

A Personal Farewell Ritual

The purpose of this ritual is to allow you to release your emotions about NaNoWriMo in a structured fashion and to help you to make space in your life for whatever good comes next.

You will need a piece of paper, a pen or pencil, and a garbage can/bag. You may also like to have some instrumental music to play quietly throughout.

Take your writing materials and begin to write. It is okay if you cannot find words right away. Sit with your emotions.

When you are ready, write down the things you fear regarding the current situation.

When you are ready, write down the things you resent about the current situation.

When you are finished writing, pick up your paper and hold it in both hands. You will now rip it up into small pieces and throw those pieces into the garbage. As you do this, you can say the following words:

I release these resentments and fears. I do not claim them any longer. They do not serve me, and I do not serve them. I am a writer, even without NaNoWriMo. I have friends around me, supporting me at this time. I am strong, and I can do hard things. The future looks better than the past.

Now, close your eyes and settle yourself. Breathe slowly and deeply. Listen to the music and let yourself feel. If you feel words or images coming to mind, you can write or draw. It is all about processing in the way that works best for you.