

# WHEN & HOW TO BREAK UP

*Yes, breaking up is hard to do. But sometimes it's necessary.*

## WHEN is it time to end a relationship?

- A. When you **STRESS OUT** at the thought of meeting up with them!
- B. When you find yourself **FAKING IT!**  
*Examples:*
  - Fake laughter
  - Fake interest
  - Fake feelings, etc.
- C. When your personal **DEAL BREAKER** has been broken!  
*Examples:*
  - Cheating
  - No fun
  - Self-absorbed behavior
  - Shoves or pushes you (unwelcome physical contact)
  - Becoming too serious too soon
  - Jealousy (lacking trust)
  - Disrespectful
  - Belittling attitude
  - Bad with your friends, any children or pets
  - Addiction to drugs, alcohol or porn
  - You Don't Feel SAFE (physically, emotionally)

*Breaking up is a skill that **REQUIRES** you to be **UNcomfortable**.*



**It's OK to do what's RIGHT FOR YOU!**

## HOW to end a short-term relationship?

*"We only went out a couple of times."*

- Always face-to-face, in the daytime, in an open area with people around.
- Be as honest (not harsh) and kind as possible.
- End it **AS SOON** as you know it's not going to work. Don't drag it out!
- **PRACTICE** stating your reasons for the break up and then set a time to meet.
- Listen to the other person but take responsibility for your decision.
- Have a code word to text a friend for help, if it goes badly.

### Conversation starters...

*"It was nice getting to know you, but this is just not going to work for me. Sorry."*

*"I want to be honest, but I'm now interested in someone else. I'm sorry."*

*"Dating has shown me I'm waaaaay too busy to date! I have too many other commitments."*

*"Sorry, I just can't do this! I wish you all the best."*

## HOW to end a longer-term relationship?

*"We've been dating for months."*

- Always face-to-face; don't avoid the conversation you need to have!
- **PRACTICE** what you're going to say!
- Have a code word with a close friend if they need to come pick you up.
- **COMMIT TO A CLEAN BREAK** – no texting, no calls, no coffees for a while.

### Conversation starters...

*"I think our interests are becoming so different that I think we're growing apart."*

*"I have really appreciated our time together but I don't think we have as much in common as I'd like for this relationship to continue."*

# HEALTHY VS. UNHEALTHY Worksheet

*Is your relationship healthy or unhealthy?*

## INSTRUCTIONS:

*Thinking of ONE relationship, put a Check or "X" in ALL circles that apply.  
Add up the total number from each column and compare the results.*

### Does this person...

- Ask **me** what I want to do?
- Compliment / Encourage me?
- Like being with **my** friends?
- Trust **me**?
- Fight 'fair' during conflict?

### Does this person...

- Tell me what to do?
- Tell me how to dress?
- Tell me whom to hang with?
- Try to make me jealous?
- Blame others for problems.

### Do I...

- Trust **them**?
- Like their friends & family?
- Look forward to spending time with them?
- Feel emotionally safe?

### Do I...

- Worry about this relationship?
- Have unresolved conflict with them?
- Not like their family & friends?
- Feel ashamed, guilty, afraid or inadequate after being with this person?

### It seems that this person is...

- Content / Comfortable.
- Happy / Pleasant.
- Respectful of others / Polite.
- Responsible with money.
- Spiritual in ways like me.

### It seems that this person is...

- Possessive or Controlling.
- Intimidating to me and/or others.
- Has a short fuse.
- Disrespectful to others or impolite.
- Not responsible with money.

### This person...

- Honors my boundaries.
- Personality is consistent, regardless of who is around.
- Has a good sense of humor.
- Allows me to truly be **me**.

### This person...

- Does not honor my boundaries.
- Is a different person with others.
- Seems interested in only the physical part of me. (Not my personality, values, goals, brains, etc.)



HEALTHY TOTAL \_\_\_\_\_



UNHEALTHY TOTAL \_\_\_\_\_



# QUESTIONS?

## Get to know your date...

*Take the opportunity to have a great conversation. Here are some useful questions intended to open up those all-important channels of communication.*

### Questions About Interests and Activities

- What do you usually do after school? Hobbies?
- What do you do during the weekends?
- Do you play any video games? Which ones?
- Do you play any sports? Which ones?
- Do you play any musical instruments? Which ones?
- What type of music do you listen to? Favorite song? Artist?
- Do you have any brothers or sisters?
- Do you like reading? Favorite topic?
- How would you describe your perfect day?
- Where is your favorite place to hang out? Why?

### Hypothetical Questions

- If you were invisible for a day, what would you do?
- If you could learn any skill in the world, which would you pick? Why?
- If you could take a pill and increase your intelligence by 25%, but lose your hair, would you take it?
- If you could have any super power, which one would you choose?
- How many second graders do you think you can handle in a fight before you're overwhelmed?
- If you could travel anywhere in the world, all expenses paid, where would you go? Why?
- If you were the U.S. President, what would you do on your first day?
- If you could only listen to one band the rest of your life, which one would it be?

### Would You Rather...

- Date someone older?
- Burn to death?
- Have no arms?
- Live on a beach?
- Have no hearing?
- Fly to the moon?

**OR**

- Date someone younger?
- Freeze to death?
- Have no legs?
- Live in the mountains?
- Have no sight?
- Ride in a submarine?

# THRIFTY DATE IDEAS

*Going out doesn't have to be expensive.  
Check out these ideas to have fun on a budget.*

- Take a hike
- Ride bikes
- Fly a kite
- Cook a meal together
- Carve pumpkins
- Visit to a corn maze
- Take your dog for a walk
- Volunteer together at an animal shelter
- Browse consignment shops, GoodWill, etc.
- Visit a local park - feed ducks, pigeons, geese
- Picnic... at a park, in your back yard – anywhere!
- Go to a Flea Market / Yard sales
- Go to a Farmers Market
- Workout together
- Host a Game Night / Board games
- Go to a free Festival or Fair in the area
- Get Ice cream
- Go for a run together
- Listen to music at an outdoor amphitheater
- Go see a demolition derby / race track
- Go to a museum
- Go to the zoo / aviary
- Go to Sheetz for a shake
- Go on a free walking tour of the city
- Go for a walk through a neighborhood and get landscape ideas
- Coin toss date (Heads = turn right; Tails = turn left)

