

THE FOREST TO FOUNDATION MAP

Reveal
the Loop

Burn the
Residue

Stand on
solid ground



The Forest to Foundation Map

Use this map to track your progress through the 3 pillars of The 15-Minute Closure Ritual.

■ Pillar 1: Reveal the Loop

- I completed the Loop Locator Map
- I used the Self-Distanced Reflection on a recurring thought
- I identified a cognitive distortion and challenged it

Reflection: What's one loop I used to believe — simply because it felt familiar?

Completion Phrase: "I see the pattern. And now, I choose a new path."

■ Pillar 2: Burn the Residue

- I wrote the Unsent Closure Letter
- I completed the Goodbye-Grounding Ritual
- I processed emotions using the Emotional Debrief

Reflection: What emotion have I been carrying longer than I needed to?

Completion Phrase: "I faced the fire. I'm lighter for it."

■ Pillar 3: Stand on Solid Ground

- I reframed my story using the Meaning-Maker Matrix
- I journaled using the Closure-to-Clarity Prompts
- I performed my Anchor Ritual

Reflection: What truth about myself feels clearer now that I've let go?

Completion Phrase: "I'm not going back. I'm standing on solid ground."

■ Journey Complete:

You've walked through the Forest, faced the Fire, and built your Foundation.
"I created closure — without needing permission."