

## The Closure Companion

10 Micro-Ritual Cards for Emotional Reset

WHEN YOU FEEL...	WHAT'S REALLY HAPPENING	TRY THIS	REMEMBER
It's been a month and you're suddenly missing them again	Emotional flashback, nostalgia	Goodbye-Grounding Ritual + Emotional Debrief	"Missing them doesn't mean it was wrong — it means it mattered."
You're questioning if the breakup was a mistake	Uncertainty loop	Meaning-Maker Matrix + Loop Locator Map	"This is your nervous system seeking safety — not truth."
You run into them or hear from them	Nervous system activation	Grounding Ritual + Anchor Phrase	"You don't need a reaction to prove you've healed."
You're starting to date again but feel scared	Expansion anxiety	Closure-to-Clarity Prompts + Identity Statement	"You can hold joy and caution — both are wise."
You feel shame that you're still triggered	Inner critic is loud	Cognitive Distortion ID + Self-Distanced Reflection	"Feeling it again doesn't mean you failed. It means you're still healing."
You're doing fine, but feel weirdly numb	Disconnection	Body Check-In + Palm Press Reset	"Sometimes numbness is protection—not proof you're broken."
You're obsessing over whether they're happy without you	Externalization loop	Self-Return Statement + Mirror Visualization	"Your healing isn't measured by their life."
You're stuck reliving a specific memory	Emotional replay loop	Memory Rewrite Visualization + Container Exercise	"You can honor the memory without staying in it."
You feel guilty for how the breakup happened	Guilt loop	Forgiveness Frame + Values Alignment	"You did the best you could with who you were then."
You've been doing "well" but now feel sad again	Spiral of progress	Re-Anchor Ritual + Healing Timeline Reminder	"Progress isn't linear. This *is* part of healing."