

Breaking Up



Stages of Loss After a Break-Up

1. Depression

- You feel sad **ALL** the time
- You can't keep your mind on anything else
- You may have trouble sleeping
- You may have strong self-doubt
- You may cry a lot (or at least feel like it)



2. Loneliness

- **You feel alone and like nobody understands**
- **It feels like you are lost without that other person**



3. Living in the Past

- You play “your song” over and over
- You read old notes and look at their picture all the time
- You may go out of your way to go places to bring back memories of happier times
- You go out of your way to see or talk to them



4. Anger

- **You are MAD!:**
 - **At your ex for dumping you**
 - **At yourself for getting hurt**
 - **At the whole world because it's in your way**
 - **At your family and friends because they keep asking you what's wrong**



5. Out of Control Feelings or Actions

- **When your anger towards your ex turns harmful, you are out of control**
- **Revenge driven**
- **Spreading rumors or hurtful gossip**
- **Harassment**

6. Hurting Yourself or Others

- **Trying to hurt yourself to get attention**
- **You have violent feelings because the pain you feel is so strong**
- **You may even think that suicide is the answer to "get even"**
- **If you are so upset that you want to hurt yourself or others, you must get help right away!!!**

It is okay to be mad, but it is NOT okay to let your anger get out of control. Find positive ways to deal with your anger and move on.

How To Break Up
With Someone &
How To Deal
With A Break Up

How To Break-Up
With Someone the
Right Way

1. Pick An Appropriate Place

- **The less public, the better. Remember, ending a relationship is a humbling experience. Don't do it in a place where the person on the receiving end is going to feel more vulnerable than necessary.**

2. Choose the Right Time

- **Avoid holidays and special occasions like birthdays and anniversaries at all costs! Do you really want your ex remembering this every time that day rolls around?**

3. Do It In Person!

- **If the relationship is relatively new, maybe you can get away with breaking up over the phone. But come on! If you've been out on more than a handful of dates, isn't that kind of harsh? Don't write them a note, send it in a text, have a friend do it for you, etc. Be considerate and don't take the easy way out.**

4. Be Honest, But Sensitive

- **No one likes to get dumped. But, we all appreciate the truth about why it's over. Be honest and keep their feelings in mind.**

5. Keep Your Emotions in Check

- **Don't seem too happy about the break-up. You'll come off as mean-spirited. Just be kind, caring and considerate.**

6. Don't React

- **Some people don't handle rejection well. Some people yell, scream or cry. But, it does not mean you should react to their meltdown. Remember, rejection is tough. You've already got the upper hand by being the "dumper." Let the "dumpee" behave ridiculously if they choose to. And, if their tantrum escalates, get out of there!**

TIPS:

- **If you handle yourself well during the break-up, chances are you'll avoid any hard feelings with your ex. And while that may not seem so important at the time, it's vital to your future relationship karma.**

TIPS:

- **The term “break-up” implies a hard stop. But, often a break-up is really a change in the nature of a relationship, where friendship remains, but a closer connection and desire to build a life together, falls away. Try to look at breaking up in a more positive way, and see how it can transform your relationship.**

TIPS:

- **Think about why you want to break-up with them. Everybody hates when you break up with them for a reason that seems to come out of the blue.**

WARNINGS:

- **Many relationships decay because one partner becomes emotionally needy, which cause the other to lose attraction. After a break-up like this, you may want to help and support your ex. But, in the long run, they will be better off if you keep some distance at first so they can learn to cope on their own and become stronger because of it. Be prepared though, because they may decide to cope by finding a rebound.**

WARNINGS:

- **Weigh in carefully on your decision to break-up without analyzing it too much. Is this really what your heart wants? You may not be able to reverse your decision once it's made, and you may burn bridges in the process. Could you forgive yourself if you broke up with the person of your dreams?**

WARNINGS:

- **Avoid clichés....{“It’s not you, it’s me...” “We need to talk” ... “I don’t want to ruin our friendship” ...} If the person has heard it before, you will come off as insensitive.**

WARNINGS:

- **Wait to talk about it until AFTER you've told your ex. It will start rumors and no one wants to "hear from a friend of another friend who is friends with someone else" that they are going to be broken up with before it actually happens.**

How To Deal With Being Dumped

1. Realize What Happened and Why

- You have to make it clear to yourself that this is not all your fault. It takes at least two people to make a relationship.

2. Accept Your Anger and Pain

- **Have your good long cries if you feel like it. It's okay to be hurt and feel alone. But, you also have to realize that you are still a good person and this is not all your fault.**

3. Keep Your Distance

- **Even if you and your ex have decided to stay friends, take a complete break from each other immediately after the break-up. That means no seeing each other, no phone calls, no e-mails, no texting, no chatting online, etc.**

4. Think Through Everything

- **Ask yourself what went wrong. Think of why you two broke up. There had to have been a reason for it all to end, right? If there was a reason, but it wasn't a very good one, then was this person really worth your time?**

5. Deal With the Anger Phase and Then Move On

- It's ok to be angry or even furious! It's not okay to dwell in that anger. The amount of anger you feel all depends on how bad the break-up was. You may even feel angry at yourself, but get out of that feeling fast. It is a waste of time and energy to be hating and beating yourself up for no reason. Deal with the anger and then move on.**

6. Talk To Your Friends and Family

- **They are always a source of advice, support and help. You need people around you that love you and who can help you sort through the “mess.”**

7. Write Your Feelings Down

- **Write in a journal. Write poems, song lyrics, whatever! Just get it out! Most of all, be absolutely honest and don't edit yourself as you go. You may be amazed by a sudden insight that comes to you as your are pouring out your thoughts onto paper. See what you can learn from it.**

8. Clean Up!

- **A break-up usually signifies a new beginning. Therefore, cleaning your personal space will leave you feeling refreshed and prepared for the new things to come. A mess can be overwhelming and will just add to your stress level,**

9. Keep Fond Memories

- **Sometimes there are things that remind us of our ex. For example, if you hear a song, see a picture or find a keepsake they gave you, you probably get all sad and worked up. Instead of feeling that way, try to think of how happy that memory used to make you and leave it at that.**

10. Don't Overreact

- You may be feeling lonely and like you have to be with someone. But, don't jump into another relationship as a rebound just to make yourself feel better or to get back at your ex. It's not fair to that new person and will probably lead to another breakup.**

11. Find Happiness in Other Areas of Your Life

- **Whether that means spending time with your friends and family, taking up a new hobby, or reading every book on the New York Times bestseller list, remind yourself that THERE IS MORE TO LIFE THAN BEING IN A RELATIONSHIP! Your life does not stop just because the relationship did.**

12. Stay Active

- **It's scientifically confirmed that exercise improves your mood and distraction will help keep your mind off of the situation. Go running outside, maybe with a friend, and think of releasing the anger or sadness with every step.**

13. Let Go!

- **It is not worth your time or energy to remain heartbroken, regretful and angry toward that other person. Besides, if you don't let go, you'll never move on to find Mr. or Mrs. Right!**

TIPS:

- **Remember that your ex is also trying to get over you as well. Even though they are the ones who dumped you, try to be sensitive to that.**

TIPS:

- **Remember those old catch phrases, "What doesn't kill you makes you stronger" ... "Everything happens for a reason" ... "There are other fish in the sea" ...etc.? When you go through a break-up you're actually getting closer to finding true happiness because you are getting to know your true inner self and what you are capable of.**

WARNINGS:

- **Don't look for distractions from the pain, emptiness or heartache. You're SUPPOSED to grieve a lost relationship in which you have invested yourself emotionally. Ride it out! Turning to destructive distractions like drugs, alcohol, etc. will only make things worse and can actually prolong the entire grieving process.**

WARNINGS:

- **Avoid the temptation to chase after your ex and ask them questions about what went wrong and how you can fix everything. It will only strengthen your ex's resolve to push you away and will make the break-up much harder and more painful than it needs to be.**

WARNINGS:

- **If your ex has done things to hurt you besides breaking up, (spreading rumors, cheating on you, etc.), don't drop to that level. Just realize that they are pathetic and cruel.**