



EXPLORE YOUR QUESTIONS



How Can You Create a Clean Ending?

Are you ready for something to end?	Your Declaration
<p>Are you experiencing minor frustrations and wishful thinking?</p> <p>Or a deep-seated knowledge that something must change?</p> <p><i>For more guidance see the inquiry on making a fresh start...</i></p> <p>https://livingwiththequestions.com/fresh-start/</p>	<p>I am ready for _____ to end.</p> <p>My reasons why:</p> <p>My intentions for this ending:</p> <p>My hope for the future:</p>

Find the Lesson		
Enumerate the Good	Own up to the Bad	Respect the Ugly
<p>What did this experience add to your life?</p> <p>How did it change you for the better?</p> <p>Why was it the perfect opportunity for your growth?</p>	<p>Did you overstep your boundaries? Or stay too long?</p> <p>What mistakes did you make?</p> <p>How were you hurt? Or did you hurt others?</p>	<p>Did this situation create trauma?</p> <p>Do you need help to process it?</p> <p>Are you willing to do what it takes to break this cycle?</p>

Feel the Loss	Seek Closure	Immortalize the Experience	Remember your ending's beginning
<p>What was good about the situation?</p> <p>What are your emotions about its end?</p> <p>How will you grieve for its passing?</p>	<p>What do you need to let go of? <i>A physical reminder, negative thoughts, or limiting beliefs...</i></p> <p>Would a conversation or letter help you find resolution?</p>	<p>What do you want to remember?</p> <p>What were your valuable lessons?</p> <p>Can you symbolize it with a memento?</p>	<p><i>Looking back...</i></p> <p>Did this situation begin with uncertainty?</p> <p>How did you grow and mature?</p> <p>Because of this past, can you now move forward with confidence and grace?</p>