

# The 15-Minute Closure Ritual

Let go without waiting on your ex



BUILD RESILIENCE

## THE 15-MINUTE CLOSURE RITUAL

A simple journaling practice  
to help you process your  
emotions and move forward

[LOOP LOCATOR MAP](#)

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## Step 1: Spot the Thought Loop

What is the one thought that keeps playing on repeat about your ex or the relationship?

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## Step 2: Identify the Emotion Behind It

How does this thought make you feel emotionally and physically?

Use prompts like: abandoned, ashamed, anxious, worthless, panicked, tight chest, lump in throat, etc.

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## Step 3: Reality Check the Thought

Use these questions to challenge the story:

- What proof do I actually have that this thought is true?
- What am I not seeing or ignoring?
- What was my responsibility, and what was not?
- Would I say this to a friend in the same situation?

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## Step 4: Reframe the Loop with Truth and Compassion

Use this formula to rewrite your loop:

Old Thought: \_\_\_\_\_

New Truth-Based Reframe: \_\_\_\_\_

Anchor Statement (example: I forgive the version of me who did not know better yet):

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