Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Break- Ups**

**Reasons Why People Break Up**

Many different reasons…

* ­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Change your mind or feeling about the other person.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Argue too much.
* Don’t want the same things.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Decide you don’t want a serious relationship.

**Breaking Up is Hard to Do**

You may ask yourself questions like:

* “Will things get better?”
* “Should I give it another chance?”
* “Will I regret this decision?”

You may need time to think about it…but make sure you\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ so you’re clear with yourself on why you want to break up. Then act.

**How to Break Up *Respectfully***

**Break Up Do’s & Don’ts**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_...**

**DO!**

* Think over ­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ you want and ­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ you want it. Even if the other person might be hurt by your decision, it’s OK to do what is right for you. Just be ­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Think about ­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ you’ll say and ­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the other person might react.
* Have ­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Be ­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_- ­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­­­­­­­­­­­\_\_\_\_.
* Say it in person.
* If it helps, confide in someone you trust.

**DON’T!**

* Don’t \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the other person or the conversation you need to have. You never want the person you’re breaking up with to hear it from someone else before hearing it from you.
* Don’t \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ into a difficult conversation without thinking it through.
* Don’t \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**What to Say & How to Say It**

1. Tell your BF or GF that you want to talk about something important.
2. Start by mentioning something you like or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ about the other person.
3. Say what’s not working.
4. Say you want to break up.
5. Say you’re sorry if this hurts.
6. Say something kind or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to what the other person wants to say.
8. Give the person \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Relationships Help Us Learn**

* Each relationship has special \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Teach us something about \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, another \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and what \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_in a future partner.
* Chance to learn to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_about another person and experience being cared about.
* Builds our skills with being \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and kind during conversations.

**Healthiest ways to get over a break up**

* **Let it Out**
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* **Be Kind to Yourself.**
  + Remember what’s good about you.
  + Take \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_of yourself.
  + Do the things you normally \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
  + Keep yourself \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
  + Give yourself \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.