

OKAY LIFE... I GET IT NOW

Growth, Gratitude, Grey Hair



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Vaibhav Chinchure asserts the moral right to be identified as the author of this work.

First edition

This book was professionally typeset on Reedsy

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About the Author

The People Who Trigger You Are Showing You Your Wounds

If you've ever been in a relationship — any relationship — you already know one thing:

Nobody exposes your inner wounds faster than the people you love.

Not because they're cruel.

But because they're close enough to hit the exact spot you've been avoiding.

And for me, this lesson came from one simple sentence...

spoken by the person who loves me the most...

at the exact moment I didn't want to hear it.

We were talking at home — nothing serious, nothing dramatic.

I said something innocent like:

“I'll start working on something after office hours... maybe earn a little extra on the side.”

Very motivational.

Very TED Talk energy.

And my wife, without blinking, without pausing, without sugarcoating, just said:

“You just talk. You never do.”

Oof.

No background music.

No slow-motion.

Just a clean, direct punch to the ego.

For two seconds, everything froze.

My brain went offline.

My soul left my body, reviewed my life decisions, and returned with a report card.

And the funny thing is...

she didn't say it to offend me.

She said it because it was true.

Painfully true.

In that moment, I didn't feel angry.

I felt exposed.

That sentence didn't wound me — it *revealed* the wound already inside me:

The fear of not being enough.

The fear of not following through.

The fear of disappointing people.

The fear that I was all talk and zero action.

Here's the thing we rarely admit:

You only feel attacked by a sentence when a part of you secretly believes it.

If someone called me a bad dancer, I wouldn't care.

But this line?

It struck the exact insecurity I had been hiding behind excuses.

Relationships do that.

They hold a mirror to the truths you'd rather avoid.

Your partner, your parent, your friend — they don't always speak gently, but they speak directly.

And our first reaction is usually:

“How dare they say that about me!”

But the second reaction — the honest one — is:

“Why did that sentence hit me so hard?”

Because every relationship has a job:

Some show you your wounds.

Some show you your worth.

And the best ones... show you both.

Looking back now, I realise that single comment saved me from years of self-delusion.

If she had said,

“Wow babe, so proud of your plans!”

I might've stayed stuck in planning mode forever.

But that one line pushed me to ask:

“Why am I so defensive? Why does this hurt? Am I not doing enough? Am I avoiding action? Am I unconsciously waiting for approval?”

I wasn't hurt by her.

I was hurt by the gap between who I thought I was...
and who I actually was.

And that gap — that discomfort — created growth.

You know a relationship is real when it forces you to see yourself honestly.

Sometimes it's uncomfortable.

Sometimes it's beautiful.

Sometimes it's both on the same day.

And here's the surprising part:

Relationships don't break you.

They reveal where you are already broken.

And they don't fix you either.

They reveal where you're already strong.

Today, when I look back at that moment, I'm grateful.

Not because it felt good.

But because it forced me to grow up internally.

It pushed me from "talking mode" to "doing mode."

It made me accountable to myself.

Relationships don't just give love.

They give lessons.

And if you're lucky, the people in your life won't allow your wounds to become your personality.

WHAT THIS CHAPTER IS REALLY SAYING

People don't hurt you.

They reveal the hurt already inside you.

People don't validate you.

They reveal the worth you forgot to see.

If someone's words sting, that sting is a signal.

A clue.

A doorway.

Pay attention to it.

TRY THIS TODAY

1. The Trigger Test

When someone's sentence hurts you, pause and ask:

“What part of me believes this is true?”

The answer is gold.

2. The Responsibility Shift

Instead of saying,

“They said something hurtful,”

try:

“They said something that revealed something.”

Instant mindset flip.

3. Appreciation Exercise

Think of one person who showed you a painful truth.

Instead of resentment, thank them (even silently).

They helped you grow.

CLOSING LINE

Relationships don't shape who you are.

They simply show you what's already inside —

the wounds you still need to heal and the worth you already carry.

The Day I Realised My Inner Voice Was the Problem

There's a moment in every person's life where they say something so casually...
so normally...
so automatically...

...and then instantly regret it.

For me, that moment happened at a friend's gathering.

Someone new joined us — a friend of a friend — and he turned to me with a smile and asked the simplest question on earth:

“So, what do you do?”

Easy question, right?

Normal question.

Human question.

But my answer?



About the Author

Vaibhav approaches mindset and manifestation gently, keeping things real and relatable.

He blends spirituality, practicality, and emotional honesty to help people move from survival mode to a life that actually feels like their own.

Outside his sessions, he's a lifelong student of growth—someone who loves exploring new food, talking to people, and learning from anyone who has a story to share.