

The 15-Minute Closure Ritual

Let go without waiting on your ex

Fix 1: The Unsent Closure Letter

This letter is not for them. It is for your nervous system, your healing, and your peace. Use the structure below to express what was never said and release what you have been holding in.

Step 1: Set Your Timer (15 Minutes)

Use a phone or app timer to create a clear start and stop. You are not writing a novel - just giving your emotions a place to breathe.

Step 2: Begin with This Line

Write the sentence: 'This is what I never got to say...'

Step 3: Follow the 3-Part Structure

1. I needed... (What was missing that you hoped for?)

2. I felt... (What emotions did you carry but never fully process?)

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3. I am choosing... (What are you letting go of or reclaiming for yourself now?)

Step 4: Close Gently

When your timer ends, stop. Take a breath. Say to yourself: 'This does not live in me anymore.' You can burn the letter, seal it, or delete it - but choose one small action to symbolize the release.

Optional: Repeat as Needed

You may want to write different versions of this letter in the future. Each round helps clear another layer of what has been stored. You do not need to get it all out at once.