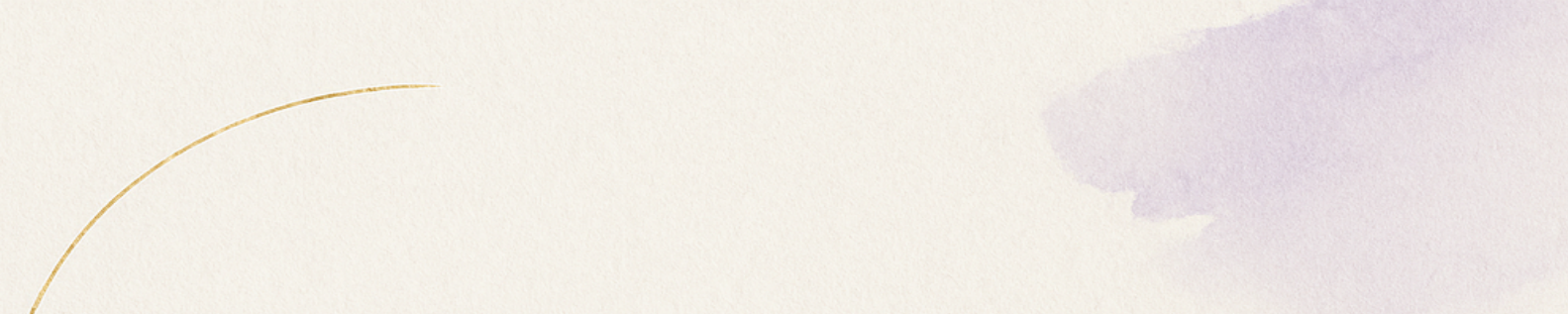




Cut-Off Culture

RECLAIMING PEACE,
POWER & PURPOSE



CHANTELLE MOORE

Cut-Off Culture: Reclaiming Peace, Power & Purpose

By Chantelle Moore

Introduction: What Is Cut-Off Culture?

There comes a time when keeping people around costs more than cutting them off. This isn't bitterness—it's divine protection. Cut-Off Culture is about knowing your worth, honoring your peace, and trusting that God removes what can't go where you're growing.

This book is for you if:

- You've poured into others and been left empty
- You're healing from toxic love, friendships, or family ties
- You want emotional freedom, clarity, and divine confidence
- You're ready to detox the past and walk in purpose

Chapter 1: The Cut-Off Isn't Cruel

Cutting someone off doesn't make you bitter. It makes you aware. There's a difference between being loyal and being drained. Some people only stay connected to keep access to your energy—not to contribute to your life. The cut-off isn't about revenge. It's about revival.

Poem:

I was loyal to people who loved my silence.

But when I found my voice,
suddenly I was the problem.

So I solved it

I cut the cord.

Let That Go Moment:

Let go of the need to explain yourself to people who benefit from misunderstanding you.

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Journal Prompt:

- Who have I kept around out of guilt, not growth?
- What version of me do I need to release in order to protect my peace?

Affirmation:

I honor my boundaries. I choose peace over pressure.

Chapter 2: He Put Me in Debt

Some connections cost more than they give. I thought love meant sacrifice, but I learned that real love doesn't drain you financially, emotionally, or spiritually. Love isn't supposed to put you in a hole you can't climb out of.

Poem:

I borrowed peace to pay his price,
Spent my joy on a love not worth the swipe.
Now I'm debt-free in spirit,
Collections can't reach my soul.

Let That Go Moment:

Release the guilt of saying 'no' to people who only know how to take.

Journal Prompt:

- Where have I overpaid for someone's presence in my life?
- How can I invest in my own growth instead?

Affirmation:

My worth isn't negotiable. My love isn't collateral.

Chapter 3: Love Detox

Healing isn't just moving on; it's cleansing the residue of love that never loved you back. Love detox is the process of unlearning the lies you believed about yourself in the presence of the wrong

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person.

Poem:

I fasted from fake love,
Starved the craving for crumbs,
Feasted on my own reflection,
And called it freedom.

Let That Go Moment:

Let go of love that feeds you pain and calls it passion.

Journal Prompt:

- What false beliefs about love have I carried?
- What truths am I ready to embrace instead?

Affirmation:

I am worthy of love that nourishes, not depletes.

Chapter 4: Soul Tie Scissors

Some ties cant be seen, but you feel them every time you try to move on. Soul ties bind your heart, mind, and spirit to someone who no longer deserves your access. Cutting those ties is an act of divine obedience and self-rescue.

Poem:

Invisible chains, yet heavy to bear,
I reached for heavens scissors,
And found my freedom there.

Let That Go Moment:

Release the need to stay connected to prove your love was real.

Journal Prompt:

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- Who still occupies my mind rent-free?
- What will my life feel like once I'm spiritually free?

Affirmation:

I release what isn't mine. My soul belongs to peace.

Chapter 5: I Still Love Me

The greatest comeback after betrayal is loving yourself louder than the lies they told. Self-love is the glue that mends every broken piece without waiting for an apology.

Poem:

They didn't choose me,
But I did.
Every mirror moment,
I picked me again.

Let That Go Moment:

Let go of the version of you that begged for love to stay.

Journal Prompt:

- How can I show myself more compassion today?
- What parts of me deserve to be celebrated?

Affirmation:

I am enough for every version of me that survived.

Chapter 6: The Divine Cut-Off

Sometimes the cut-off isn't your choice; it's God's protection. Closed doors, unanswered calls, sudden distance—it feels painful, but its real purpose is redirecting you. Trust the divine cut-off.

Poem:

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Heaven moved them out of reach,
Not to punish me,
But to position me.

Let That Go Moment:

Let go of fighting for what God already removed.

Journal Prompt:

- What loss later revealed itself as protection?
- How has God redirected my path?

Affirmation:

Every separation is a setup for my elevation.

Bonus: Cut-Off Starter Journal (Freebie Preview)

This journal is your personal space to process pain, honor your healing, and track your growth.

Daily Prompt:

- What did I release today?
- How did I protect my peace today?
- What truth about love and boundaries do I affirm today?

About the Author

Chantelle Moore is a healing guide, writer, and speaker dedicated to helping women reclaim peace, power, and purpose after emotional wounds. Through her personal journey and divine wisdom, she teaches the art of spiritually aligned boundaries.

Your Next Step

Cutting off is just the beginning. To continue your healing journey:

- Join the Cut-Off Culture community on Facebook
- Follow on TikTok for daily affirmations and healing insights

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- Download the full Cut-Off Journal to deepen your process

Remember: What you release makes room for what's divine. Protect your peace. Guard your energy.

Walk boldly into the life you deserve.