



Worksheet: Releasing the Wait for Closure

Title: *“I Don’t Need Closure to Choose Peace”*

Reflection Prompts:

- What have I been waiting to hear before I let go?
- In what ways has waiting for closure kept me emotionally stuck?
- If I gave myself closure today, what would that sound or feel like?

Journal Exercise:

Write a letter to the person (or situation) you’ve been waiting on. Say what you need to say. Then, write a final sentence that offers yourself release and peace — no response needed.

Action Step:

Choose one small ritual to symbolize your closure — a candle, a walk, a note you shred — and let it mark your moment of moving forward.