

## Chapter 29 : Self Love

It was shocking to say the least. What exactly did Anaya go through to become like this? This question was circulating through the minds of Roman and Easton. Even the doctor was

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concerned about it.

"Is there any way she can get better?" Roman asked, "We will try out best."

The doctor was clueless about this as well so she didn't give a definite answer but she gave them a

few advices.

+5 Points

"I am not very clear on this either so I have to consult a few people to get a clear view. For now I can just say that Anaya has to be kept in an environment where she can trust others and open up. But more than anything else she has to learn to love herself again. Anaya has completely disregarded herself and doesn't think about her body or mind, so make her appreciate herself more. Anaya has to believe that she is important."

Roman listened carefully and understood what he they had to do but it wasn't going to be easy.

Making someone love themselves was much harder than it was to make them love someone else. It was like crashing waves over a rock with the intention to make an impression on it.

It will take time and a lot of patience.

"Thank you doctor. We will take good care of Anaya. And if you find anything more in the future then do let me or Easton know about it." Roman said and got up from the chair. The doctor got up too to see them outside.

Before Roman and Easton left the doctor informed them about Anaya's whereabouts.

"Anaya is in the garden so you can meet her. The report should arrive soon, I'll send someone to inform you when we get them."

"Thank you doctor." Easton said and Roman nodded and left. They were familiar with the layout of the hospital so they didn't need anyone to show them the way to the garden.

There was a time when Easton had injured himself badly during training and ended up here to get treatment. He had to stay in the hospital for two days to treat his ankle fracture and dislocated arm. When they passed by the ward that Easton was kept in, he subconsciously shivered.

He held his left arm and remembered how they had fixed his dislocated arm. It was painful.

Roman was greeted by the staff and a few patients every now and then. He nodded towards them and made his way to the garden. The open garden had a lot of people doing their morning exercises or taking walks. Roman took a sweep over the area and found Anaya walking along the path.

She had completely blended in. Like always her eyes were downcast and her steps were slow.

"Should we go there or call her out?" Easton asked.

"Good morning Alpha." A nurse who was passing by greeted.

Roman habitually greeted back, "Good morning."



He was also thinking whether they should go there or not. There were a lot of people in the garden and his presence might make them uncomfortable.

In the end he decided to just wait in Anaya's ward.

He didn't want to disturb the little peaceful

moment Anaya was having with herself.

"Let's go and wait in the ward." Roman said and turned back. Easton followed behind him and they went back to wait for Anaya.

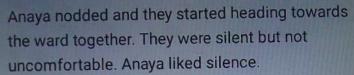
Anaya failed to notice them in the garden. She walked a little more until there was a little burn on her ankles. After all her entire body was hurt, every part of it was painful.

After confirming that she won't be able to walk without falling, Anaya went back to her ward via elevator. She walked back slowly because her ankles hurt a lot.

"Anaya!"

Anaya paused and looked back. She saw the female doctor that was attending to her waving at her to stop. Anaya turned back completely. The doctor walked towards Anaya holding a file.

The doctor stood next to her and waved the file at Anaya, "I just got your report results. I was going to find you but thankfully saw you here. Let's go to your ward together."



She wasn't used to talking a lot and didn't like when others talked too much because it meant she had to respond as well. Talking had become a chore. It was difficult to communicate now.

Especially in this pack where everyone was a stranger.

The doctor pushed open the ward door and let Anaya in first. She had only taken a few steps in when she sensed a presence in the ward. Anaya lifted her face only a little to see the Alpha and Beta sitting on the chairs.

"Oh, I didn't know you were waiting here. I just sent someone to look for you in the garden." The doctor said when she saw the two men.

Easton smiled, "We didn't want to disrupt the patient's there so we came back to wait for the results here. The reports are back?"

Roman stood up from the chair and came towards Anaya slowly. He kept his pace especially slow so that Anaya won't be scared. He gave her enough time to react and back away if she wanted to.

Anaya didn't have any reaction to it. She stood in her place until Alpha Roman was at an arm's distance from her.

"Goo morning Anaya." Roman greeted, "How are you feeling today?"

Anaya looked further down, not believing that a few words from this beautiful man was capable of making her unresponsive heart jump like crazy. She didn't even feel anything when Jonas rejected her. What was happening?

Her own heart gave her new surprises. It started to feel things for a complete stranger. The doctor saw that Anaya didn't respond so she tapped Anaya's shoulder.

"Huh?" Anaya's looked at the doctor.

"Alpha asked you something Anaya." The doctor was amused. She just got a glimpse of Anaya's red cheeks. Was she shy of the Alpha? How cute.

Anaya realised that she had been silent for a while so she quickly collected herself and responded appropriately.

"I-I am fine Alpha." Anaya stuttered, wishing she had more hair on the head to hide her face more.

Just when she thought the Alpha was going to scold her for being slow, two fingers tapped her chin and made her look up. The sense of deja vu was so strong that Anaya's eyes widen in surprise. She saw Roman's face clearly in front of her. His bright blue eyes fixed on her blushing face. He looked satisfied with what he saw.



"Didn't I tell you to look at me when we talk? It's so much better to have a conversation like this."

Roman reminded her. He tried his best not to sound harsh because he was used to reprimanding his warriors ag the training field and

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his voice had adapted to that tone. It really wasn't easy for him.

There was something like this in Anaya's memory. When he had visited yesterday Anaya was shocked because of his looks and almost had a heart failure because of how badly it was beating.

Nothing made sense, so Anaya just went with the flow and nodded that she remembered but didn't

say anything. Seeing that she wasn't speaking anymore Roman also didn't push it.

The mate bond had not developed between them yet. Roman could feel a very faint connection towards Anaya but it wasn't too deep. Roman needed to research more about the mate bond as well. He was still a rookie in the field and only by learning more will he able to be a good mate.

The doctor helped Anaya sit on the bed and announced what the report said.

"Your blood tests say that your blood sugar level is low and there the hemoglobin is also lower than the average amount. As for the x-rays, three of your ribs were broken but according to the report they are healing very well." The doctor said and smiled, "Everything looks good except for the blood test. You need more nutrition to tackle the low blood sugar and hemoglobin. I'll prescribe some medicines for that too."

"So she can be discharged?" Easton asked.

"Yes. I don't see why not. But she has to take proper care of the wounds and eat nutritious food to bring back the energy. Avoid any form of exercise for now."

"Don't worry about that doctor. We will take good care of Anaya." Roman promised.

Anaya secretly looked up through her lashes and

then immediately looked away. This Alpha was really good to her. Anaya wasn't anything to him but he was still taking care of her. She couldn't help but compare him to Alpha Clark of Blue Stone.

Alpha Clark tried to be a good Alpha all the time but he lacked the empathy that Alpha Roman had. He was way too careless.

Even after their son harrassed her on multiple occasions the Alpha and Luna didn't do anything. Instead they tried to silence her and make her bear it. But Alpha Roman was different. He spoke politely to everyone and didn't let his people suffer.

No wonder southern warrior pack was flourishing. It had such a good Alpha. He helped everyone, even an outsider like Anaya who has nothing to do with him.

"Then I'll go ahead and start the procedures for Anaya's discharge. She can go back home in the evening."

The doctor left the ward, leaving only Anaya, Roman and Easton.

Anaya could feel a pair of eyes on her and it made her flustered. But it wasn't Roman who was staring, but Easton. He had been trying to see Anaya's face since she came back from the



garden but her face was always facing downward.

"Alpha, should I leave? Maybe I'm making her uncomfortable." Easton whispered in Roman's ear.

"You should." Roman said back.

Easton almost said something offensive but held himself back. He said a goodbye to Anaya before leaving them alone.

"Anaya, do I scare you?" Roman asked.

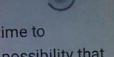
Anaya looked up just a little because Roman wanted her to look at him when they were talking.

She shook her head in a no. She had to be honest. He made her nervous but not scared.

Roman's body relaxed with that response. That was good. He wanted to ask many things about her but was it too soon? After contemplating over it, Roman decided to take it slow and let Anaya adapt to him first.

After Anaya is fully recovered, he would have a proper talk with her. She wasn't aware of their mate bond (which needed further research by him) and neither did she know about her own identity of being an Elemental.

Roman felt like he should take out some time and explain both things to Anaya nice and slow. He had to admit that the mate part made him nervous. He wasn't aware of many aspects of the



mate bond and it may take a lot of time to understand them. There was also a possibility that Anaya wouldn't accept him.

However, Roman had already made up his mind to make Anaya happy. Just like the doctor said, he had to make her love herself again and fight for herself.

Mate bond or not, he won't let her fall into the dark side. Roman was determined to save Anaya whether she wanted to save herself or not.

"I want to make it clear that you don't have to be on guard around me. Whatever happened in Blue Stone, be rest assured it won't happen in southern warrior pack. Here we all take care of each other to the best of our abilities. You are one of us while you are inside the borders. If you need anything then don't hesitate to come to me. I will be there to help." Roman assured.

Hearing those words Anaya felt a strange emotion in her heart. Is this a way of comforting her? Was this comfort that she felt? A strange sense of calmness accompanied by a thrilling sensation. It pained and felt good at the same time.

Anaya couldn't say what it was because she never felt it before. The feeling of being reassured and safety were new to her.