

# Break Up Guide

Breaking up is hard to do and it can be hard to navigate. This guide is designed to answer your questions and guide you through the process.

**Before we begin, you need to answer this question first: Are you afraid of how your boyfriend will react if you break up with him?** If you hesitated at all in your answer, then you may be in an abusive relationship. You need to read our Cycle of Violence series first before you go any further.

If your boyfriend has ever threatened to harm you or himself if you break up, you are in an abusive relationship. Break up rules are different with abusers. Here's the link to our Cycle of Violence series: <http://www.transformed4more.com/girls-ministry/tag/cycle-of-violence/>

In it, there is a specific post about how to break up with an abuser.

**OK, moving on.** If you are breaking up with a normal, non-abusive person, here are the general steps and guidelines.

## **Step One: General guidelines**

- Set a time
  - Block time out of your schedule for at least fifteen minutes to do this.
- Choose between in person or on the phone
  - Many people say to break up in person, but I have always done it over the phone. I'm not sure if that makes me a coward or compassionate to the other person, but either way, it's your choice. [Side note: I have only had one person break up with me and I would have been CRUSHED even more if he had done it to my face. At least on the phone he didn't have to watch me sink into a puddle of tears].
  - Whatever you do, DO NOT do it in an electronic form such as a text or on social media. This person is someone you used to like and had feelings for and he likely deserves more than a text.
- Decide if you will do it alone or with someone there
  - If you know it's going to be difficult for you to stick to your decision, having someone there to keep you on track is important. Otherwise, it would be best to do it in your room or away from others so you can concentrate.

## **Step Two: The Conversation**

Be clear and to the point! Do not drag it out and don't make yourself out to be the bad guy.

### **Here is a guide of what to say:**

“Hey Jason, can you talk for a minute? [time passes]. There's something I need to talk to you about. I know that we've been together over a year and we have had many good times. Lately however, I feel that it's time for our relationship to end. It's nothing that you've really done or not done. It's not you or me it's the relationship and I feel that it's in the best interest for the relationship to end. I appreciate you taking the time to talk and I hope you respect my decision. Goodbye.”

- You can alter this to fit your need. I dated a guy for a year and a half in high school and was honestly bored with the relationship and knew that it would not last in college. I told him that I wanted to end the relationship because I knew I would be going back to Tennessee for college, and I wanted to devote more time to myself and my friends for the rest of high school. It was the truth.
- While in college, I broke up with someone after six months. I told him that I didn't feel comfortable in the relationship anymore and that it was moving too fast. I said I wanted time to devote to other college activities and wasn't interested in a relationship for a while.
- Another side note, please do not use the “God told me to break up with you” line. Just say that you know it is the right decision for you. Even if God is nudging you to do it, don't blame it on Him because it could negatively affect the other person's relationship with God.

Write your outline below:

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\*Hopefully, the guy will take you at your word and promptly get off the phone. \*

### **Step Three: Three Ways the Conversation Can End**

1. Peacefully:
  - He accepts what you say and gets off the phone quickly. This is the best-case scenario.
2. The “Blindside”:
  - If he truly did not see the break up coming, he may try to barrage you with questions, such as “What went wrong?” “What did I do?” “What can I fix?”
  - If he tries to ask these questions, refrain from specifics. Just say, “I don’t want to get into specifics, I just know it’s time to move on,” or “It is not worth discussing and it won’t change my mind. I meant what I said.” If you start listing specifics, he will try to convince you that he can change, do better, etc. Do not give the opportunity for that to happen.
  - Sometimes if they’re blindsided, they can give a “knee jerk” reaction and get angry, or start crying, etc. Do not change your tone. Be firm, truthful, and try to get them off the phone as soon as possible.
3. The “I don’t get it”:
  - This is the worst of normal break ups.
  - It is when the boy literally does not believe that you are serious. He may call you repeatedly or text you constantly. Ignore them. If you must reply, reword or repeat what you’ve said already.
  - If he tries to talk to you at school, be firm and say the same thing again. If he keeps finding you, that’s harassment and you need to tell a parent and a school counselor.
  - A guy I broke up with in college would randomly show up at events I attended on campus. One time, he followed me towards my dorm. Once I realized he was following me, I turned around and told him the same thing I said on the phone and that we would never get back together. Then I said I did not want a further relationship and that I would never change my mind. After that, he finally understood. [I sooooooooooooo wish “We Are Never Ever Getting Back Together” by Taylor Swift had been out then. It would have been the theme of this break up].

### **Step Four: Cut off Communication for Awhile**

- If they message you incessantly for few days or a week, avoid it. It should subside within a week. If they try to talk to you in person, whether at school or church, etc, follow the advice listed above.
- You both need time to heal from the break up. Go to your support group, friends and family, and go back to enjoying life. Six months or so in the future, it may be OK to talk again, but overall, you don’t remain friends after the break up.

After enough time has passed for you to reflect on the relationship, you need to evaluate what you did and did not like about the person/relationship. This will accomplish three things:

- You can use the table below or on your own paper if you want 😊

| Good characteristics of boy | Bad characteristics of boy | The good/bad of relationship                        |
|-----------------------------|----------------------------|-----------------------------------------------------|
|                             |                            | <p>Bad:</p><br><br><br><br><br><br><br><p>Good:</p> |

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