

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**.

How to Use This Guide

This is not a test or something to "get right." Take your time. You may complete it in one sitting or return to it over several days.

If emotions arise, pause, breathe, and ground yourself before continuing.

There is no need to force closure; insight often arrives gently.

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:

Often, what we miss is not the person themselves, but the way they helped us touch something inside us.

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?

What might change in your life if you consistently gave this to yourself?

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 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."

Dear _____,

Thank you for _____

I've realized _____

I'm letting go of _____

I choose now to _____

When you're finished, take a deep breath. You may keep this letter, tear it up, or store it somewhere private — whatever feels most respectful to your process.

Closing Affirmation

*"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."*

Support & Next Steps

I Am Here for You!

Thank you for taking this step toward emotional clarity and self-worth.

If this guide brought insight, tenderness, or new questions, you don't have to hold them alone. **You're welcome to share your reflections with me at:**

👉 andressamartinspsychotherapy@gmail.com

If this reflection opened something deeper, you may wish to explore **working with me through a one-on-one session or ongoing support**. Learn more or book a session here:

👉 [Services - Andressa Martins Psychotherapy](#)

If you'd like to continue this journey, I invite you to **visit my blog**, where I share deeper reflections, psychological insights, and practical perspectives on self-worth, emotional healing, and personal growth:

👉 [Blog - Andressa Martins Psychotherapy](#)

**With warmth,
Andressa**