

# The 15-Minute Closure Ritual

Let go without waiting on your ex

## Step 1: List Your Exact Thought(s)

Write down up to 3 breakup-related thoughts that keep looping.

Example: 'I am unlovable.' / 'They left because I am too difficult.' / 'No one will ever want someone like me.'

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## Step 2: Identify the Distortion(s)

Use this list to spot which distortion(s) are in your thought:

- All-or-Nothing Thinking
- Overgeneralization
- Personalization
- Mind Reading
- Emotional Reasoning
- Catastrophizing
- Labeling

Label which ones apply to each thought you wrote.

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## Step 3: Challenge the Thought

Ask:

- What proof do I have this is 100 percent true?
- What contradicts it?
- What would I say to a friend thinking this?

Jot down your answers underneath each original thought.

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## Step 4: Reframe the Thought

Now rewrite your original thought into something more accurate or balanced.

Example: 'I feel unloved right now, but that does not mean I am unlovable.'

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## Final Output Checklist

By the time you are done, you should have:

- 1 to 3 original thoughts written down
- Distortions labeled next to each
- Short 'challenge' notes for each

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- A reframed version that feels calmer and truer