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# BREAKING UP

It doesn't matter if it's before, during, or after, breaking up is tough! You may find yourself feeling unsure, emotional, and lonely. Don't worry, you can and WILL come out on the other side. Check out these tips for working through a breakup!

## BEFORE

*when you want to break up*

- Be honest with yourself about your feelings.
- Make a pros and cons list to help you think about why you might want to break up or stay together.
- Think about how it might affect the other person. This doesn't mean you should change your mind; it just means that you can approach the breakup compassionately.
- Consider how you want to end the relationship. Usually in person is best, but if you feel unsafe, a phone call might be a better option.



## DURING

*when you decide to break up*

- Be respectful!
- Safety plan. Let someone know what is happening and plan an exit strategy if you think you might be in danger.
- Be clear about your feelings. Try out this method to talk about them: I feel (describe emotion) when (describe behavior) because (describe why).
- Stand firm. It's okay to listen to what they have to say, but if you don't feel the relationship is working, you have every right to end it.



## AFTER

*when the relationship is over*

- Allow yourself to feel. It's okay to feel sad, hurt, angry, or even happy.
- Do things just for you like listening to music, hanging out with friends, playing video games, or chowing on your favorite foods.
- Talk it out! Don't keep everything bottled inside. Talk to someone you trust about what happened and how you feel.
- Cry or look at old photos if you need to. But, remember it won't hurt forever.



Breaking up is never easy, and can be even more difficult if the relationship is unhealthy or abusive. An abusive partner may try to manipulate you or make you feel bad about your decision by using guilt trips, insults, or threats. You deserve respect; trust your gut instincts! If you have more questions about breaking up, chat with a peer advocate by texting 'loveis' to 22522. Remember, you deserve a healthy relationship!