**My Endings Journal**

Change of any size results in loss, large or small. The process of reorienting our self-understanding in response to the change is the process of transition. This process begins by naming what has ended.

**Identify Your Ending Style -** A part of us wants to deny our ending style. Everyone finds endings hard.

1. List a few endings in your life. Struggling to remember one? Reflect on how you leave a party or family gathering.
2. What emotions are stirred as you remember these endings? (sadness, happiness, fear, disgust, anger, surprise, other)
3. What patterns do you notice? Is it quick? Dragged out? Multiple false leave-taking? Are endings done to you or do you initiate them?
4. Are any endings still open? An ending you are experiencing may have activated your internal ending response. (A couple buys their first home and cry when they leave their apartment unsure why the tears)
5. Reflect on your current loss. Name three or four things that have ended for you.
6. Consider each item that has ended. For what might you be grateful?