

# 10 Things You Need to Know About Ending a Relationship

by Mike Hardcastle for About.com

Adapted by Deborah C. Chilcoat, Healthy Teen Network, 2008

- 1. Don't Assume!** More often than not, ending a relationship is as hard on the person ending the relationship as it is on the person being broken up with - don't assume just because a person is breaking up with you means that they no longer care about you, caring about you and wanting a relationship with you are not one and the same.
- 2. No Guilt Trip!** Nobody likes to hurt another person, especially somebody they have been close to, and it is often very easy to guilt trip somebody into staying with you when they are trying to end things. Resist the urge!
- 3. It's Not You!** Ending a relationship does not mean that there is something wrong with you; it just means that there is something that is not working in the relationship. Try not to take the rejection too personally. Remember that lots of great people have had failed relationships - the fact that the relationships failed says nothing about their value as a person. The fact that your relationship failed likewise says nothing about you as a person.
- 4. Express Yourself!** It is all right to cry, get mad and feel hurt after a relationship ends. These are normal natural feelings. Just be sure that you let your feelings out in a safe place among friends or family. Do not make your ex the target of your feelings, even if they have done something to deserve your outrage. The sooner you let go of the other person, the sooner the healing can begin.
- 5. One Day at a Time!** Ending a relationship is never easy. You will have good days and you will have bad days. Take it one day at a time and don't beat yourself up if you have an overly emotional day - you're only human after all.
- 6. Detour to Betrayal-Land!** If you thought you were over the relationship and you find yourself upset at the news that s/he has moved on, rest assured you are normal. Let yourself be upset, it is part of the healing process.
- 7. Resist Revenge!** Acting out in anger is never good for anybody. After ending a relationship don't spread mean or spiteful rumors. Don't betray former confidences by telling old secrets to others. If another person was involved in ending your relationship, resist the urge to slam them behind their back. Acting vicious only makes you look bad and any satisfaction you may feel will be short lived. In the end this sort of behavior will only make you feel worse.
- 8. Stand Tall!** A big part of the pain of ending a relationship comes from a feeling of embarrassment. We often fear how the situation will look to outsiders. Refuse to be embarrassed, even if you did something outlandish to cause your break up. Letting go of the embarrassment will help you move on to the healing.
- 9. Let it Go!** Nobody ever deserves to be hurt. Deal with the reality and let go of your anger. The pain will disappear more quickly if you do.
- 10. Be civil!** Things may seem bleak now but you never know what the future may hold for you and your ex. You may be reacquainted someday. You may not. Either way it is better to let go of a faltering relationship while there is still some caring left between the two of you. If you play it out to the bitter end and leave your ex no choice but to hate you to get rid of you, you close the door to the future. Bowing out graciously leaves room for a future relationship, even if it is just as good friends.