



Gain Closure For A Relationship

For the heartbroken...

Going through the end of an intimate relationship is a challenging time. Yet, it is through it, we all gained and learnt something useful for our future.

The following questions will aid you in gathering the wisdom of your past which will forward you in your life. Be honest and forthcoming to yourself so that you can get most out of this reflective exercise.

Steps to gain closure for a relationship (or anything that matters):

1. What are you thankful for in this relationship?
2. What will you like to thank the other person for?
3. What went well for this relationship?
4. What would you like to have done better in this relationship?
5. What will you like to be forgiven for in this relationship?
6. What will you forgive the other person for?
7. What is it that you are still upset about this relationship?
8. What do you wish to say to the other person, if you can, about the end of this relationship?
9. What are the lessons you have learnt from this whole encounter? (About yourself, how relationship works, etc)
10. What else will you like to say to yourself to end this chapter of your life?
11. What are the values/ key points/ lessons that you would like to bring to your next relationship/ general aspects of life?

Take your time to write down or verbalise these answers in a safe and personal environment. These questions are not meant for you to be vindictive or to act out thereafter. They are meant strictly for your personal usage to crystallise the learnings and wisdom from the past, so that you can take it and apply them for your future.



Learn, grow and enjoy the ride!



"Don't rush into any relationship. Work on yourself. Feel yourself, experience yourself, and love yourself. Do this first, and you will soon attract that special loving other."

– Russ Von Hoelscher