

US based Kenya actress Lupita Nyong'o and boyfriend 52-year old boyfriend Selema Masekela less than a year after going Instagram official. Read her powerful message on her "heartbreak" and "pain."

Lupita, 40, took to her official Instagram page on Thursday to make the announcement, noting that she no longer trusts Selema.

"It is necessary for me to share a personal truth and publicly dissociate myself from someone I can no longer trust," Lupita wrote. "I find myself in a season of heartbreak because of a love suddenly and devastatingly extinguished by deception."

The Black Panther star shared why she decided to reveal the news publicly in spite of the heartache she's currently feeling.

"I am tempted to run into the shadows and hide, only to return to the light when I have regained my strength enough for me to say, 'Whatever, my life is better this way,'" she continued. "But I am reminded that the magnitude of the pain I am feeling is equal to the measure of my capacity for love. And so, I am choosing to face the pain, cultivating the courage to meet my life exactly as it is, and trusting that this too shall pass."

She noted that she hopes discussing her breakup with followers might help someone else experiencing "the grip of heartbreak who is poised to try and escape from the pain and miss out on the wisdom that comes from it."

"The promise, they say, is that a tender heart is what gives birth to fearlessness," she added. "I hope it's true."

The former couple's connection traces back years, as Selema, a TV host and designer, confessed to having an apparent crush on the Us actress in 2016.

Selema Masekela, is the son of the late South African jazz composer Hugh Masekela.