

THE VERDICT IS LOVE



Reclaim Your Heart &
Rewrite Your Story



www.tonyakerry.com

TONYA KERRY **INSPIRES**

***“The person who
left shut the door
on you didn’t look
back.***

***Thank heavens the
Lord opened the
window.”***

Tonya Kerry



Hello there my friend. I'm Tonya Kerry and I applaud you once again. You've decided that you're at least willing to try and let go of the heartache. You know that it's time to turn things around. By reading this resource, you may have also started hoping that somewhere beyond the upset and the pain there is a better life waiting - one that is filled with everything you've ever dreamed of. The problem is that you're probably tired and feel stuck. Not only that, you might be thinking that things will never change.

The good thing is that you're wrong about that part.

That's why I'm ready to walk you through your love comeback. I'll do it from a legal perspective (without giving legal advice). And guess what else? This is the case that's designed to help you win. Congratulations.

Tonya Kerry

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Heal & Grow

You never could have told me that love and law go together, but having spent over a decade in the legal arena, I am now certain that the two worlds intersect in just the right place: where strategy meets intentionality. In the courtroom and the chaos of life, you certainly need both. And it's exactly where you start rewriting your story.

1 Plead Your Case and Own Your Story



Just like a defendant must acknowledge the charges, you must face your situation and deal with the reality of it. In court if a defendant does in fact plead guilty, he or she must do so freely and voluntarily. Likewise, if you want to reclaim your heart and set the record straight, use this time to face the truth, heal, and grow.

What it all boils down to is that you own your story. And you do not beat yourself up in the process.

I've said this next part before and I'll say it a thousand times more if I have to: give yourself some grace.

Reflect on what you've learned about yourself, your boundaries, and your values. Consider this your evidentiary review—what did the facts of your past teach you?

I've spent many years in the legal stomping ground, so I want to ask you a few cross-examination questions as well.

Don't worry though, these questions come from a heart-centered place because we're in my imaginary metaphorical Love Court. Here, you review the evidence of your past relationships, challenge unhealthy patterns, and establish new boundaries. And in the end, I ultimately deliver a verdict that honors your worth and you open the door to authentic love.

Heal & Grow

Cross-Examination Questions:

- What negative beliefs about yourself came from past relationships?
- Are those beliefs facts or thoughts that you've been thinking for too long?
- Did you put your life in park because of a fool?
- How would it feel you cleared your emotional record and moved on?

Exercises

- Write down 3 lessons your past relationships taught you.
- Journal about how you would cross-examine old patterns to avoid repeating mistakes.
- What values does your ideal partner have that align with your values?

Scripture: "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." - Jeremiah 29:11

Affirmation: *"My past does not define me; it equips me for love that aligns with who I am."*

Remember, in Love Court the questions aren't meant to convict you—they're meant to help you build a stronger case for the life and love you deserve.



Let it Go

2 Expunge Your Past and Reclaim Your Power

“Expungement” is a legal term that means the record is sealed and the information is gone forever from the defendant’s record. In terms of relationships, heartache can damage your self-esteem like a tarnished legal record, but it’s your job to get rid of it - forever.

Now is the perfect time to clear the record of your past, restore your character, and reclaim your heart.

How? Focus on your strengths, achievements, and passions outside of relationships. Let’s call this “your personal record of success.” That’s what you should be fixated on: Your wins. Thinking about them will help you get strong again.

Exercises:

- Each day, tell yourself 1 thing that you love about yourself.
- Create a “Wall of Blessings” to remind you of the good things that have happened in your life, the situations that you won, and the power you once felt.
- Take one step toward a personal goal you’ve delayed.

Scripture: “She is clothed with strength and dignity; she can laugh at the days to come.” – Proverbs 31:25

Affirmation: *“I am worthy of love and respect, and I honor my own journey.”*



Better Have A Boundary

3 Love's Jurisdictional Boundaries

In the legal arena, jurisdiction is the court's power to hear a particular case. Similarly, in love and relationships you have power to deal with people (or not). You do not have to entertain nonsense and negativity. Create a boundary. Moving forward, define what you will (and will not) accept in love or in your relationships. What I call "Love Boundaries" is just like legal jurisdiction. There are cases that you do not have the capacity to deal with. And it's okay. You shouldn't have to. Most importantly, the boundary will protect your domain because boundaries help us attract partners who respect our authority and personal space. Not only that, boundaries help block people and situations that do not serve us.

Cross-Examination Questions:

- Who currently has jurisdiction over your time, energy, and heart?
- In your past relationships did someone cross the line or did you forget to draw one?
- Were there moments when you should have said "objection," but stayed silent instead?
- What boundary could you enforce today that protects your peace?

Exercises:

- Write down your non-negotiables.
- To build your confidence, practice saying, "No."
- Reflect on past relationships: where were your boundaries ignored and how will you enforce them now? If your boundaries were crossed, make sure that it never happens again. Learn your lesson and enforce it with everything that you have. Spare your heart the next time.

Scripture: "Above all else, guard your heart, for everything you do flows from it." – Proverbs 4:23

Affirmation: *"I honor myself and attract relationships that honor me too."*

Love Before You Leap

4 Don't Rush In Adjournments Matter

Don't rush into a new relationship just to escape emotional pain. Love yourself first. It's so easy to rush into the excitement of a new love, but I've learned the hard way: heal first, love later. Like a defendant serving time before an appeal, you may need to wait things out a little.

Work on yourself: complete your healing journey first. If you don't, you may repeat the same mistakes. Emotional healing ensures that you're ready to enter your next love chapter with clarity and integrity.

Exercises:

- Journal daily or weekly to process your feelings.
- Meditate, pray, or reflect to release emotional pain.
- Seek support from mentors, friends, or a therapist.



Question: "What part of me needs restoration before I pursue love?"

Scripture: "He heals the brokenhearted and binds up their wounds." – Psalm 147:3

Affirmation: *"I am whole and complete; love finds me when I am ready."*



Take Inspired Action

5 Take Inspired Action - File Your Motion

Declare Your Intentions. Just like a lawyer files a motion in court to request action, you can declare what you want in love. It's time to move with clarity about the kind of relationship, partner, and life you deserve. Then, take intentional steps.

A motion moves a case forward. In love, this means taking strategic action: reaching out, dating intentionally, or prioritizing self-love and growth.

You have gathered your evidence: confidence, self-worth, and lessons learned from the past. Filing your motion is about showing the court of your life that you are ready and capable of healthy love.

Therefore, go after love and life without compromising your values. Again, think of this as filing a motion in court—taking formal action to secure what you deserve. When you do make your next love move, pursue relationships aligned with your values and goals.

Exercises:

- Create a weekly action plan: attend an event, meet new people, or strengthen your own self-love regimen.
- Set clear relationship intentions.
- Reflect on one actionable step today to move toward meaningful connections.

Scripture: "Commit to the Lord whatever you do, and He will establish your plans." - Proverbs 16:3

Affirmation: *"I am proactive in creating the love and life I desire."*

The Final Argument



Your past does not determine your future.

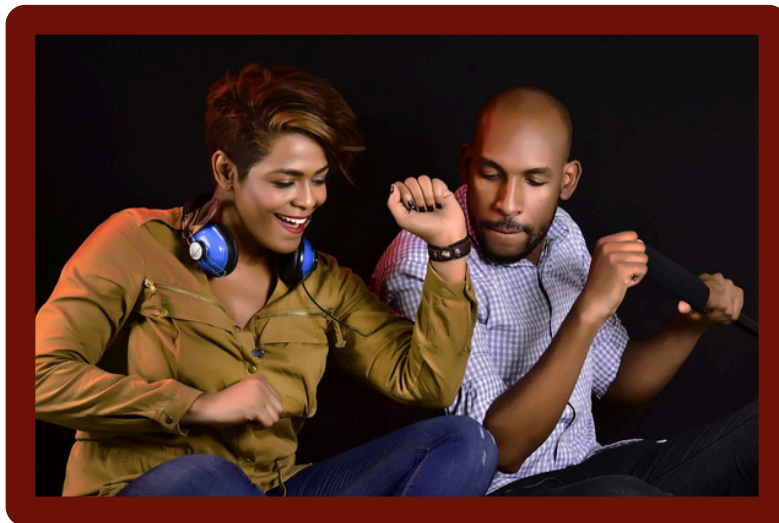
You've reviewed the evidence, set clear boundaries, and begun the healing process. Now it's time to move forward with intentionality and faith, knowing that your story is still being written—and the verdict over your life can still be love.

You deserve love without compromise.

Your heart has been through enough trials.

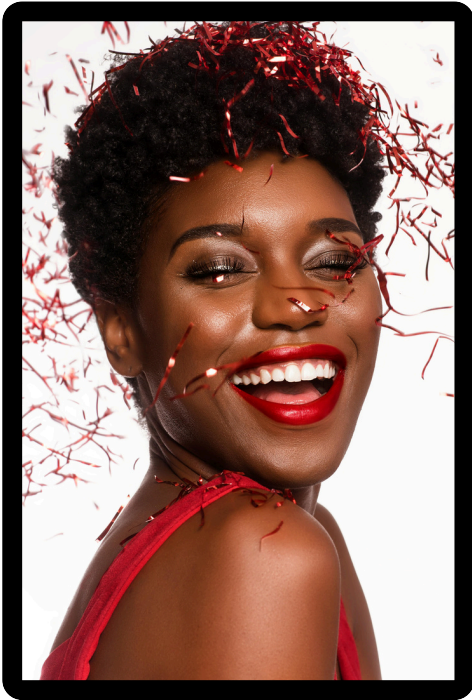
Now it's time for the verdict: You win.

The verdict is love.



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Your Next Move



If this ebook encouraged you,
continue your journey with:

LoveWise Global The Comeback Course

The Comeback Course is a transformative program designed for professional women who are ready to get unstuck, reclaim their confidence, and create the life and love they deserve. Led by a former administrative law judge turned educator and empowerment speaker, Tonya Kerry, the course blends practical strategies, interactive exercises, and inspirational guidance to help participants turn challenges into comebacks.

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Let's Stay Connected

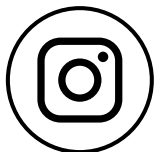
lovewiseglobal@gmail.com

Connect with me and let me know how you're doing with your love journey.
I believe in you and I'll catch you in the love zone!

Live Powerfully
Love Intentionally



Tonya Kerry



Tonya Kerry, Esq. is a Love Coach, Professional Speaker, and Author. She has also served as an Administrative Law Judge and a New York City Prosecutor. Tonya is dedicated to empowering women and helping them transform in the arena of personal development. Tonya relies on a healthy dose of humor about her own life and love mishaps to inspire others along their journey to personal power.

Tonya is the author of *Twelve Secrets to Living a Life You Love* and she has made appearances on Lenny Green's The Quiet Storm (107.5FM WBLS), The Dr. Oz Show, and The Judge Hatchett Show. She has also been featured in the New York Daily News and the Staten Island Advance.

Tonya graduated from Hampton University and earned her Juris Doctor from the Tulane University School of Law. She is also a member of the National Speakers Association and Alpha Kappa Alpha Sorority, Inc. Tonya is the founder of the LoveWise Global LLC, a training company that empowers women to get unstuck, rediscover hope, and attract amazing love.