

# The 15-Minute Closure Ritual

Let go without waiting on your ex

## Cognitive Distortions in Breakups: A Reference Guide

### All-or-Nothing Thinking

Seeing your breakup in extremes, with no middle ground. Example: 'It was either perfect or a total failure.'

### Overgeneralization

Taking one painful moment and assuming it applies to everything. Example: 'They left me, so everyone will leave me.'

### Mental Filtering

Focusing only on the negative parts of the relationship and ignoring the positives. Example: 'It was always bad - I do not know why I stayed.'

### Disqualifying the Positive

Dismissing the times you were loved, respected, or supported. Example: 'They did not really mean it when they said they cared.'

### Mind Reading

Assuming you know what your ex is thinking or feeling without any proof. Example: 'They must think I am pathetic.'

### Fortune Telling

Predicting the future based on your fears. Example: 'I will never be in a relationship again.'

### Catastrophizing

Assuming the worst possible outcome as inevitable. Example: 'This ruined me. I will never recover.'

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## **Emotional Reasoning**

Believing something must be true just because it feels true. Example: 'I feel worthless, so I must be worthless.'

## **Should Statements**

Judging yourself with rigid rules. Example: 'I should have known better. I should have been stronger.'

## **Labeling**

Attaching negative labels to yourself based on pain or mistakes. Example: 'I am a failure. I am unlovable.'

## **Personalization**

Taking full blame for the breakup, even when it was not all on you. Example: 'If I had done more, they would not have left.'

## **Blame Shifting**

Placing all the responsibility on your ex and avoiding your own growth. Example: 'They ruined everything. I had nothing to do with it.'