



✍️ Exercise: Eulogy for the Old Self

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The grief work. The sacred space. The first and last time they identify with the destruction in full truth.

Purpose

This exercise allows participants to honor what was, grieve the cost of their obsession/addiction/destruction, and consciously choose to let it go.

This is not about shame. This is about dignity, truth, and closure.

Time

30 minutes total

- Solo writing: 15 min
 - Voluntary sharing: 15 min
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Materials Needed

- Journal or loose paper
- Pens
- Tissues (always have these ready)
- Optional: Quiet instrumental music

- Optional: Candles or low lighting to set sacred space
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Facilitator Script

Opening (2 min):

"Today is the first and last time in this program we'll talk about your old self in the full, raw truth—the destruction, the pain, the cost.

This isn't about shame. We're not here to beat ourselves up or perform remorse for anyone.

This is about honoring what was. Naming it. Feeling it. And then consciously choosing to let it go.

What we say here stays here. You can share as much or as little as you want. You can pass at any time. This is your work, your pace.

Ready?"

Part A: Solo Writing (15 min)

Prompt (read slowly):

"I want you to write a letter to your old self—the version of you that was consumed by the obsession, the addiction, the destruction.

Tell them what they were looking for.

Tell them what it cost.

Tell them goodbye."

Guiding questions (display on board or handout):

- What were you running from?
- What were you running toward?
- What did the obsession give you? (Energy, purpose, escape, identity, control?)
- What did it take from you? (Relationships, time, health, freedom, dignity, dreams?)
- If you could say anything to that version of you, what would it be?

Facilitator actions during solo writing:

- Play quiet instrumental music (optional but recommended)
 - Give them space—don't hover
 - Some will cry. That's the work. Have tissues visible but don't make a scene
 - Let them write past 15 minutes if they need to—this is not rigid
 - Watch for anyone who seems stuck or distressed—check in quietly
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Part B: Voluntary Sharing Circle (15 min)

Transition script:

"That was heavy. Thank you for doing that work.

Now, if you're willing, I'd like to invite you to read part or all of your letter aloud. This is completely voluntary. You can pass. You can share just one sentence. Whatever feels right.

After each person shares, we'll respond together with: 'We see you. We honor your story.' That's it. No advice, no commentary, no fixing. Just witnessing."

Process:

- Invite shares (never call on people)
- After each share, lead the group affirmation: "We see you. We honor your story."
- If no one volunteers right away, wait. Silence is okay. If needed, you can model by sharing a brief personal story or reading an anonymous letter from a past participant
- Keep time, but be flexible—some shares will run long, and that's okay
- Watch for re-traumatization—if someone spirals, gently ground them: "Thank you. Take a breath. You're here now. You're safe."

Facilitator Tip:

Some won't share. That's completely fine. Witnessing others is powerful too. Never pressure, never guilt.

Debrief (5 min, after Ritual of Release)

Reflection prompts:

- "What did it feel like to name that out loud?"
 - "What surprised you about your letter or someone else's?"
 - "What do you want to remember from this moment?"
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Facilitator Self-Care

This exercise is heavy for facilitators too. Make sure you:

- Have your own support system
 - Debrief with a co-facilitator or supervisor after
 - Don't absorb participants' pain—hold space, don't carry it
 - Know your limits—if you're not ready to hold this space, bring in someone who is
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Alumni Feedback (from pilot cohorts)

"This was the hardest and most important thing I've ever done. I didn't know I needed to say goodbye."

"I cried like a baby. But I also felt lighter after. Like I could finally move forward."

"Hearing other people's letters made me feel less alone. We all lost so much. But we're all still here."