

Five Things to Say When you Face the Ending or Completion of a Relationship

There are numerous life situations where we face something ending, something coming to completion. Whether it is voluntary, such as a relationship that has come to a mutually agreed-upon end, or involuntary, such as dying, or losing a loved one to death, there can be powerful healing and growth when we intentionally work toward completion.

Here are five simple yet profound things you can say to help you come to conscious completion.

Thank you.

I'm sorry. Please forgive me.

I forgive you.

I love you.

Goodbye.

These things have great power. The key is to allow them to open your heart - toward yourself and toward the other person. Whether you simply say them out loud, allowing yourself to really feel them, or whether they lead to exploration and discussion, there is the potential for deep healing and completion.

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