

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.

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

Jicheng Xie



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Table of Contents Finding Closure

1. Understanding the eBook Finding Closure
 - The Rise of Digital Reading Finding Closure
 - Advantages of eBooks Over Traditional Books
2. Identifying Finding Closure
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Finding Closure
 - User-Friendly Interface
4. Exploring eBook Recommendations from Finding Closure
 - Personalized Recommendations
 - Finding Closure User Reviews and Ratings
 - Finding Closure and Bestseller Lists
5. Accessing Finding Closure Free and Paid eBooks

- Finding Closure Public Domain eBooks
 - Finding Closure eBook Subscription Services
 - Finding Closure Budget-Friendly Options
6. Navigating Finding Closure eBook Formats
 - ePub, PDF, MOBI, and More
 - Finding Closure Compatibility with Devices
 - Finding Closure Enhanced eBook Features
 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Finding Closure
 - Highlighting and Note-Taking Finding Closure
 - Interactive Elements Finding Closure
 8. Staying Engaged with Finding Closure
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Finding Closure
 9. Balancing eBooks and Physical Books Finding Closure
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Finding Closure
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Finding Closure
 - Setting Reading Goals Finding Closure
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Finding Closure
 - Fact-Checking eBook Content of Finding Closure
 - Distinguishing Credible Sources
 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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