve to  
value it. Remember: anybody  
does not respect you.

If you feel like you're a flake,  
comes from heavy anxiety.





Ever been in a situation when

close friend suddenly stops  
achievements like real friends  
validation is not something  
important to keep in mind th  
your friend is someone you  
with; someone who encourages  
reminds you not to give up;  
you are beginning to notice  
supportive role in your life, it  
this sudden change of energy  
one to admit to yourself, but  
you, especially if you are alway  
news. This can sometimes cr  
reminding them of what they  
especially if they are in a stagr

But jealousy doesn't make y  
doesn't make you a bad person  
all responses to deeper persona





People  
minds on whether they like  
after bad-mouthing them,  
latching on for their own per  
because it means you cannot  
trust themselves. A lot of the  
that person but cannot help  
This level of confusion is far  
question how that person r  
that, people who do this real  
are still growing and overcoming  
understanding and they hav  
they are mentally mature e  
have all been in a position  
word and behaved like a tot  
human but it isn't justifiable.





**people who suddenly start  
hanging out with the same people  
they've been claiming to 'dislike'**

**What is it that draws me to this person that I dislike?**

**Why do I dislike them; is it because they  
remind me of myself?**

**Does this reminder threaten my sense of identity?**

**Does this person remind me of who I wish to be  
but I haven't figured out how to get there yet?**

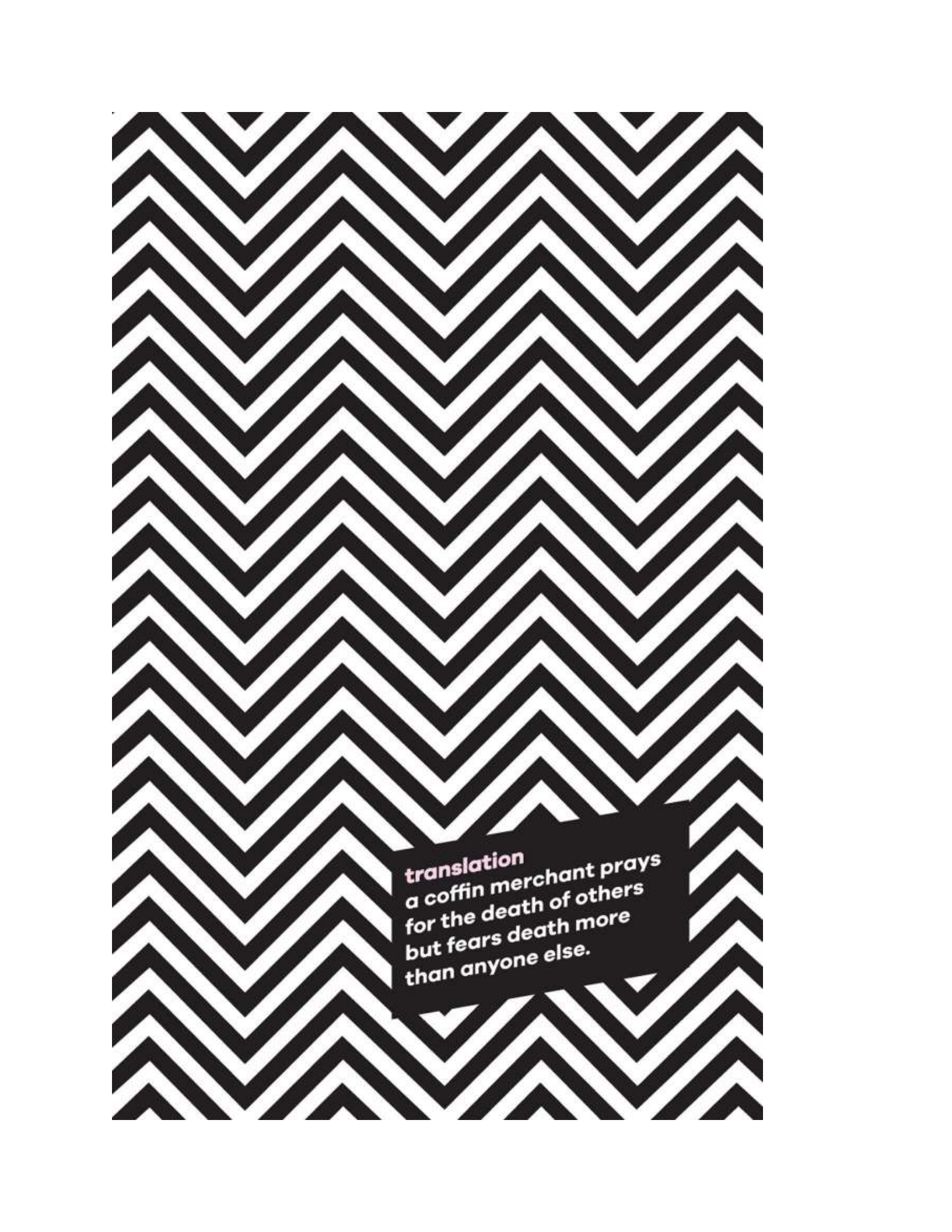
**Am I taking my frustration at myself out on  
this person?**



**ONYE NA ERE  
IGBE OZU NA  
EKPE EKPERE  
ONWU NDE  
NIMADU, MANA  
ONA-ATU UJO  
ONWU KARIA  
ONYE OBULA.**







**translation**  
a coffin merchant prays  
for the death of others  
but fears death more  
than anyone else.





SOMETIMES,

‘ I FORGOT’

MEANS

‘ I

CARE

ENOUGH

PAY

ATTENTION'

Let's be real: this is subjective.

you care about forgets somet

You'll know when someone

significant details about you

prefers the idea of you to th

You'll know.

People know exactly what  
they're taking advantage

Apologies do not change inter

Not figuring out sooner doesn't

a 'nice person' does not pay  
stand up for yourself and inte  
In fact, being a nice person  
a unicorn; it's just basic human  
enough to want you, they sho  
you well, but they make the  
people, being kind drains then

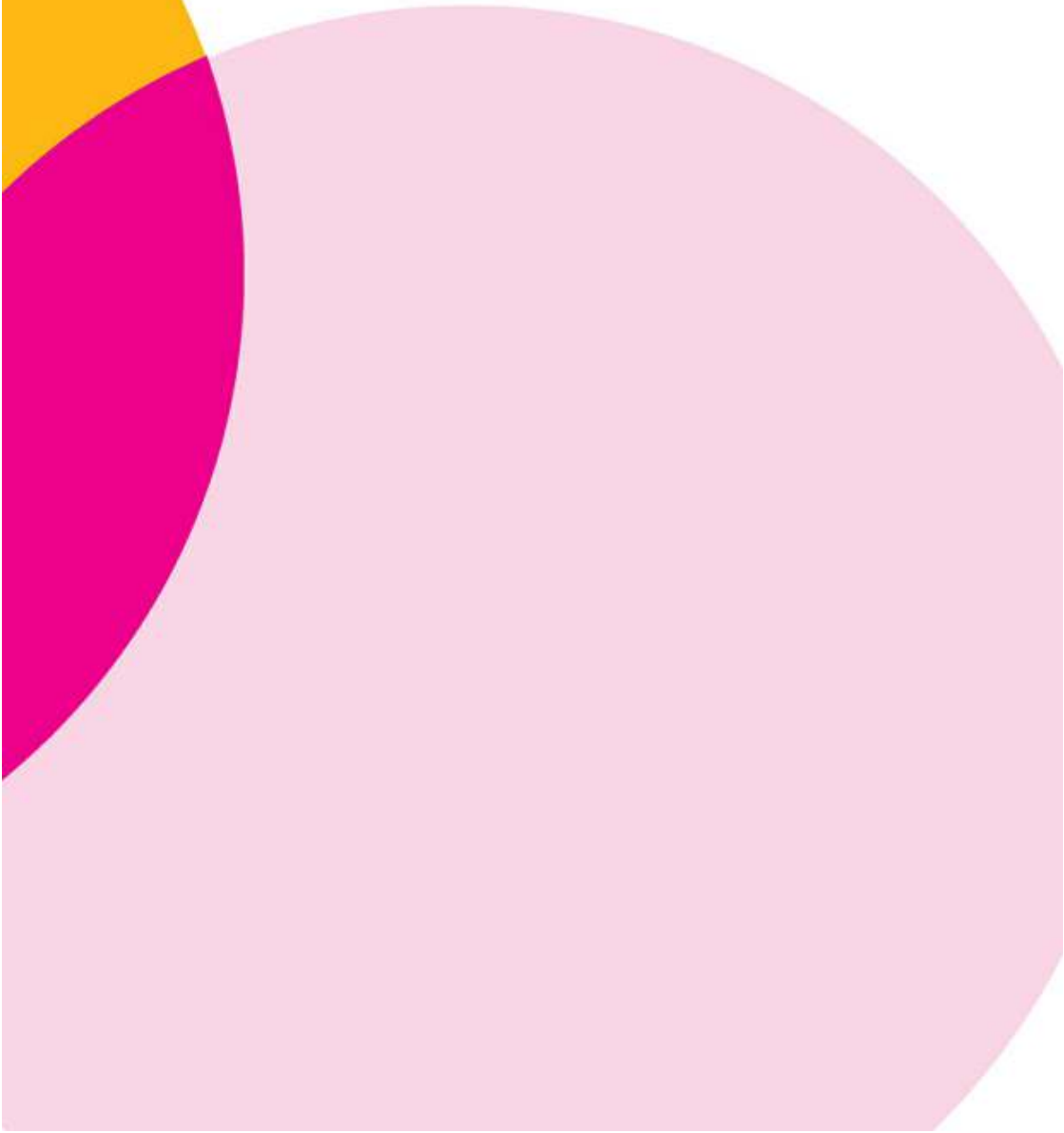
But selfish people are so neces  
all the selfish people I've ever  
away so far that I had no choi  
learn to stop feeling guilty fo  
their selfish decisions directly  
placed in your life to remind  
yourself first.



WEIRD

DISCOMFORT

SHARING



YOU'RE

YOURSELF

THE

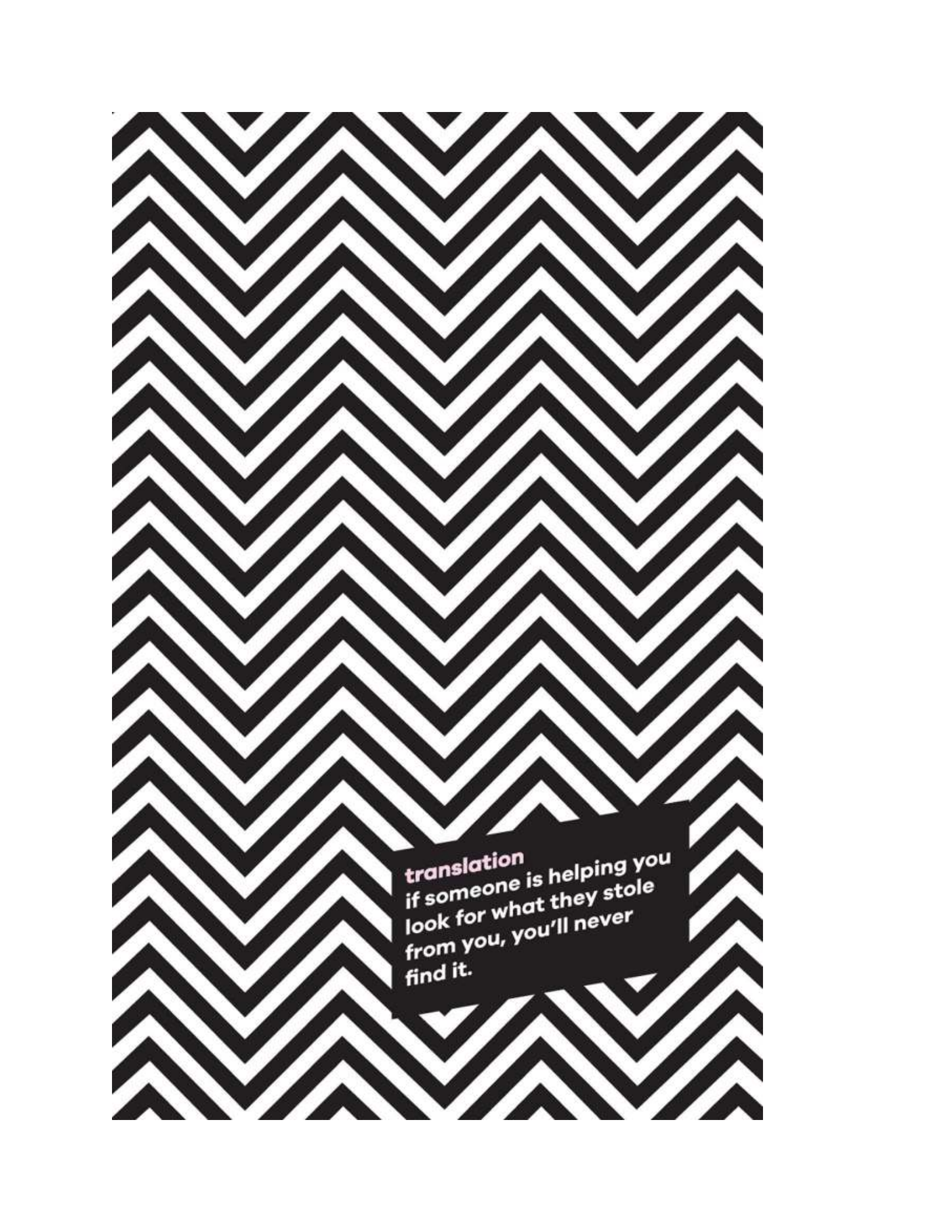
WRONG



**ONYE JI IHIE  
GI SORO GI  
NA ACHO YA, I  
GAHU AHU YA.**







**translation**  
if someone is helping you  
look for what they stole  
from you, you'll never  
find it.



## Don't be scared to raise

ever worth lowering them if

you deserve. When you raise

you stop getting excited over

because you're interested

Don't be afraid to raise your

surprised to know that there's

willing to meet them. I used

standards until I met people

trying. This is YOUR life and standards for yourself.

You become a lot more strict realise how valuable you are you were carefully created reason that exists beyond to meet anybody's standards

Once you've managed to raise to not let your boredom lower creates the ideal breeding

Another thing that happens is that you'll be presented your boundaries as a challenge attempting to find loopholes human being. There will be lower your standards. There worth the exception because





What they don't tell you is that  
the stronger the temptation  
having higher requirements  
everybody feels the need to  
Having higher standards often  
to relate as much (or at all)  
enjoy spending time with. This  
But choosing yourself is never  
standards does not make you

It's hard to find a motivator  
but sometimes, pain from the  
anger I've been holding onto  
anger doesn't warp the way  
productive because it allows  
use the pain as a reference  
standards !

Everytime you raise your stand  
challenge to confirm how seri  
biggest challenges in life offer  
with other people. Keep an e  
makes you double- take. It's



**NOT  
EVERY  
APOLOGY  
IS  
GENUINE.**



Sometimes, people do not ap  
rectify their wrongs and regain  
apologise to rid themselves

people apologise to smooth  
to ask you for something in  
undeserved favour. This ground  
It will not benefit you, particularly  
you for favours.

Be attentive, as well, of how  
to you. A true friend who values  
will make the effort to recognise  
soon as they can. A friend who  
to begin with will give you a  
along the lines of 'I'm so proud  
whils we haven't been speaking'  
as they're most likely returning  
you're actually doing pretty

With all that's been said, you  
You will. In-between fall-outs,  
isn't always a good indication



**NGE NWATA  
NA EBE AKWA  
NA-ATỤ AKA,  
IHIE NA EMEYA  
AKWA NỌ  
NGAHỤ.**



That crying child is your intuition  
is fire. Ignoring your intuition  
start to listen to your intuition  
inner voice telling you 'I told  
slide back into alignment with  
intuition. It's time for less as  
more allowing yourself to be  
Sometimes the crying child  
a person who brings out a





**translation**  
where a child is crying  
and pointing their finger,  
what is making them cry  
is there.



THE  
FEAR  
OF  
OPENING  
UP



The problem.

People can run away from us  
that has shaped the beautiful  
the first place. It took a while  
who run from things in you c  
facing the same thing in thems

When you make the effort to  
this makes it a lot easier for

People who run away from tl  
other people in the most subtle

You may have experienced  
like a wave then suddenly dis

It's the most draining thing  
fond of you when they're bored  
to keep in mind is that you should  
selectively are to you as a just  
them to continue treating you

The solution.

Observe the fact that they re  
flake/ disappear on you with  
not respect your time does

It can be terrifying to ever op  
you've experienced rejection  
the trick is to share yourself  
can gauge how much the pers  
with respects your story.

Sometimes, people just don't



YOU CANNOT  
ANYONE.

Scenario: So you've met this  
who you've totally convinced

...

But: they smoke cigarettes  
'love' smoking because it's

in this world, to be honest).

smoking for their own good

hidden corridors of your inte

you; to prove their love for

Each time you see them ligh

a new passive-aggressive,

them that smoking is bad t

a passive aggressive remark

nagging them about their

itself until you finally give u

I'll accept you for who you

don't say anything else becau

learnt that you cannot force

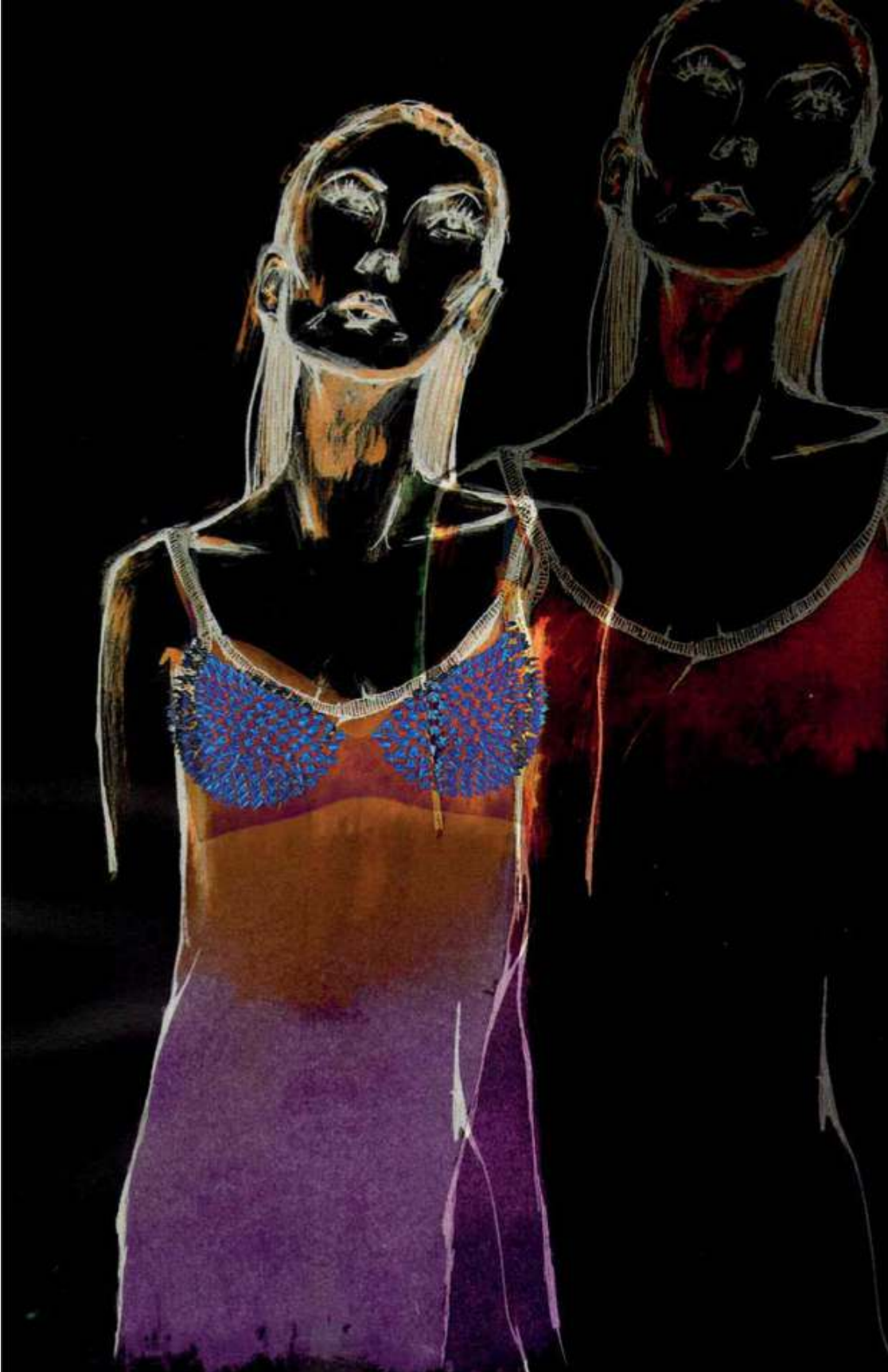
if they aren't even willing to

**Moral of the scenario:** If you

someone you've chosen to

agree with, you have the cho











The background of the image is a complex, abstract pattern of thin, overlapping lines in shades of yellow and purple. These lines form various geometric shapes, including triangles, squares, and circles, creating a dense and intricate visual texture. The lines are drawn in a hand-drawn, sketchy style, giving the overall appearance a sense of organic complexity and depth.

**There's always a reason  
why someone is the way  
that they are.**

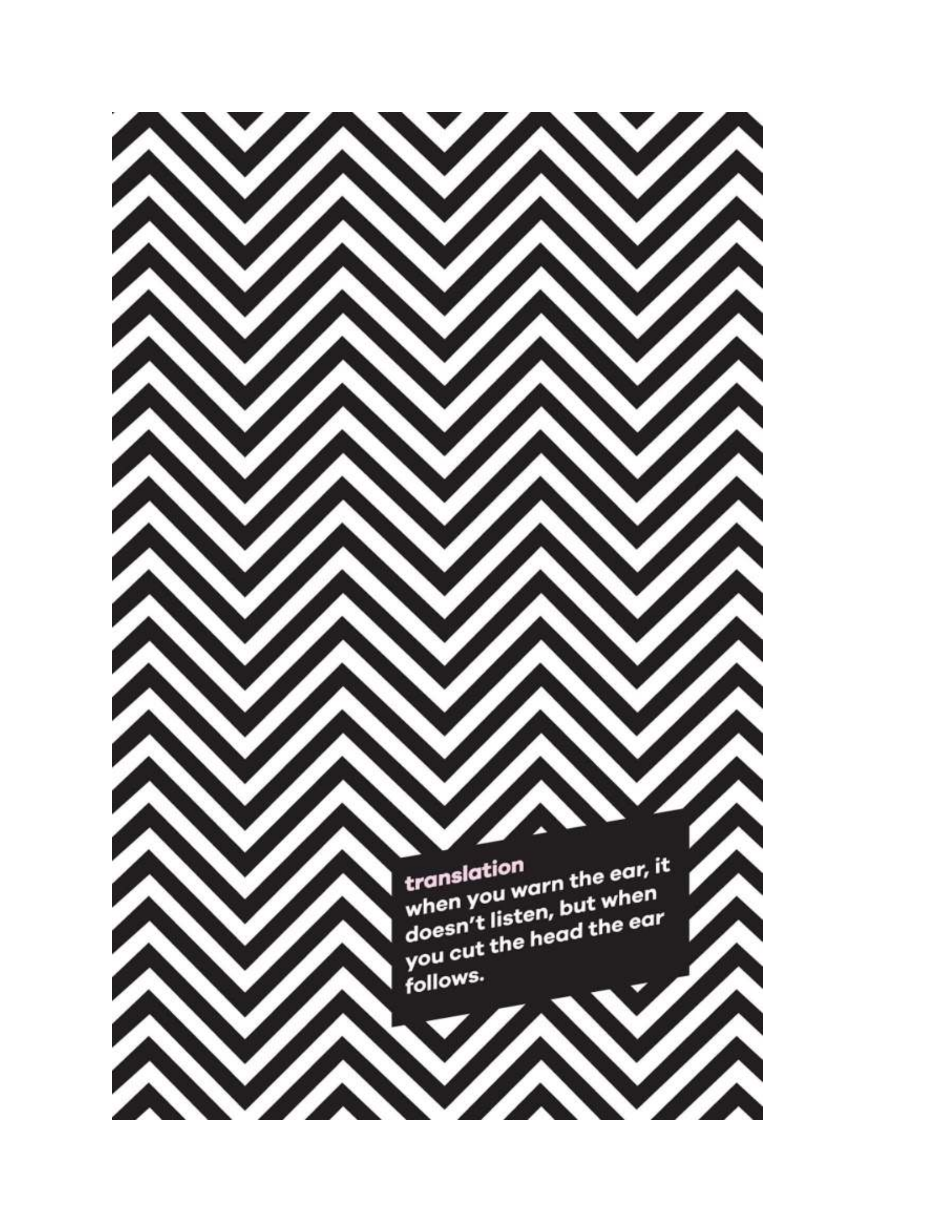


The reason might not  
like or understand, but  
with it, the sooner you  
shake someone out of  
entire life is like trying  
in a tap. It just will not  
in their ways until life  
think and change for  
Some people do not ev  
so used to their problems,  
struggles to the struggles  
problematic person.

**AGWA NTI -NTI  
GA-NU, EBURU  
ISHI, YANA NTI  
KWURU.**

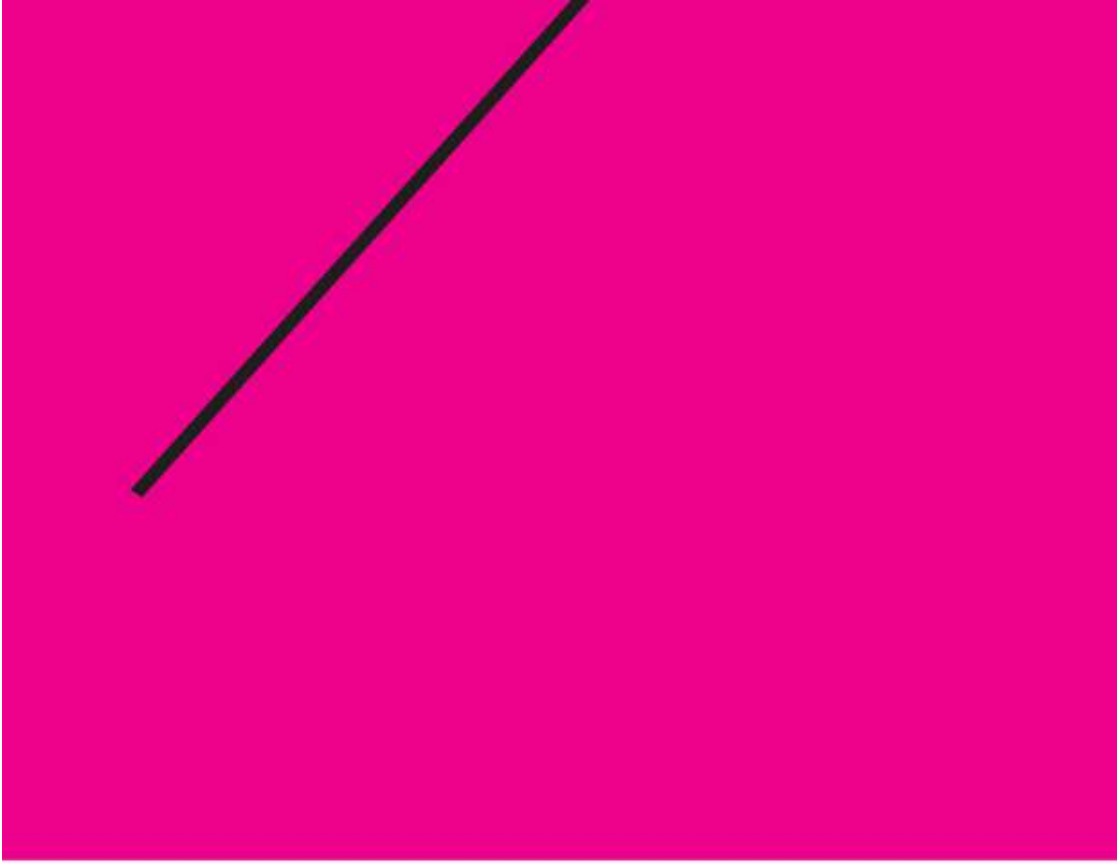
You can only warn someone  
to let life show them what y  
from. Some people are just  
important to snap out of try  
find that it's like trying to us





**translation**  
when you warn the ear, it  
doesn't listen, but when  
you cut the head the ear  
follows.





People who make you feel  
or 'too emotional' are not the  
surround yourself with because  
make you doubt your own  
dangerous because there is  
listen to more than the voice  
of the time, when people stray  
because they haven't yet learned  
It's important to understand  
in this world who will make  
will wait a little longer to understand  
you are worth it and they see  
people like that, try to be that







# SHOWING UP

The worst thing you can do  
support 'I'm here if you need  
on them or magically become

just because you can't quite  
there for your friend. If you've  
of a flaky friendship, grab a



Understand that the word

you tell someone that you  
you flake on them, this is tel  
anything that makes you lo  
it: in order to be there for sc  
incredibly tough time emotiona  
relate to them and to relate  
in a position where you are

Equally, anybody who sees  
depressed that you're in nee  
nothing was never your friend  
make the choice to leave, c  
lost nothing. In fact, you gain  
taught through experience:  
at moments when you need  
eat with you.

Not everybody is brave enough  
the people who actually do.

At the same time, it is important  
have lives and their own proble  
to hang out with their mates,  
matches and even tweet for  
they can make out time to sp

just don't believe you are worth  
We all make time for what we

If people don't want to show  
door. This is your life. You are

**ATUWA IKPEM  
ANYA GHERE  
OGHE, EKETE  
NAWA NTI!**

People will always find a way  
nudges their conscience. It'  
better about themselves. It'  
in fear of awakening someone







**translation**  
when you start talking  
about things with holes  
in them, the basket  
starts listening.



be

nice

to

people

for

no

reason.









Don't

forg

congratulate

your

friends,

matter

how

they

are



ז. ל. ז. ז. ז.

ז. ז. ז. ז.

ז. ז. ז. ז. ז.

ז. ז. ז. ז. ז.

ז. ז. ז. ז. ז.

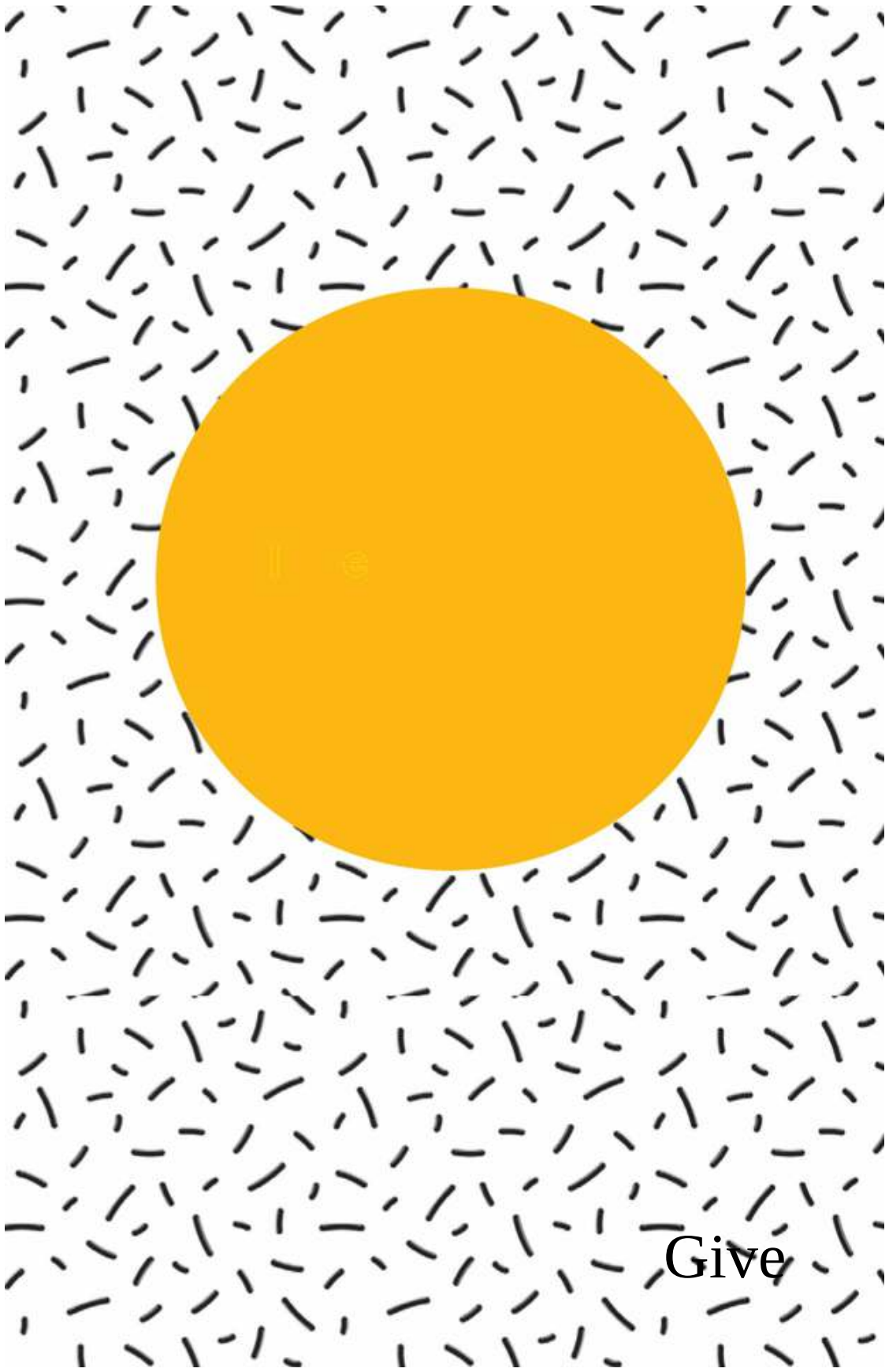
ז. ז. ז. ז.

Sometimes

knowing

someone

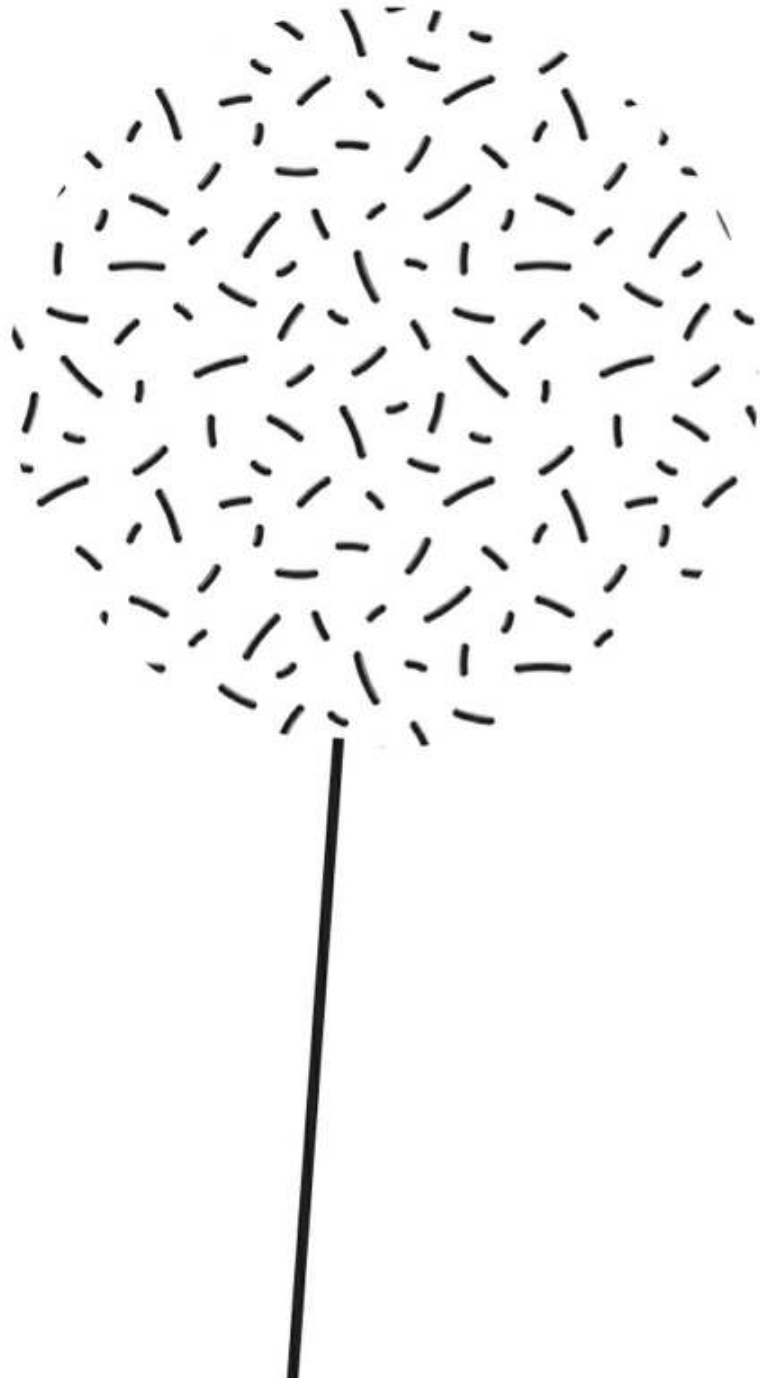




Give pe

f l o e r

can still







**HOLD**

**ON TO**

**THE**

**FRIENDS**

**WHO**

**MAKE**

**THE**

**EFFORT**

**TO**



The image features a grid of colored squares. The top row consists of a yellow square, a black square, and a red square. The middle row consists of a pink square, a light pink square, and a yellow square. The bottom row consists of a red square, a pink square, and a black square. The text is arranged in a grid pattern across these squares.

**SAVE**

**YOUR**

**BIRTHDAY IN**

**THEIR**

**CALENDAR.**





Repeat after me:

What's mine

What's mine

What's mine

What's mine

What's mine

What's mine

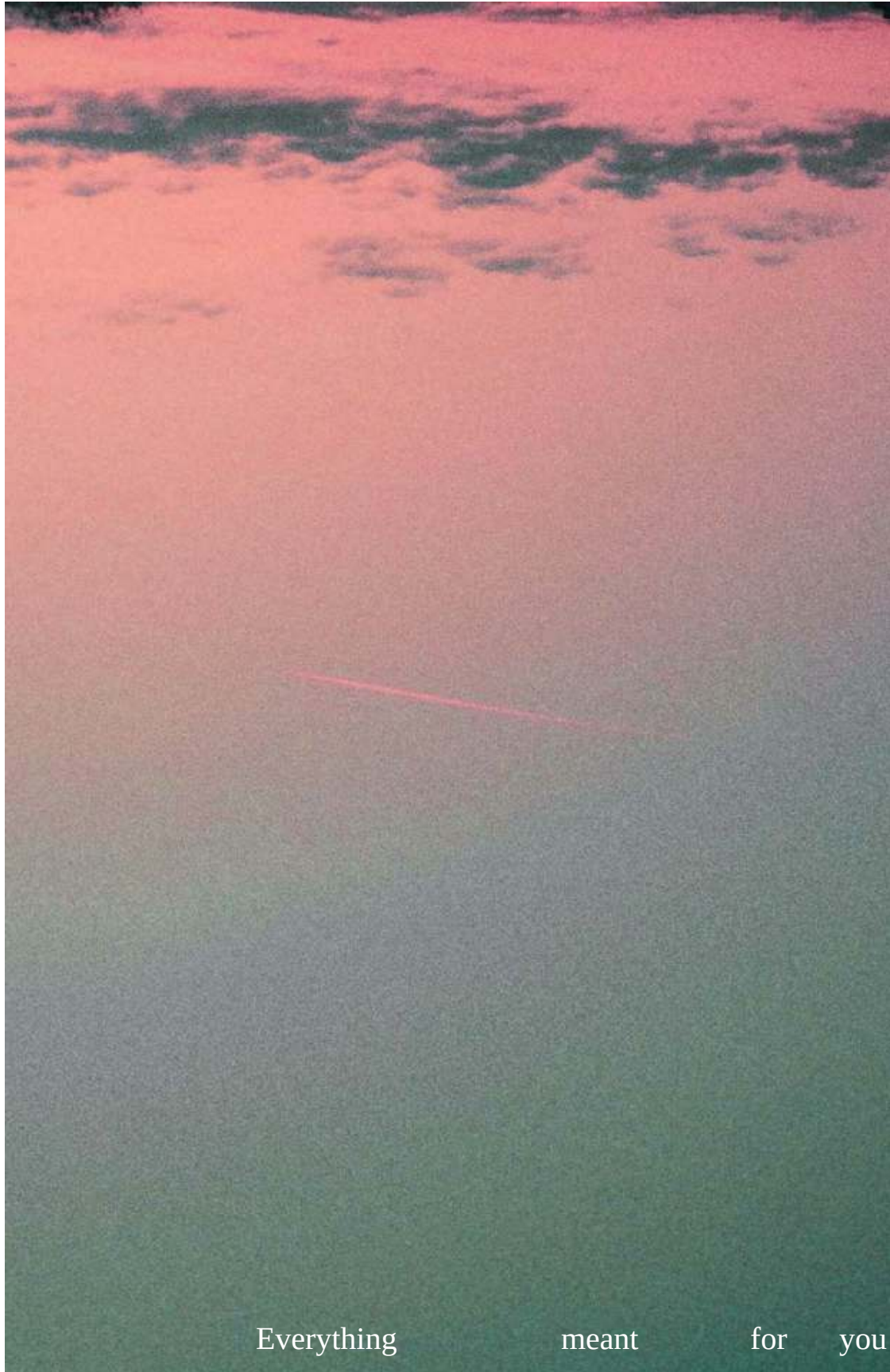
What's mine

What's mine









Everything meant for you





YOU'LL

THE

TO

SOMEONE

ONE











**us. us.**

**us. us.**

**us. us.**

**us. us.**

**us. us.**



**us. us.**

**us. us.**

**us. us.**

**us. us.**

**us. us.**



IT'S

OKAY

WANT

TO

LOVED

.

Most people who claim that  
deliberately closing themselves  
This is totally understandable,  
the past.

But if you're someone who,  
not feel ashamed. We are a  
valued, accepted and appreciated  
weak, needy or damaged.  
touch with our emotions. A  
be loved in a negative light  
false self-sufficiency, quick  
But what we must understand  
feelings are in a lot more pain  
a lot of hurt and effort to silence  
you become used to feeling  
understand about being 'numb'  
your sadness, the less happiness  
because you are narrowing

















Love

pride

like

and

water.

The

will

never









**MIXED**  
**SIGNALS**



Mixed signals aren't mysterious.

Mixed signals are the prelude

When it comes to dealing with  
I've learnt to take indecisive  
peace lasts longer for me. Ha  
disappointment in my life, I've  
me now, don't check for me

People know what they want;  
for you honey. If you're waiting  
up about you, this is life's push  
to work on your self-confidence.  
appreciated. If they can't see

Life's way too short and you  
for people to give you permission  
beautiful thing about progress  
start. People giving mixed sig  
to keep you in a malleable po  
because it makes you and th



Empty promises are o

that you're feeling disrespected.

reaction as more damaging

to your self-esteem. You say

going to walk out and into

panic. They promise you tha



they'll 'change'. You know th  
happen again. But you silence  
and you choose them over  
stay. Months pass while you  
It never happens. How long  
other people over yourself?  
are invalid without changed  
will lose by ridding yourself  
hanging?

Kind- hearted people often  
before it even happens. Mani  
trait and end up delivering  
time you realise that you've  
on your own with a pile of p

EMPTY PROMISES  
ARE OFTEN A DISTRACTION.  
EMPTY PROMISES  
ARE OFTEN A DISTRACTION.  
OFTEN A DISTRACTION.  
PROMISES ARE OFTEN A DISTRACTION.  
ARE OFTEN A DISTRACTION.  
OFTEN A DISTRACTION.  
DISTRACTION.



Stop hanging out with people  
conversations. They do not

Stop hanging out with people  
on you while making no room.

Stop hanging out with people  
you when they're around pe

Stop hanging out with people  
benefits them.

Stop hanging out with people  
support, but when it's your  
every time.

Stop hanging out with people  
who don't like you. As much  
impossible to remain 'neutral'

Stop hanging out with people  
make themselves look good.

Stop hanging out with people  
with you because of what t

Stop hanging out with people  
find out how they can better

Stop hanging out with people



Stop hanging out with people

people. Manipulation of people'

proud of.

Stop hanging out with people

making the effort to rearrange

you or your time.

Stop hanging out with people

honest with themselves. They

either.

Stop hanging out with people  
about things you are passionate

Stop hanging out with people  
ambitions but hide behind ‘

Stop hanging out with people  
dark and lonely place mentally.  
to begin with.

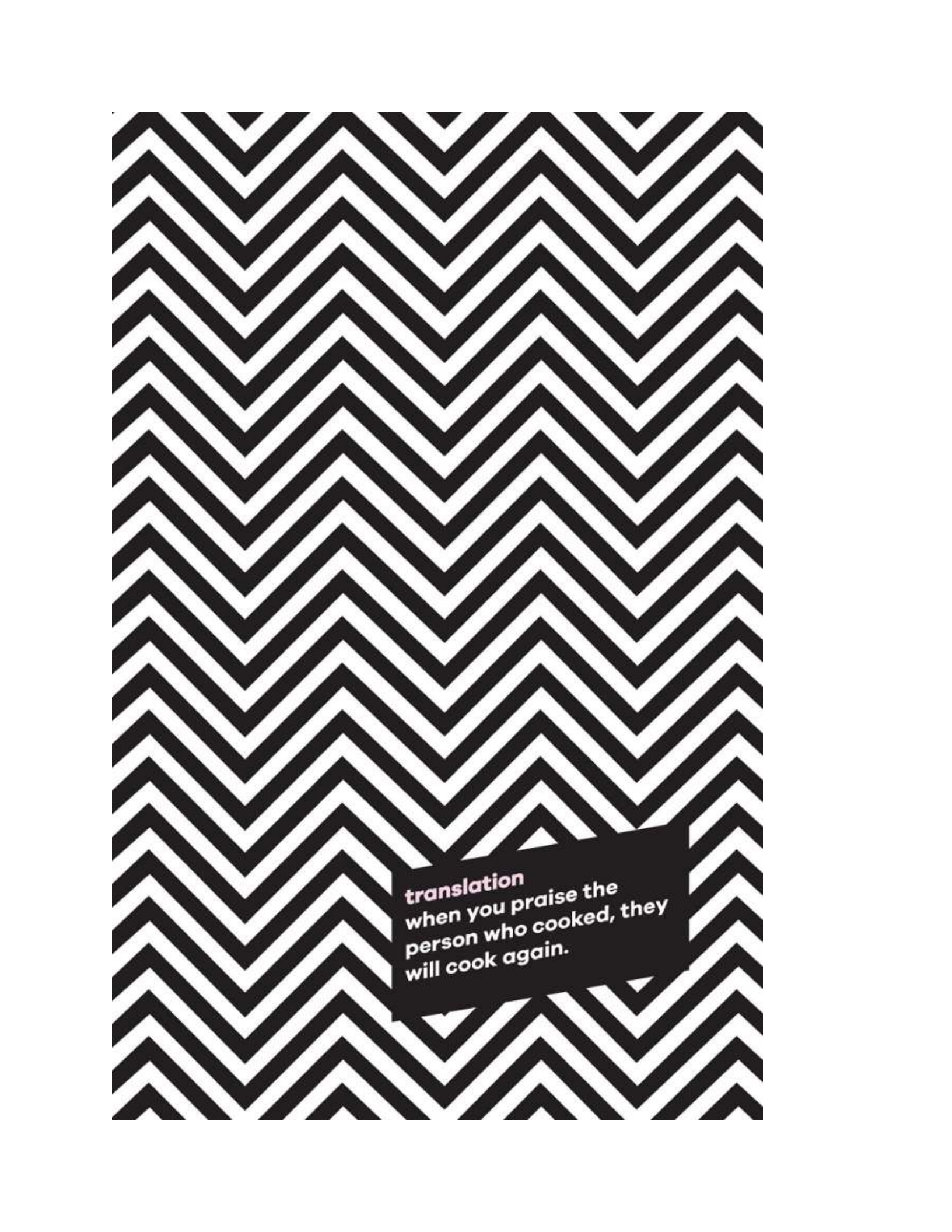
Stop hanging out with people  
insecurities, then, when you  
can't ‘take a joke’.

Stop hanging out with people  
said about you behind your  
response to them.



**Ị TUO ONYE  
SHIRI IHE, Ọ  
SHIE ỌDỌ.**





**translation**  
when you praise the  
person who cooked, they  
will cook again.

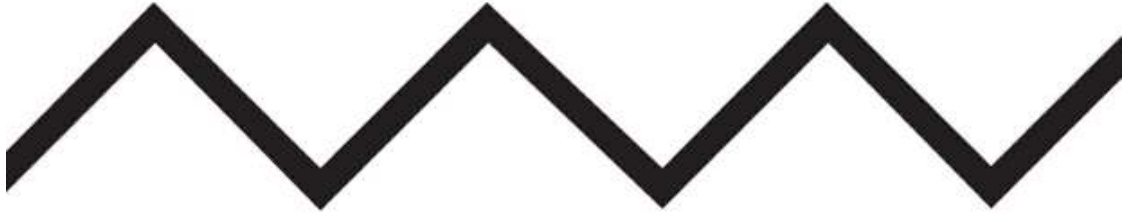




# My mother taught me: deed, always show grat

say 'thank you'. It's almost  
stated here but I'm pretty s  
people who just do not have  
matter how close you are to  
another human being's kindn  
with poor manners, I have t  
brought up very well, because  
into asking for a favour is t  
into showing gratitude. You  
never fail to give you an unde  
you make a massive effort  
ungrateful, this is actually  
you on your feet. I'll explain  
people we want to impress  
view us. Sometimes the peopl  
good for us because they tu  
a sociopathic game where







If you ever find yourself in a  
favours, if you have that option  
(e. g. they are a family member),  
sharing your kindness but, fi  
reactions. They are not happy  
with your kindness, no matter

If you feel like you've been th  
never too late to start being  
to understand why you are c  
who are nice to you; what is  
from? What has hurt you? He  
dictate the way you choose  
you? Chasing people away  
you look around and realise  
thanks to you. Try not to be



EXPLAINING

WHYYOU

FEEL

HUF

NOT

ALWA



## Good intentions

pure, are not guaranteed  
understood or realized in the  
same spirit. The  
in life we can conclude that  
intentions and actions are not  
Everything else  
needs to, whether  
occurred in our field

No matter how  
you will remain  
ingratitude, and  
isn't guaranteed,  
mandatory. Unde  
hurts, but not be  
explain the source  
hurts even more.  
we have difficulty  
our feelings simpl  
haven't given ou  
time to process









# FORMING ATTACHMENT ONLY CREATE DISAPPOINTMENT

When you love a person, detach  
expectations of how they 'should  
focus instead on what this feeling  
we love will eventually disappoint  
our expectations and become  
idea of people living up to the  
learn to control your expectations,

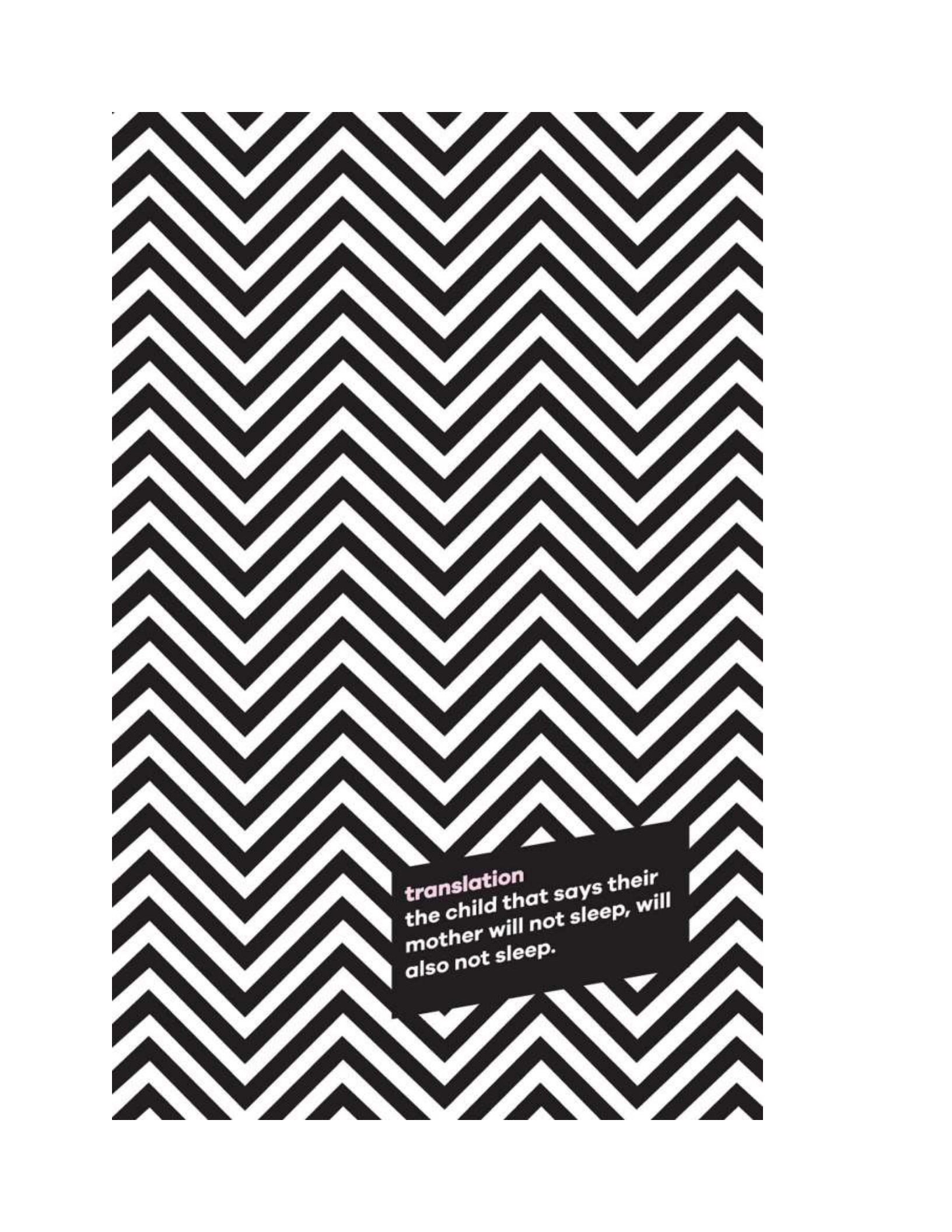
May you find comfort in your  
in other people's. May you learn  
without feeling compelled to



**NWA SI NA  
NNEYE AGAHU  
ARAHARA URA,  
AGAHU ARAHA  
KEYE.**

A crying baby must remain  
mother awake all night. Anyt  
also wasting their own time  
believe they are gaining from  
behaviour is never rewarded.





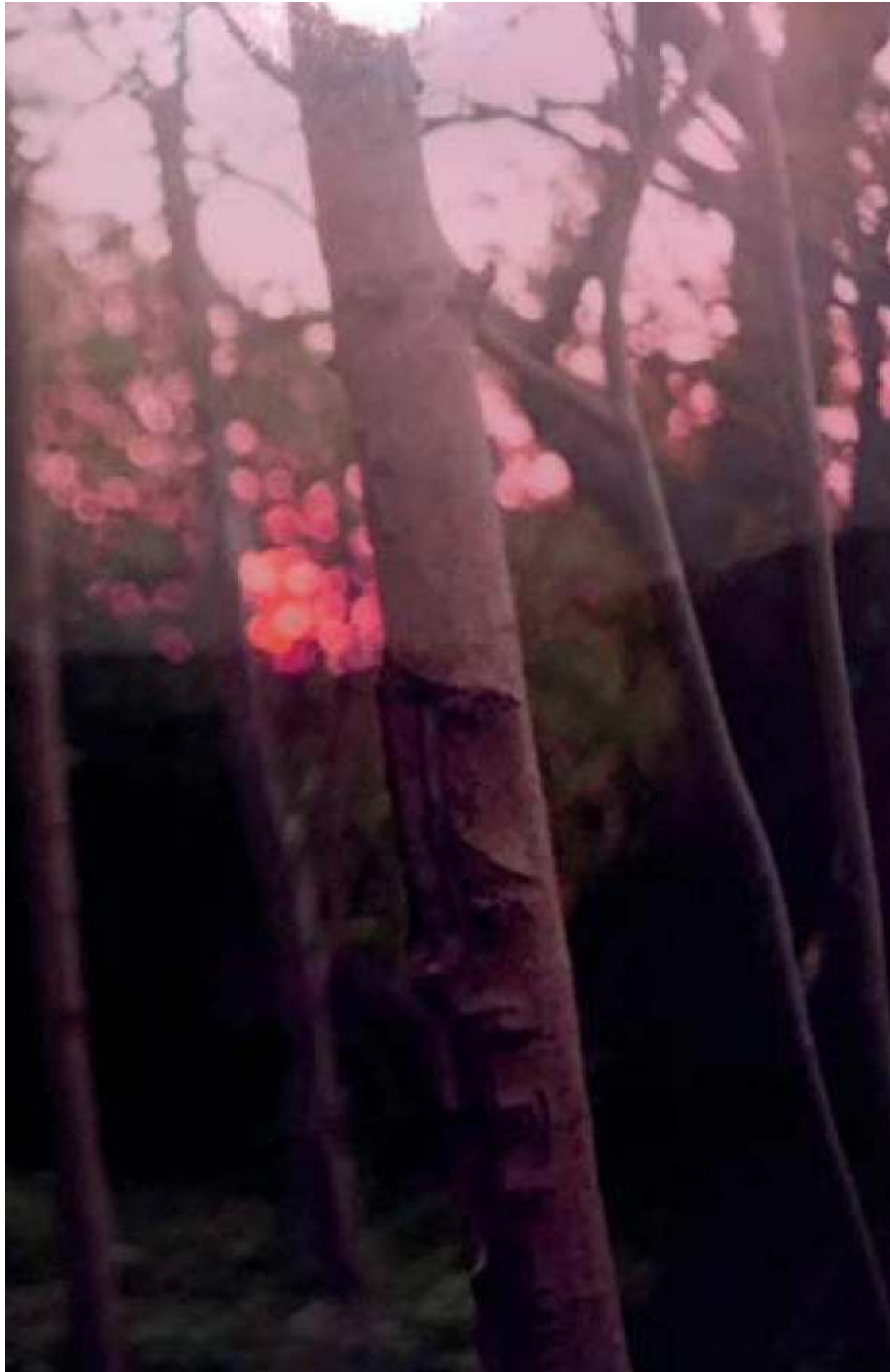
**translation**  
the child that says their  
mother will not sleep, will  
also not sleep.















FEELING

FORGOTTEN

It's the worst. You feel invisible.

make your mark will just never

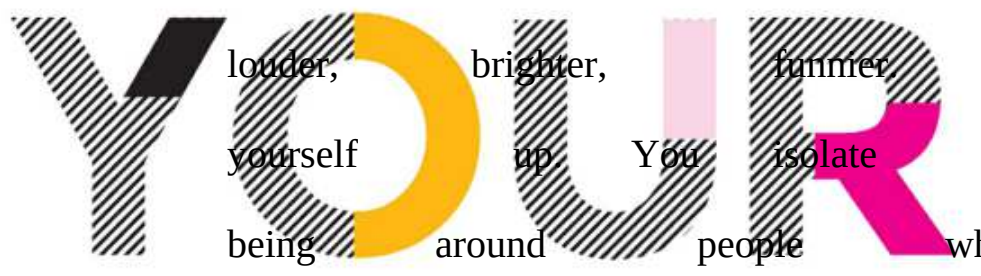
is that makes you so easy to

louder, brighter, funnier. Not

yourself up. You isolate yourself

being around people who can't

your presence and your absence



But what you must realise  
anybody. You are everything  
as you aren't being a total  
yourself), there isn't a 'wrong'  
people who make you feel  
wrong people. If you are phys  
them because of elements  
your mind can take you anyw  
your source of peace. Become  
Find something that keeps  
to let that thing be a person,  
only strays you further away  
need the most:

SELF.

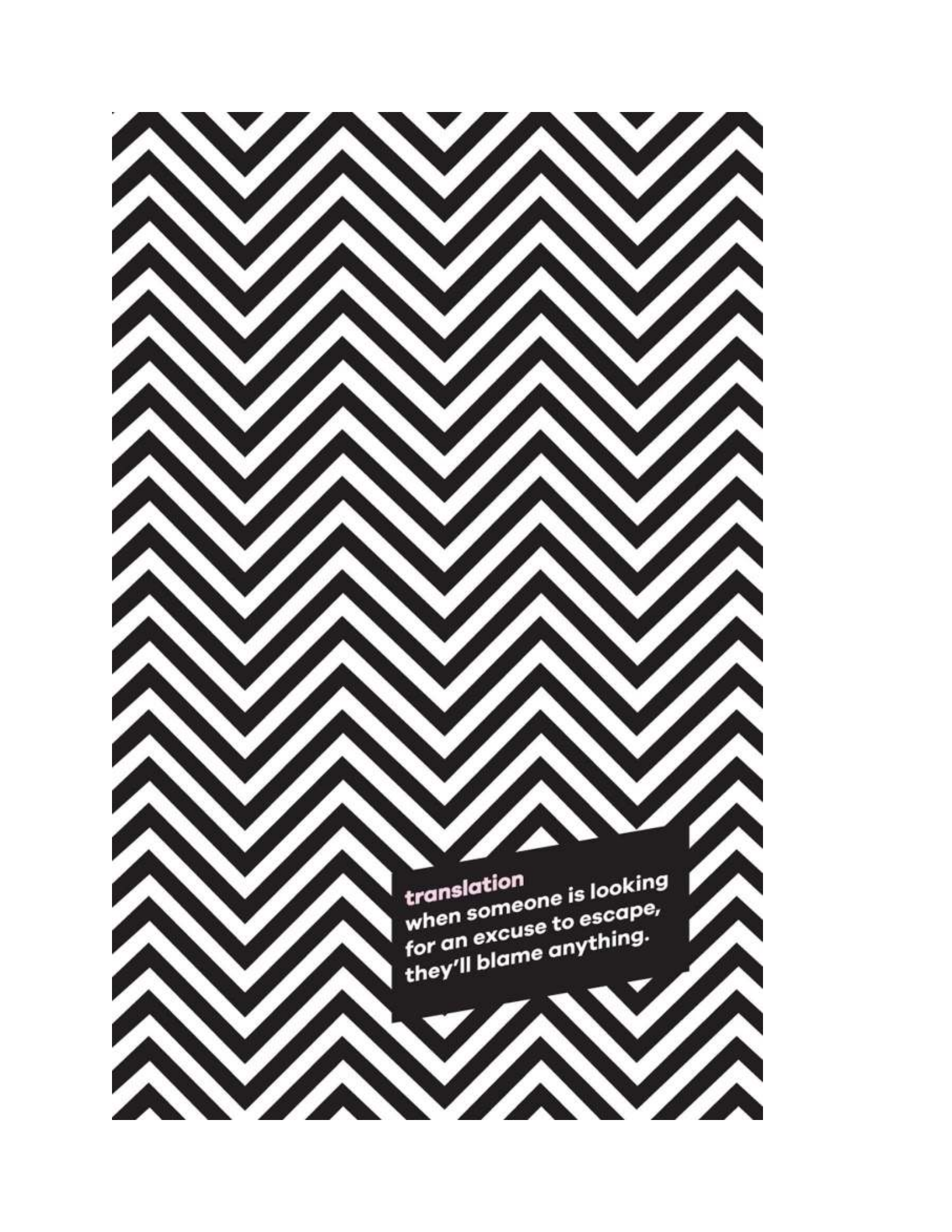




**Ọ CHOGA  
MGBALAGA SI  
A RUỌLA YA  
ANYA.**

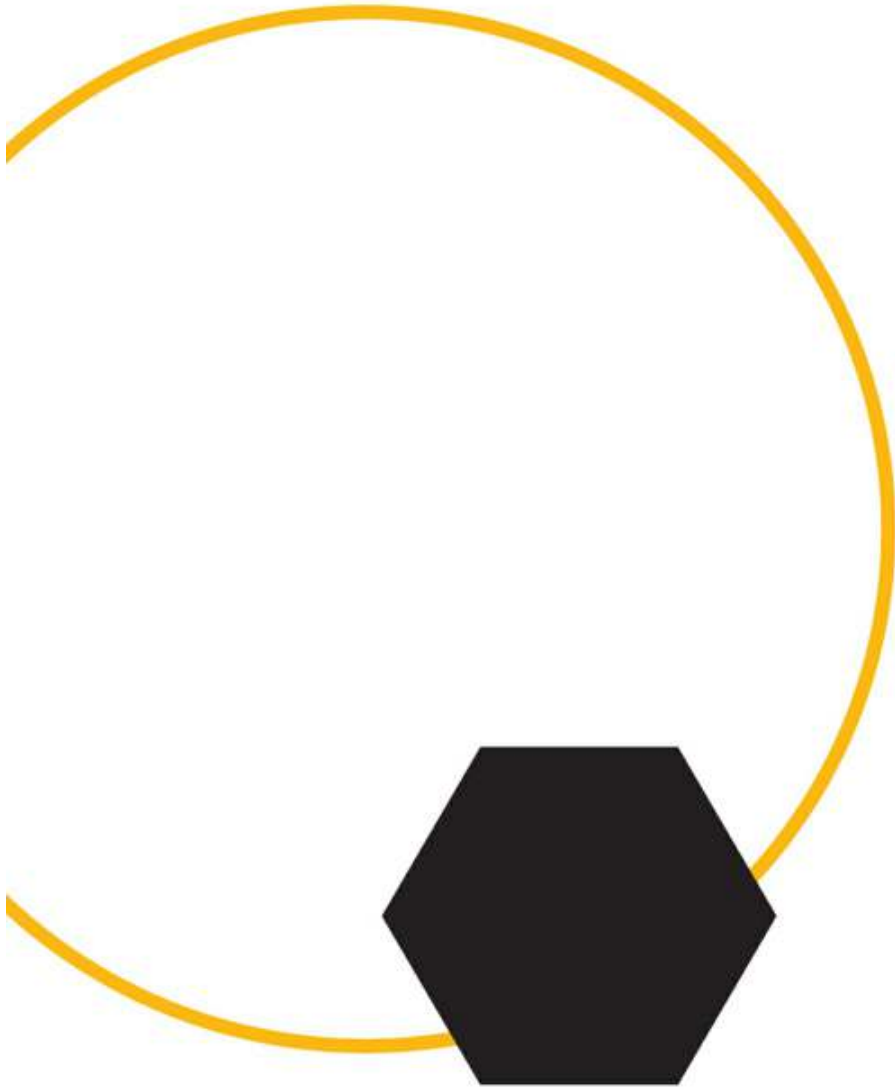






**translation**  
when someone is looking  
for an excuse to escape,  
they'll blame anything.





TRY

NOT

TO SHARE

YOURSELF

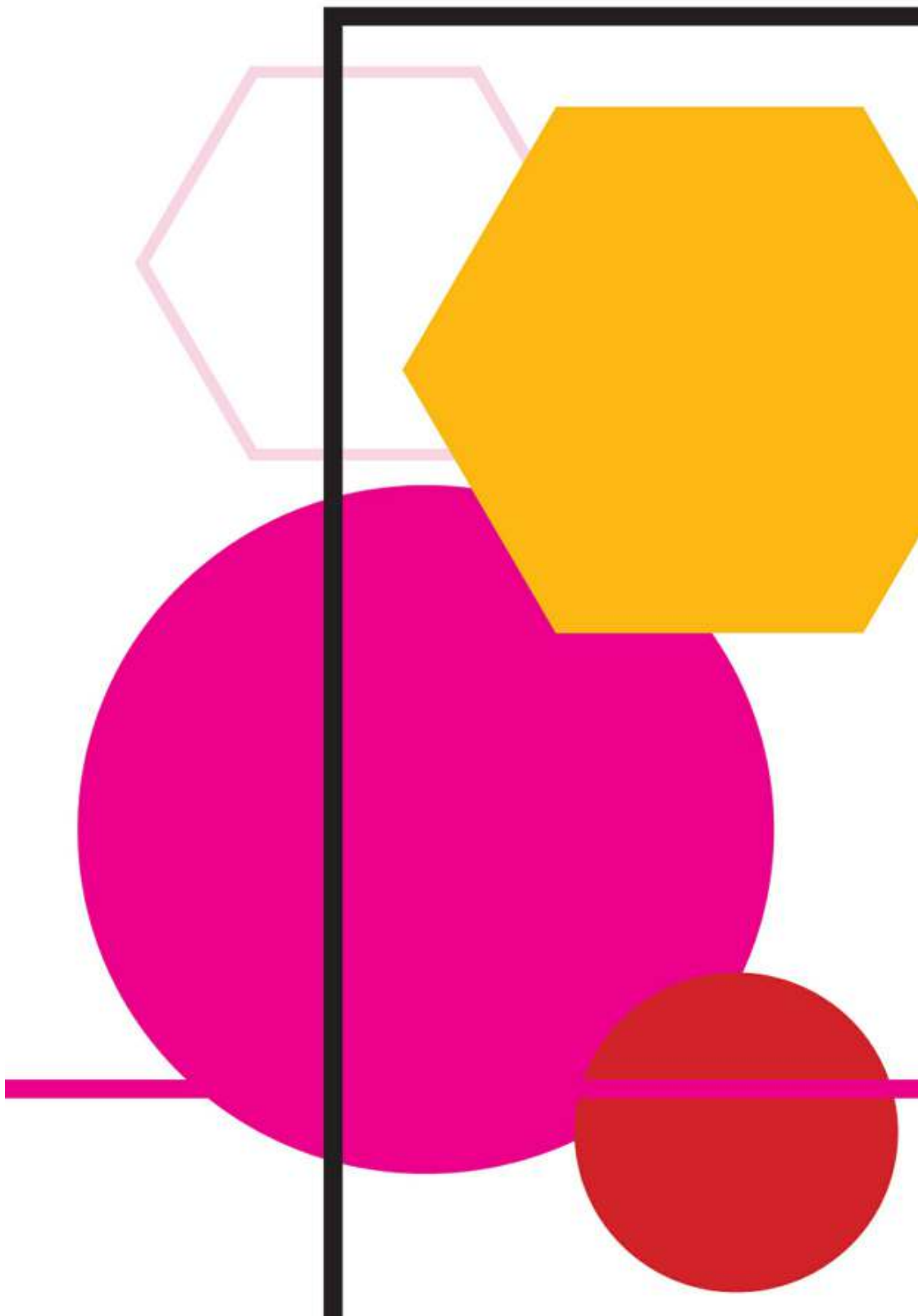
PEOPLE

DON'T W

TO MAKE

FOR





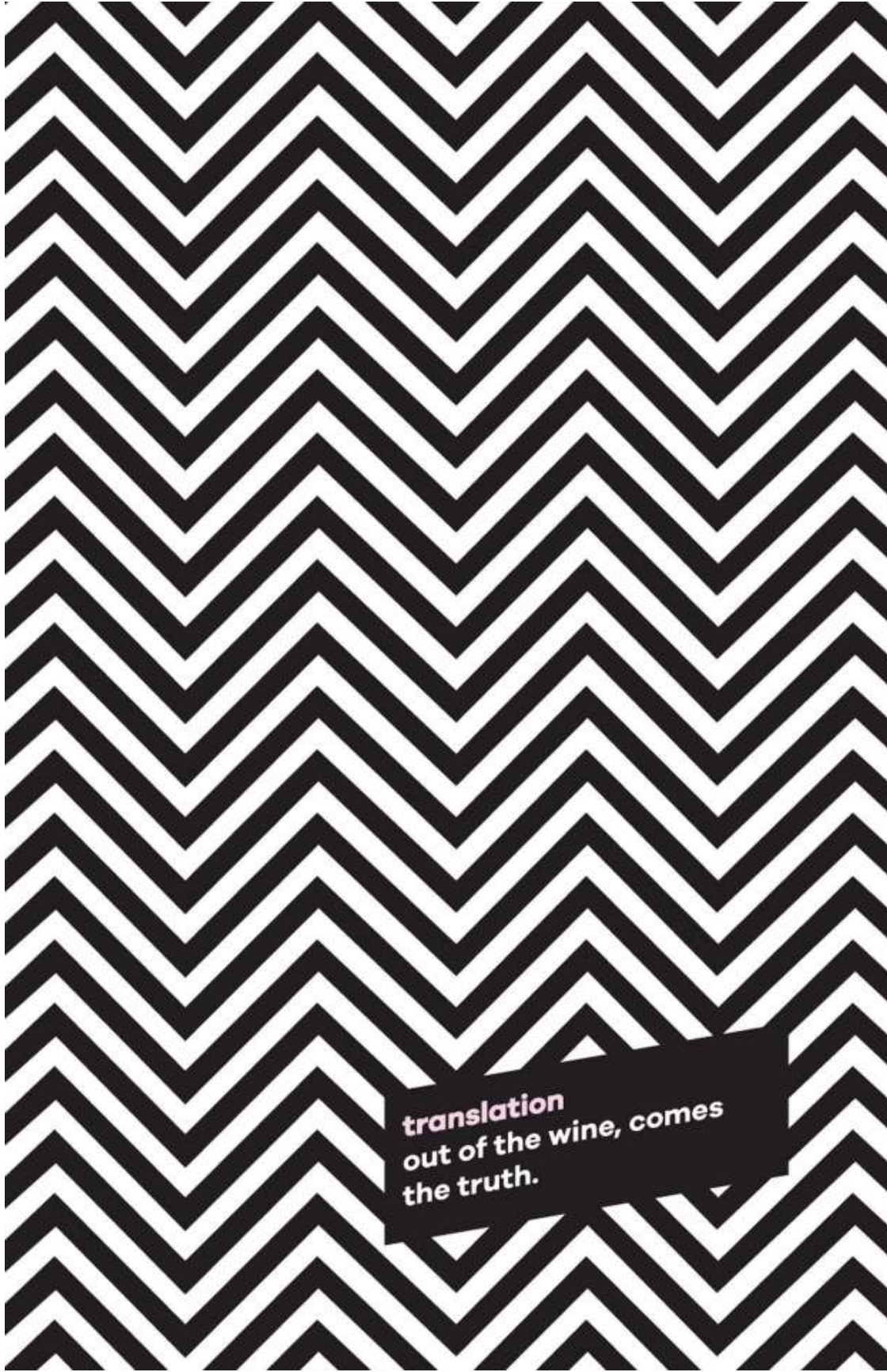


**EZIGBO UKA  
NA ESHI NA  
UDE NMAYA  
NA-APUTA.**

Drunk feelings are real. Drunk  
taken with a pinch of salt b  
to understand, because ever  
they still reveal something  
about their self. No matter  
project onto others the way

Yes, it is possible to evoke a  
means they reach out to yo  
ever does is completely beca  
emotionally abusive ex drunk  
this is not because they have  
behaviour and made the ne  
self esteem overnight. Building  
to unlearn toxic behaviour  
prolonged period of self-iso





translation  
out of the wine, comes  
the truth.



**CERTAIN  
MISTAKES  
MUST NEED  
TO BE MADE, IN  
ORDER FOR THE  
REAL GROWTH  
TO BEGIN.**



Mistakes exist to show you  
patterns. Without making i  
perspective, character or e

No matter how embarrassed  
ultimately what matters is  
from them – not how quickly.

If you made a mistake at the  
not matter whether or not  
not entitled to anybody's fo  
make amends with that pers  
treat the next person better.

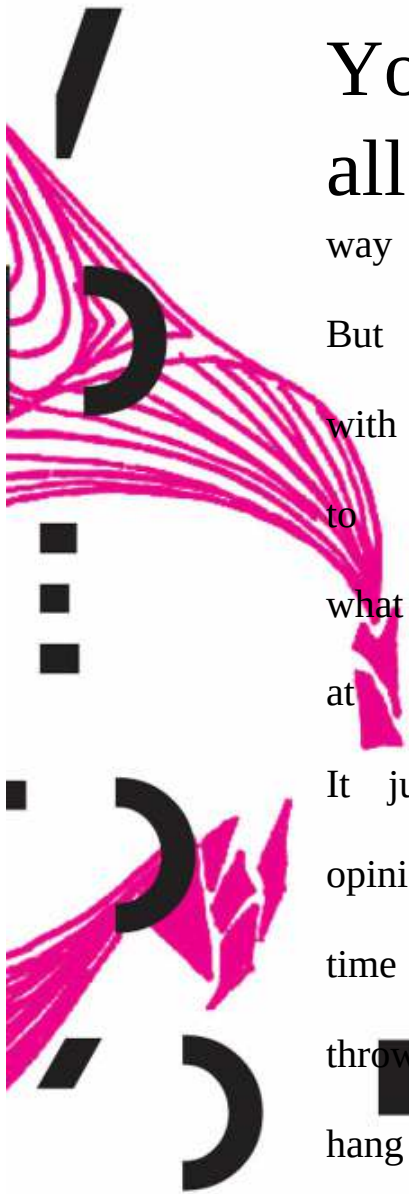












You are allowed to outgrow  
allowed to outgrow you.

way too invested in and attached

But it's so understandable, e

with that person or been through

to imagine a life without them.

what we want. We cannot expect

at our pace. And we can't expect

It just isn't fair. People grow,

opinions and, before you know

time for you anymore. We've

throwing a tantrum when our

hang out with us, but learning

serves us is the key.



IT IS VERY OKAY  
YOUR MIND A

'I forgive you but I've changed  
valid stance.

Take your time. True forgiveness  
until you have been able sit

own reasoning and finally  
placing not just on others,

Accepting that you have let  
efforts you've made to maintai  
yourself makes you feel like  
you or or pressure you into  
matter how much the sentimen  
Forgiveness of yourself can

Even if you accept an apology  
moment, only later returning  
are allowed to change your



**ACCEPTED APOLOGIES  
ARE NOT CONTRACTS.**



REGRET

WORSE

REJECT!



Moments of realisation are often followed by moments of regret. But use that regret to guide you through to becoming a better you. It's better to hear a 'no' than to wonder for the rest of your life what could have existed on the other side of that moment. Uncertainties haunt us forever when we know there was always a chance. Certainty is clarity.

IS  
THAN  
ON.





You'll get over it. When

as you need to get over it. If

it have power over you. Thank

overwhelming pressure to

there's almost this unspoken

less wins. Ignore it. Be as frag

at their profile. Block them.

tempted to still have a snoop,  
searching for validation in

The process of 'getting over  
unlearning habits and weaning  
you are familiar with. You m  
easy for ANYONE. A lot of th  
else moving on quickly is ac  
emotions shoved away in a  
really good at running away  
about running away from y  
running in a very large circle  
where you started. Your feelin  
running, you are only kidding

Learning to process every  
needs to is the only way to  
gift you can reward yourself  
harms you further in the lon  
feel like it's taken you longer





Comparing your healing time  
prolong your healing. We all  
Some of us are also better at  
others. But we are all human  
same stuff.

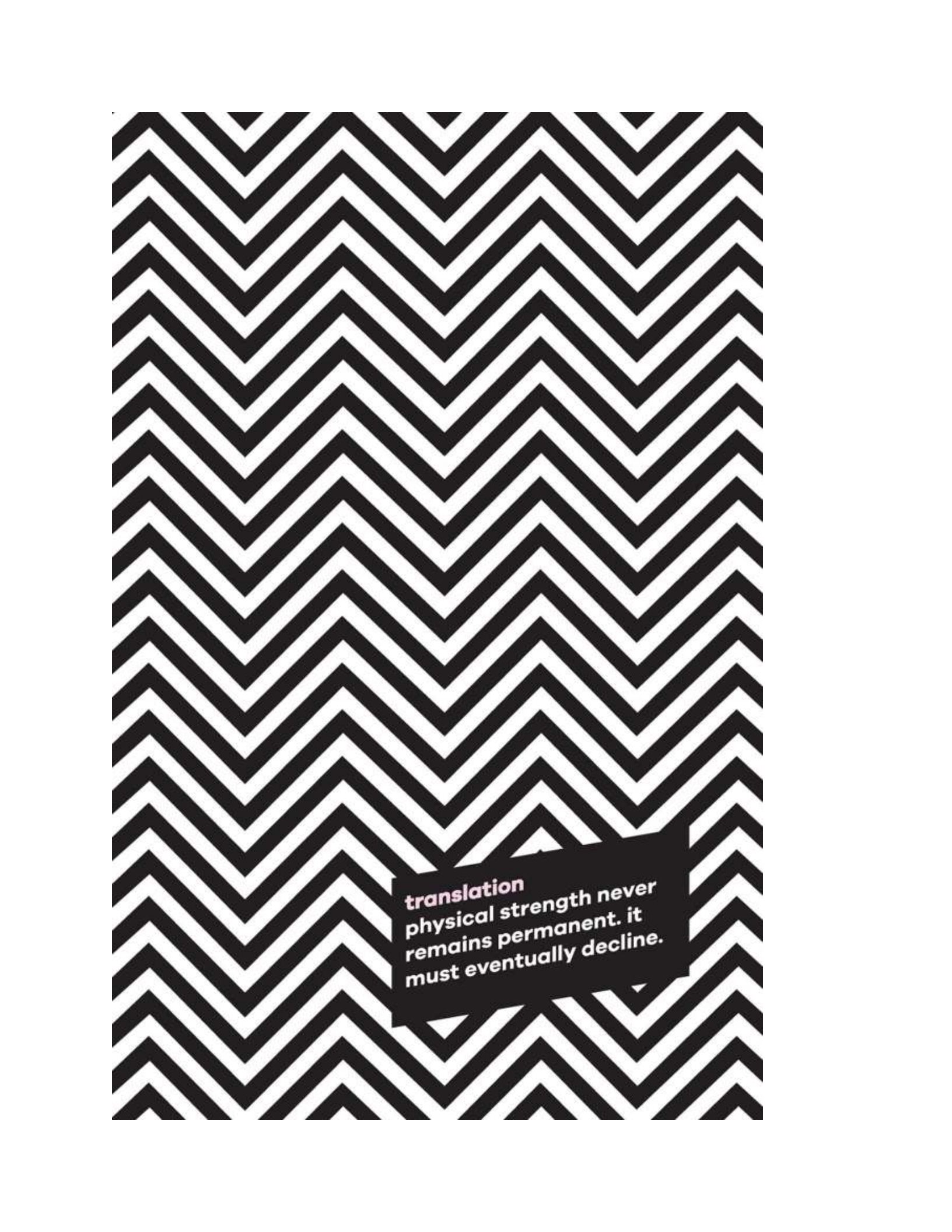
There's no shame in pain. Fee  
whatever it is that you are fe  
sadness or even boredom –



**IKE ANAHU,  
AGBAGO  
AGBAGO,  
ONA AGBADA  
AGBADA.**







**translation**  
physical strength never  
remains permanent. it  
must eventually decline.



## You won't be the 'it' th

Instagram might shut down  
care about your 80,000 follo

Relevance in the offline worl  
being able to monetise it is  
what about having great c  
can never show?

Being idolised and borderline  
negative mental effect, maki  
and above judgement and

can negatively influence th  
themselves and others offlin

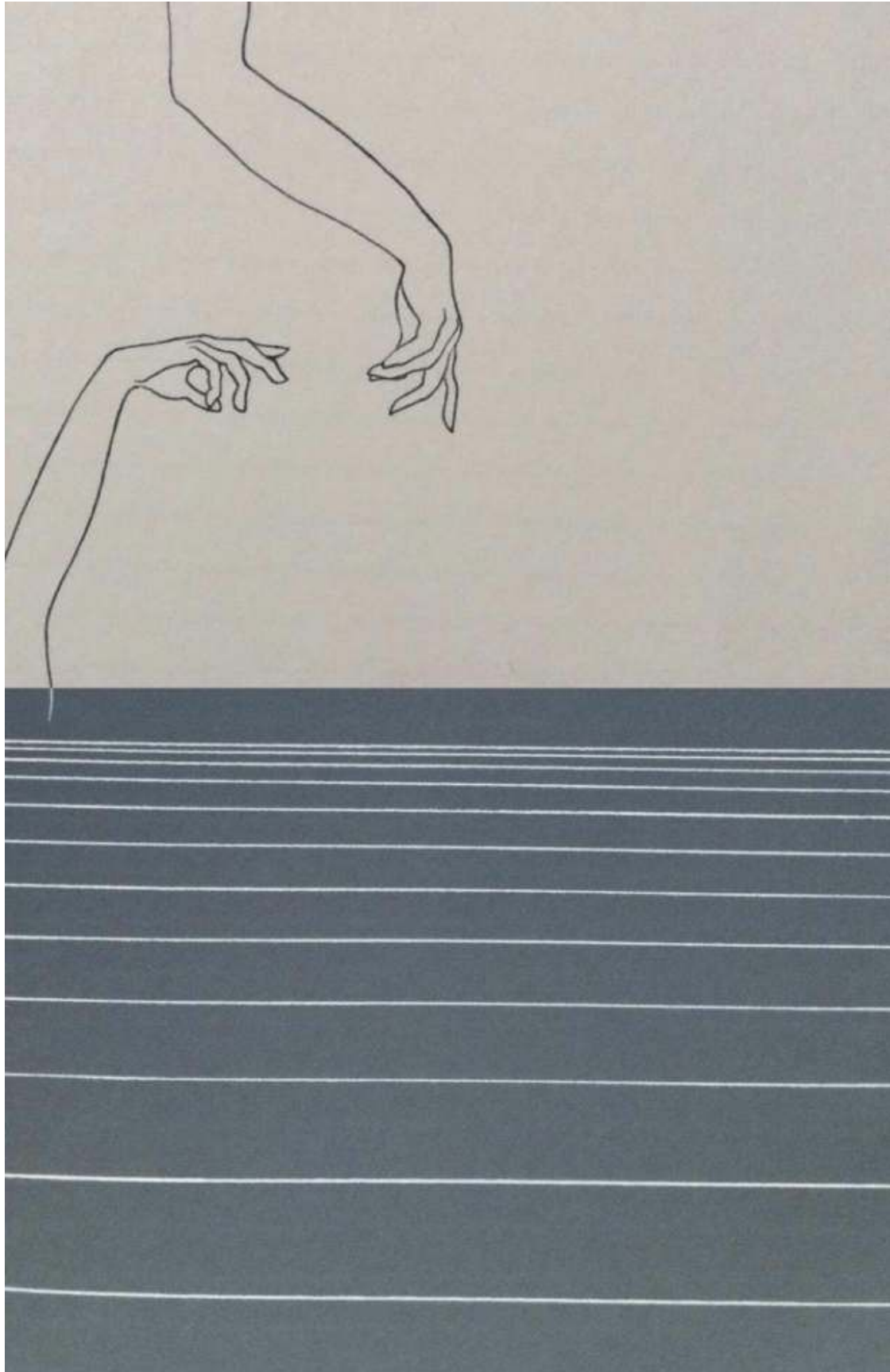
Having talent, especially or  
make you a 'nice' person. :  
may be beating their wives.  
under the guise of artistic  
sexually abused.

It's nice to be admired, but  
people feel while they're in  
Do you make room for other  
be kind without expecting

When you die, your tombstone  
followers you had on Instagram  
tombstone will commemorate













Being

ultimate recipe

to teach yourself

Boredom is

decisions.

Honestly. Boredom

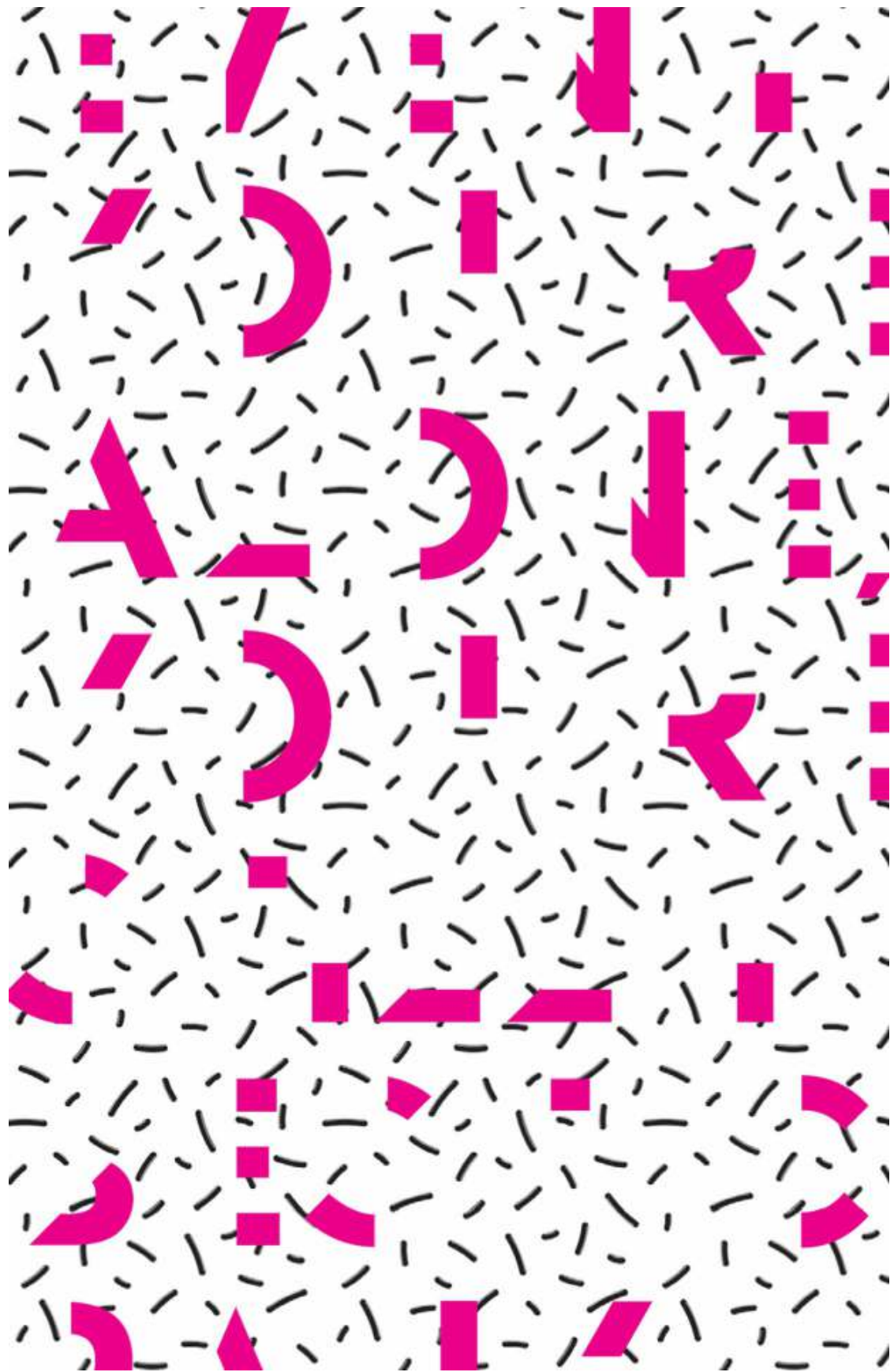
com

The more you love

that you make.

as interesting as

you organically







Even if you're alone,  
company. Being alone  
because you already  
live on your own, with  
delightful future.

This book is dedicated  
to taking your vitamins,  
alone once in a while  
that make you second

matter how intense

May you find security



Chidera Eggerue, popularly known as Chidera, is an award-winning blogger, and a presenter of the TV show The Slumflower – a name inspired by her native Peckham in South London. Her subjects include female empowerment, self-love, black hair, fashion and beauty. Chidera was recently named on to BuzzFeed's '30 Black Instagram' list. She has featured on ITV News as well as in the Evening Standard, the Daily





