



# Where to Go From Here

## A Self-Assessment for Life After Closure

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### Welcome

You've done the work. You've shown up.  
But healing isn't a finish line — it's a rhythm.

This self-assessment is designed to help you check in with yourself — not to see if you're "done," but to get clarity on what might still feel shaky, what might want revisiting, and what's next for you beyond closure.

There are no wrong answers. Just honest ones.  
Let's begin.

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## 1. Emotional Check-In

Which of the following still feel emotionally charged? (Check all that apply)

- Anger or resentment
- Shame or guilt
- Longing or missing them
- Fear of the future
- Emotional avoidance
- Indifference or emotional shutdown
- Nostalgia or idealization
- Jealousy or comparison
- Other: \_\_\_\_\_

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## 2. Thought Loop Awareness

Rate the following from 1 (Not true) to 5 (Very true):

- “I often wonder if I made the right decision.”
- “I still feel emotionally pulled toward them, even when I don’t want to.”
- “I’m scared I’ll never love this deeply again.”
- “I think about what they’re doing more than I’d like.”
- “I still avoid songs, places, or people that remind me of them.”

(You can total your scores here or just notice which ones are 4s and 5s.)

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## 3. Body-Based Cues

What does your body still hold? (Circle or reflect)

- Restlessness / Insomnia
- Emptiness / Numbness
- Tightness in chest or stomach
- Frequent crying or emotional flatness
- “I’m fine” — but I don’t feel connected
- I don’t know what I feel in my body

 *Optional: Sketch or note what your body feels like when you think of your ex.*

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## 4. Pillar Revisit Guide

Use this guide to gently explore where you might want to return:

IF YOU NOTICE...	CONSIDER REVISITING...
Thought spirals, regret, second-guessing	<b>Pillar 1: Reveal the Loop</b>
Emotional overwhelm, resentment, nostalgia, guilt	<b>Pillar 2: Burn the Residue</b>
Uncertainty in new relationships, future fear, identity confusion	<b>Pillar 3: Stand on Solid Ground</b>

You don't need to start over. Sometimes, one small revisit is all it takes to shift everything.

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## 5. Your Next Step

**Take a moment to reflect:**

-  What do I feel most proud of from this journey?
-  Where do I still feel tender, uncertain, or stuck?
-  What would support look like now — integration, guidance, community?