

Letting Go: Reclaiming the Space That Person Took in You

*A self-reflection guide to reflect, reconnect, and begin to **release with clarity and kindness**.*

Introduction

When someone lingers in our mind long after they're gone, it's often because they touched a part of us that was waiting to be seen, heard, or valued.

Letting go isn't about forgetting them—it's about reclaiming what they awakened in you and learning to give it to yourself.

This exercise is here to help you reflect, reconnect, and begin to **release with clarity and kindness**.

Step 1: What Keeps Them Alive in Your Mind?

Close your eyes and bring this person to mind. Ask yourself:

- What emotions do I feel when I think of them?
- What moment or feeling am I most attached to?
- If I had to summarize what they gave me in one word, what would it be?

Write your answers here:

- Emotions:

- Moment or memory:

- What they gave me:

Step 2: What Was Missing Before They Came?

Think about your life *before* this person entered it.

- What were you longing for emotionally?
- In what ways did this person temporarily fill that gap?
- Were there signs of this need already present in you?

Reflect here:

- Before them, I felt:

- They made me feel:

- This reveals a deeper need for:

Step 3: Reclaiming the Feeling

Let's turn your focus inward.

- How can you begin to offer yourself the feeling you miss?
(e.g., appreciation, love, connection, validation)
- What small, kind action can you take this week to meet that need?

Write a self-giving plan:

- I will give myself _____ by _____
- One small action this week: _____

Example: "I will give myself appreciation by celebrating small wins. This week, I'll write one thing I did well each night."

Step 4: A Letter to the Person (That You'll Never Send)

Write a letter expressing what they meant to you, what you're thankful for, and what you're ready to let go of.
End with:

"I now take back the power I gave you, and I choose to give myself what I need."

Start your letter here:

Dear _____,

Thank you for _____

I've realized _____

I'm letting go of _____

I choose now to _____

Step 5: Closing Affirmation

Repeat this out loud or write it in your journal:

*"I let go not because I didn't love, but because I choose to love myself more.
I honor the part of me they awakened, and I take it back with care."*

I am here for you!

Thank you for downloading this guide. Every step you take toward emotional clarity and self-worth matters.

Have a question or want to share your reflections with me?

I'd love to hear from you! Just send a message to: info@andressamartinspsychotherapy.com

Want more free resources like this?

Visit www.andressamartinspsychotherapy.com for more tools to support your journey of emotional well-being and self-discovery.

With warmth,

Andressa