

BREAKING UP

Directions

If you've decided to end a relationship, it's a good idea to be prepared for your partner's reaction, as well as your own. Write down how you will react to each of the following potential reactions from your partner. If you feel that your partner will most likely have unacceptable reactions, you should go over what you should do with a therapist or counselor.

Acceptable Reactions

1. Disbelief. What do you think your partner will say?

2. Crying. What will you say and do?

3. Anger, but not violence. What will you say and do?

4. Acting as if he/she doesn't care. What will you say and do?

5. Making an effort to change your mind, but not coercing you. What do you think your partner will say?

6. Denying it is over, believing it will work out. What do you think your partner will say?

7. Saying mean things to hurt you. What do you think your partner will say?

8. Wanting reasons beyond the ones you gave. What will you say?

Unacceptable Reactions

1. Violence, or threats of violence. What will you do?

2. Threats of suicide. What will you do?

3. Refusing to "let you" break up. What will you do?

4. Stalking you after the break up. What will you do?
