



# A GLASS HEART SHATTERED

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Words of heartbreak, healing,  
self-love and redemption

CALEB KIDD COY



*"True intimacy requires vulnerability  
and real love is a CHOICE."*

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By Caleb Kidd Coy

I was forged in the fires of adversity. As a teenager, near-death, drug overdose survivor, my obstacles were nothing new.

I grew up with parents who spent decades as marriage and family counselors.

I learned a lot from those scenarios, witnessing hopelessness then relational situations restored. However, nothing teaches us as completely as the university of real life; like the school of hard knocks can!

As a new dad, I found myself in the midst of the big 'D'. Yes, divorce. By far, the most brutal, unpleasant and eye-opening ordeal I'd ever endured. Immediately, I was forced into survival mode. I was completely unprepared for the ruthless repercussions. It took months just to get my head above water.

The pain is unreal. The emotions: indescribable. If you've been through something similar, you'll relate. If you haven't, I hope you never will!

Life hits unexpectedly hard at times. Tragedy and loss striking without warning. I've been there. Trying to pick up the fractured pieces while surviving the aftermath of a broken heart, it can feel like you've been left for dead—bleeding out on the ground, hanging on for dear life!

Since childhood, I've had strong convictions about relationships; convinced real love was greater and stronger than any problems that could arise. Although I still am a believer in this, faith alone doesn't prevent things from going haywire. Life rarely goes as planned.

You see, the acute reality is that every individual has their own, free-will moral agency. Meaning, they have their own right to choose, in any given relational situation.

We cannot force another individual's will. We're required to make our own choices, even if we're unprepared to deal with the detrimental consequences.

I've often discussed it, and you may call it: "causality" (cause = effect). Call it the law of "sowing and reaping". Call it "karma". It's all basically the same thing.

For every action, every choice we make, there's a corresponding chain-reaction of events that follow.

The good news? After all of the suffering and struggle, I realized something crucial...

There's hope, even after a shattered relationship. There's life, even after a broken heart! I spent five years being single, finding restoration and healing inside myself before I pursued a new relationship.

Love is indeed a powerful weapon. However, there are many elements wrapped up in true love. It's not just a feeling or an emotion. Those come and go.

Even the "in love" phase of newlyweds wears off, as reality eventually sets in.

Sadly, many couples aren't prepared to handle the stages that follow, resulting in both parties being damaged, and lifelong marital vows broken.

Real love is a CHOICE. It involves forgiveness. It requires empathy and compassion. It demands patience. It requires sacrifice, and a commitment to endure. It involves discomfort. And, the time to properly blossom, nurture and grow.

It brings the realization that we've been gifted the opportunity to love and embrace another human being who's just as imperfect; just as flawed as we are! That's the beauty in it.

It means waking up every day with the choice to love another person for who they are. Better yet, getting to know their heart along with all of their quirks and imperfections, and loving them anyway!

Consistently giving love is essential, but learning to RECEIVE love from others is equally important!

I'm convinced we don't have a capacity to adequately give love, until we really come to know and understand how much we ARE loved.

I'll step out on a limb here: YOU ARE LOVED. You may not believe that, but one day I hope you'll not only believe it, you'll KNOW it.

We have to love ourselves. It's a necessity. We embrace our shortcomings and failures to learn and grow from them.

We have to be willing to change from the inside out. Internal transformation takes time and requires due diligence. It demands our willingness and persistence.

We cannot try to change someone else. That's not our place. What we can do is encourage their desire and point them in the right direction. They must take the necessary steps to change. Such steps are different for every individual we encounter.

We neither know or understand all that another person has gone through. I haven't walked in your shoes. You haven't walked in mine. Most relationships don't get too far past surface level.

True intimacy requires VULNERABILITY. Vulnerability means opening ourselves up to be hurt by another individual—someone who, oftentimes, we're extremely close with.

You see, most of our casual acquaintances don't have the power to hurt us that way. We haven't openly exposed our heart or feelings.

The people closest to us; those we love and confide in the most, have the capacity to wound us the deepest when we allow ourselves to be vulnerable by sharing our most intimate secrets with them.

Real love, leading to true intimacy in its deepest capacity, is found when we fully give our hearts and lives to another person in the purest sense, with all the raw transparency and vulnerability found in it.

As challenging as it is, I assure you it's totally worth it! True intimacy, found in a deep, meaningful relationship with another human being, may be the single greatest gift and treasure one could hope to experience in this temporal life.

Real love is the greatest force on earth. It's patient. It's kind. Among other things, it keeps on believing, hoping, and enduring every circumstance and situation.

I remember a time when I lost my faith in humanity. You may have been there, too. I lost all hope and belief that true love was even real. I even lost faith in myself.

For a season, I thought that the majority of folks were just out to get me. Can you relate? It's a traumatic place to be, yet one that many will experience at one point or another.

The battles, the struggles we face are real for us all. Denying that would be to deny our own humanity. Yet, even more real is the power in unconditional love. Maybe you've experienced it. Maybe you haven't.

Either way, there's nothing else that sets the heart on fire and makes us come alive like true love. Nothing restores our faith, our hope, our belief in ourselves and others, like the power of love does.

That said, I challenge you today. Love yourself—either again, or for the very first time. Forgive the people who've hurt you the most—those who've used, abused, betrayed and/or rejected you.

Be willing to open your heart again and believe in the goodness of humanity, even in the midst of all the violence, cruelty, oppression and corruption we see taking place.

Divert your attention away from the negativity surrounding you. Focus on finding, recognizing and seeing the good in others. In the process, you'll begin to find and see the good present inside YOURSELF.

Determine to make the necessary, internal changes. Become that positive, caring, compassionate, loving person I know you are!

By all means, believe in something, or someone greater than yourself, but believe in yourself and in your own capacity to love and be loved by another human!

I believe in YOU. Are you hearing me? I absolutely do. Remember: anything and everything is possible IF you can believe.

Don't accept you've been dumped on planet earth to live a mediocre life. You've been called to walk in your own greatness in whatever capacity that is. You have your own destiny to procure and a future legacy to secure.

I empathize with you. I sympathize with you. I realize you might be going through a situation so painful that I may not even begin to comprehend it.

I challenge you to share your struggles and feelings with someone else. Just opening our heart to talking about it can help initiate the healing process.

I encourage you to find a way to help serve someone else, especially while persevering through your own battles! It's vital to our overall progress and well-being.

There's always someone out there in far more dire circumstances than we are! In helping them, by sharing in their burden, you'll help serve and support yourself as well.

It's the reason I do what I do. It's the reason I get up and keep going even after experiencing numerous hurts, betrayals, let-downs, failures and disappointments in my own life.

My victory lies in the fact that I choose to continually rise each time I fall.

I realize I was placed on earth to be a good and faithful steward. Someone entrusted to serve humanity in whatever capacity I can. Whatever good resides within me to assist the needs of others, the same is true for you.

You possess abilities to make your own life, and that of our world, better in profound ways. The success you desire is already resident within you. Truth.

Often, it's through serving others that we find meaning and fulfillment and our own personal calling and purpose.

It's my desire for you to be happy, healthy, content, and successful in life in whatever you set your heart and hands to accomplish.

You haven't survived all of life's crap so far to accept permanent defeat. Those failures and struggles were merely temporary steppingstones to rise above the afflictions and overcome.

It's time to embrace our struggles and failures; to embrace the heartache and the pain.

Then, you can embrace the love. Embrace the healing and the forgiveness.  
Embrace the happiness and joy. Embrace yourself and your success.

Embrace life. Embrace the fact that you not only have the right to live again, you  
WILL live again!



Author **Caleb Kidd Coy** is an international speaker, life coach, certified digital estate planning advisor, philanthropic strategist, special needs advocate, and a former podcast and online radio host.

As a legacy consultant, he's had the privilege of helping people protect their legacy, steer clear of probate, secure their estate, grow their assets, and establish the freedom of a financial future.

Caleb facilitates technology-assisted estate planning and AI Wealth Services as a way to pass your legacy to your family unhindered. This same technology easily connects donors to the nonprofits they wish to benefit while taking advantage of all the financial benefits of planned giving.

Many people work tirelessly throughout their entire life, intending to eventually pass down their wealth and assets to their loved ones. However, nobody likes the idea of going through the expensive and time-consuming process of being dragged through probate courts. Many people are led to believe the process of passing down assets is too complex or difficult, which causes them to procrastinate and not take any action.



Caleb helps simplify the process of passing down one's legacy and gives people assurance and peace of mind for their family's long-term security. He helps people be remembered as a hero to their families, communities, and the causes that matter to them.

As a husband, father, entrepreneur and mentor, he finds great joy in serving others. He encourages people to think independently, grow exponentially, transform internally and to succeed while overcoming adversity in all aspects of life.

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