



Breaking Up Is Hard To Do

Do you know someone who has been left? Or someone who has wanted to break up with someone and doesn't know how? Maybe these things have happened to you. The breaking up experience can be very hard and often times people get hurt. Below is a list of "Do's" and "Don'ts" that may help you make breaking up easier to go through.

DOs

Explain the reason if you can

Be respectful

Listen

Find ways to take care of your feelings,

for example:

- Keep a journal
- Talk to friends
- Exercise, play sports
- Listen to music
- Seek counseling

It may make breaking up easier if you agree on some of the following things:

- Will you still hang out together?
- Can you still call each other?
- Do both of you still want to be friends? (this can only work if both people agree)

If both people agree:

- In what ways will you still be friends?
- How are you going to handle things with friends who know you both?

DON'Ts

Threaten

Have sex one last time

Follow the person to see who they are going out with

Call unless you've both agreed this is OK

Call names, spread rumors or otherwise try to get revenge

Isolate yourself, be alone

Assume being friends means you will get back together

Try to get the person pregnant

Try to give the person an STD