

CLOSURE WITHOUT ANSWERS

A Separation Control worksheet for moving from unanswered questions to a usable next decision.

Closure can include an explanation, but your ability to move does not have to depend on receiving one.

1. What do I know happened?

Write only facts, direct statements, and repeated observable behavior.

2. What do I still wish I understood?

These questions can matter without controlling your next decision.

3. Separate information from permission

Which unanswered question are you treating as permission you still need before moving forward?

4. What did the pattern already answer?

Complete each sentence.

When I asked for clarity, the repeated result was: _____

When I needed consistency, the repeated result was: _____

When repair was needed, the repeated result was: _____

5. The one-more-answer test

If you received one more explanation today, what practical decision would actually change?

If the answer is "none," the missing explanation may no longer be the real blocker.

6. Write a usable closing statement

I may never know _____. I do know

_____. Therefore, my next action is

_____.

You can still have questions and have enough evidence to act.

Separation Control - Stop solving hidden feelings. Make your next decision from observable behavior.

Educational decision support only. Not therapy, diagnosis, crisis care, or legal advice.