

I'm Glad It's Over. I'm Sad It's Gone.



What changed for me

Maya feels relief and sadness. Your ending may feel different. Begin with what is true for you, even if it is unclear or changes from day to day.

What ended or changed? Name it in your own words.

What do I miss, or wish had been different?

What has this change brought, cost, or left unsettled?

I can leave a question open.

Make room for two truths

Write two statements that seem difficult to hold together. Try joining them with “and.” Check whether the new sentence is accurate rather than simply comforting.

One truth I can support

Another truth that also belongs

My “and” sentence—and what it changes or leaves unresolved

Example: I miss the closeness, and I do not want the old arrangement back.

Try one small adjustment

Design one modest change to a difficult part of the day. Keep it small enough to learn from rather than turning the entire day into a project.

The time, place, and adjustment

What will make it easier to try?

After trying: what helped, what did not, and what I will change

An experiment can end with useful information.