

# Reflection, Healing & Reframing

## **Understanding Rejection, Closure, and Emotional Patterns**

This workbook is designed to help you make sense of emotional experiences without self-blame. Each section includes questions that guide reflection and explain why the question matters, so you're not guessing what you're supposed to feel or conclude.

*Educational • Non-clinical • Self-paced*

**Disclaimer:** These worksheets are educational tools and are not a substitute for therapy or mental health treatment.

## 1. Rejection Reflection — What this meant → What it doesn't mean

**Why you're answering these questions:** After rejection, the brain tries to protect you by creating a story. These questions help you identify assumptions and separate interpretation from fact.

**What meaning did I immediately assign to this situation?**

(This helps identify your first emotional interpretation.)

**What am I assuming this says about me as a person?**

(This highlights where self-blame or overgeneralizing may be happening.)

**What does this situation NOT automatically prove about me?**

(This separates facts from fear-based conclusions.)

**What is a more balanced or realistic explanation?**

(This helps your brain settle into accuracy instead of distress.)

## 2. Closure Without Contact

**Why you're answering these questions:** Closure comes from understanding, not interaction. These questions help your nervous system feel complete without reopening communication.

**What do I wish I could say if I didn't need a response?**

(This releases unexpressed emotion.)

**What do I understand now that I didn't before?**

(This highlights growth, not failure.)

**What unanswered questions am I choosing not to chase?**

(This reduces rumination.)

**What am I ready to let go of so I can move forward?**

(This restores emotional independence.)

### 3. Narrative Reframe — Old story → New evidence-based story

**Why you're answering these questions:** Under stress, stories become rigid. Reframing introduces evidence and flexibility without denying emotion.

**What story have I been repeating about this experience?**

(This identifies the narrative loop.)

**What emotions are attached to that story?**

(This connects thoughts to feelings.)

**What evidence supports this story?**

(This grounds the narrative in facts.)

**What evidence challenges or complicates it?**

(This introduces flexibility.)

**What is a more accurate story that includes all the evidence?**

(This creates relief without denial.)

#### 4. What I Control / What I Release

**Why you're answering these questions:** Stress increases when energy is spent on things outside your control. These questions redirect attention to where your power actually is.

**What parts of this situation are within my control?**

(This restores agency.)

**What parts are outside my control, no matter how much I think about them?**

(This reduces unnecessary stress.)

**What am I choosing to release for my own well-being?**

(This supports self-protection, not avoidance.)

**What is one small action I can take that supports me?**

(This turns insight into movement.)