



Write & Release: A Closure Letter Template

This template is for you - not them. It's a private space to say what was left unsaid, gain clarity, and reclaim your energy. Use it however you need: type it, print it, cry on it. Let it hold what your heart is ready to let go of.



Tips:

- Be honest - this isn't for anyone else's eyes.
- Use emotion, not perfection.
- Don't edit. Let it flow.
- Revisit it whenever the obsession creeps back in.



Your Closure Letter

Dear [Name or “You” or just leave blank],

I'm writing this letter not for you to read, but for me to *release*. There are things I've held onto — thoughts, feelings, words I never got to say. This is my space to say them.

You hurt me when:

👉 *[Describe what happened. Be specific or vague — whatever helps you let it go.]*

What you didn't see is:

👉 *[Explain your side, your experience, what they missed about your intentions or pain.]*



Because of this, I felt:

👉 *[Name the emotions — angry, betrayed, dismissed, heartbroken, whatever is true for you.]*

What I needed was:

👉 *[Clarity? Kindness? An apology? Boundaries? Say it clearly, even if they'll never hear it.]*

I now realize:

👉 *[What have you learned about yourself, them, or the situation? Even the smallest shift counts.]*

And here's what I'm letting go of:

👉 *[Obsession, shame, needing to be understood, trying to fix it — name the weight you're setting down.]*

I'm reclaiming:

👉 *[Your peace, your voice, your energy, your future. Whatever they didn't take from you.]*

You don't need to respond. You don't even need to know this letter exists. Because it's not about you anymore. It's about me — choosing freedom over fixation.

Goodbye.

[Or: Sincerely, With love, Peace out — whatever feels like your mic drop.]

[Your name or just initials, if you want]



🌟 Final Thoughts

Closure doesn't come from the perfect apology or the perfect comeback. It comes from choosing peace over the need to be understood — and giving yourself the last word, even if no one else hears it.

If this template helped you feel even a little lighter, I'd love to know. And if you're into healing tools that come with heart, humour, and a bit of sass, come check out my store!

👉 [Explore BellaZinga.com](https://BellaZinga.com) — where we celebrate neurodiversity, empowerment, and saying the quiet part *loud* (and stylishly).