

The 15-Minute Closure Ritual

Let go without waiting on your ex

Step 1: Write Your Loop Thought

From your Loop Locator Map, pick one loop you want to explore.

Example: 'I ruined the relationship.'

Step 2: Expand It in First-Person

What does this loop mean to you in your own words? Don't hold back.

Example: 'I was too clingy and emotional. I pushed them away.'

Step 3: Reframe in Third-Person

Now rewrite what happened using third-person language.

Example: 'The man felt anxious in the relationship. When he sensed distance, he reached for closeness. His partner became overwhelmed and left.'

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Step 4: Spot the Pattern

What protective pattern or emotional fear is driving this loop?

Example: 'This wasn't just about this breakup - he feared being unwanted.'

Step 5: Reflect with Self-Respect

What truth feels more grounded, kind, and real?

Example: 'He wasn't too much. He was scared and trying to stay connected. He deserves someone who can meet him there.'

Final Output Checklist

By the time you're done, you should have:

- The original loop thought
- A first-person breakdown
- A third-person reframe
- A pattern insight

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- A final compassionate reflection