

# Finding Closure on an Upsetting Memory

## Objective

To identify “open” upsetting memories and practice strategies for closure.

## What to Know

Closure is something people seek following a loss, or when something significant ends. For example, people seek closure after a romantic relationship ends or a loved one dies. The goal is to resolve matters to reduce confusion and ambiguity. Closure is achieved when answers are received, making it easier to move on.

Research shows that finding closure increases self-confidence and benefits physical health and wellbeing. But occasionally you might find yourself focusing on past events or issues – situations where you did not find closure. These memories might negatively affect your daily life.

Memories can be classified in two ways. **Closed memories** are resolved issues and situations where you have found closure. **Open memories** include experiences that have not been put to rest, or issues you continue to think about. Open memories represent unresolved conflict, unexplained events, or upsetting thoughts about the past that impact your life. These memories might be distressing, and you might dwell on them and remember vivid or disturbing details.

This worksheet will help you identify an “open” memory and ways to find closure.

## What to Do

Answer the following questions.

Does anything from your past prevent you from finding closure and moving forward? In what ways? Explain.

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Describe an open memory – something from the past you have not yet put to rest, or an issue that you believe is unresolved.

# Finding Closure

**CH Cherryholmes**



**Finding Closure:**

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