

A Letter to My Ex

Closure isn't something you have to get from your ex

We all want closure after a relationship. You know...that one, last, conversation with your Ex that will help you understand WHY they broke up with you. Has anyone ever actually felt better after this conversation? I think not. In fact, it's quite the opposite. Many women who have had the "break-up conversation", feel even more deeply hurt and confused as the explanations that are given are rarely acceptable.

The truth is no one can give you that sense of closure, you have to find it yourself. Journaling will help you find peace with your breakup more quickly than one hundred conversations with your ex. Listen, you don't need anything from the person that broke your heart. Closure comes when you take your power back.

Take the time to write a letter to your ex that is never intended to be read by them. Write it and then destroy it however you want. Burn it, tear it up, throw darts at it, and repeat the process as many times as necessary until you notice that your feelings are less intense. It's really important that you do not edit your thoughts or feelings in any way. Write it as is, swearing and misspelled words are just fine. You've got this!

Girl Reimagined.

Dear _____

I'm angry that...

I'm hurt because...

What I wish you knew was...

Il deserve more because...

I'm moving on now because...

My wish for you is...

My hope for me is...

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