

The 15-Minute Closure Ritual

Let go without waiting on your ex

Fix 3: The Emotional Debrief

This is your moment to organize what you just experienced. Use this worksheet right after completing your letter or grounding ritual. You are not analyzing - you are making sense of what just moved.

1. What was I really grieving in that moment?

Focus on the layer of grief that showed up **during** the ritual or letter - not the whole breakup. This helps your system understand what part of the past just got released.

2. What emotions came up the strongest while I was doing the exercise?

Name whatever felt most present in the moment - even if it was numbness, confusion, or something unexpected. This helps you locate emotional truth without overthinking it.

3. What am I ready to stop carrying now that I have released this?

This is where you consciously choose what you are done dragging forward. What belief, identity, or emotional pressure are you letting go of?

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Create Your Anchor Line

Choose one sentence you will take forward as your closure phrase. Use a starter like:

- 'I release the belief that...'
- 'I am done carrying...'
- 'From now on, I choose...'

Example: 'I release the belief that their silence means I was not enough.'

Save It or Close It

You can keep this worksheet to revisit, or destroy it as a symbolic act of emotional completion. Both are valid. Choose what feels most regulating.