



The Closure Ritual Menu

Intro: Why This Works

Letting go isn't just a mindset — it's a moment.

We often try to “think our way” into closure. But your nervous system doesn't respond to thoughts — it responds to **evidence**. Action. Ritual.

When you take a symbolic step that marks the end of something, your brain and body **encode** that change more deeply.

That's what this menu is for.

You'll find a variety of **symbolic rituals** to choose from — tactile, creative, minimalist, private, expressive. All designed to help you move from “I know it's over” to “*I believe it's done.*”

Pick one that speaks to you.

Or let one surprise you.

The goal isn't to “get it right.”

It's to do something your body will remember.

The Closure Ritual Menu

Choose one ritual from any category — or combine two.

Before you begin, take a breath. Feel your feet. Say your anchor phrase (see below).

◆ *Tactile & Physical*

1. **Burn a note.**

Write what still needs to leave your system — then burn it safely, watching it turn to ash.

2. **Cut a string.**

Tie a string to your wrist or a symbol of the relationship. When ready, cut it as a signal of release.

3. **Shred the story.**

Write the version of the story you've been carrying. Then shred it piece by piece.

◆ *Nature-Based*

4. Bury a symbol.

Find a small object that represents the relationship. Bury it as a return to the earth and a release of emotional weight.

5. Let something float.

Write on biodegradable paper and let it float downstream or into the ocean.

6. Walk it out.

Go on a walk where the first half is for reflection. Halfway through, pause, say your phrase, and walk home differently.

◆ ***Creative & Expressive***

7. Make an altar.

Set up a space to acknowledge what the relationship gave you — then take it down as a gesture of closure.

8. Reclaim your space.

Change, rearrange, or redecorate a part of your room that held shared memories. Let it become yours again.

9. Paint it out.

Use paint, collage, or drawing to represent your grief or release. No rules — just motion and expression.

◆ ***Minimalist & Subtle***

10. Archive the thread.

Archive (don't delete) your message thread. Do it slowly, mindfully. Say your phrase before you tap "archive."

11. Delete the playlist.

Let go of the soundtrack. Delete it with intention. Don't rush. Let the silence afterward be part of the ritual.

12. Whisper and release.

Stand in front of a mirror. Whisper one thing you never got to say. Then say one thing you now believe. Close your eyes. Breathe it out.

Anchor Phrases (Optional)

Say one of these out loud before or during your ritual to help mark the shift:

- “This chapter is closed. And I am free.”
- “I’m letting go — not to forget, but to be whole.”
- “This moment matters. And I’m ready to begin again.”
- “What’s done is done. And I choose peace now.”
- “I don’t need their permission to move forward.”