

The Completion Conversation

Taking time to complete things is one of the ways we support ourselves to live in harmony within and with the world around us. A completion conversation celebrates what was good. It favors resolution and peace without skipping over what was difficult. And where resolution is yet unfinished, it provides room for acknowledgment of that as well. The emphasis of the conversation is on loving attention to your whole experience.

With that guideline in mind, adjust the wording to the situation as needed.

- **I fondly remember...**
- **I miss (or mourn)...**
- **I learned...**
- **I appreciate...**
- **I feel...**
- **Going forward, my wish (or my intention) is...**

We constantly complete small and large experiences with people; the time needed for completion depends on the situation.

Journaling Steps

1. Choose a relationship or situation, past or present, for which you would like a deeper sense of completion.
2. Take a few moments to breathe and be comfortable in your body as you allow your mind to connect with the situation you have chosen. Move or stretch your body if that feels good to you.
3. Write down the first bullet point above, “I fondly remember. . . “ and fill in the blank with something you fondly remember about the situation you have chosen. Continue and repeat that first bullet point as long as there seems to be energy there, and new answers are arising. Allow lots of space to feel fully complete with this bullet point before moving on to the next.
4. Repeat the process with each of the six statements, listening consciously to yourself and giving yourself loving attention and plenty of space until you feel complete with each bullet point.

