
FRONT COVER:

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Foreword

Relationships can end up either good or bad. When there are many complications between you and your partner during the relationship, there is no point in continuing on together. You may end up with more troubles which are serious or the breakup may get uglier. Get all the info you need here.



So You Wanna Break Up

Easy ways to break up and break free!

Chapter 1:

How to know it's time to breakup

Synopsis

These are some warning signs showing that it is time to breakup.



The Basics

Have no desires to see each other. You and your partner text or call each other most of time, even at work, but now it seems annoying sometimes when your partner calls you. Hence, you don't respond to the calls. You may even try to avoid each other, avoid meeting each other even when both of you are in the same house. You would also prefer to hang out with your own friends and spend time alone.

Lost trust completely in each other or start betraying each other. When suspicion becomes harder on each other, there is no trust between each other. Having little or no trust towards each other can lead to many misunderstandings and conflicts, including cheating on your partner with someone else.

Feel less happy than before. Relationship gives you contentment. Love gives you joy. However, if this relationship infuriates you or causes you stress, then it may be time to call it quits. Consider whether this is the right relationship for you and if your partner is the right one for you. If you feel less happy and constantly have negative feelings, it is best to walk away now.

Domestic violence creeps in. Sexually, physically, emotionally there is presence of abuse, and these never make a successful relationship. If you find your partner abusive or violates your personal rights, it is advisable to break up and set free from the

bondages. Seek help from others or organizations if it is hard to get away from the abusive relationship.

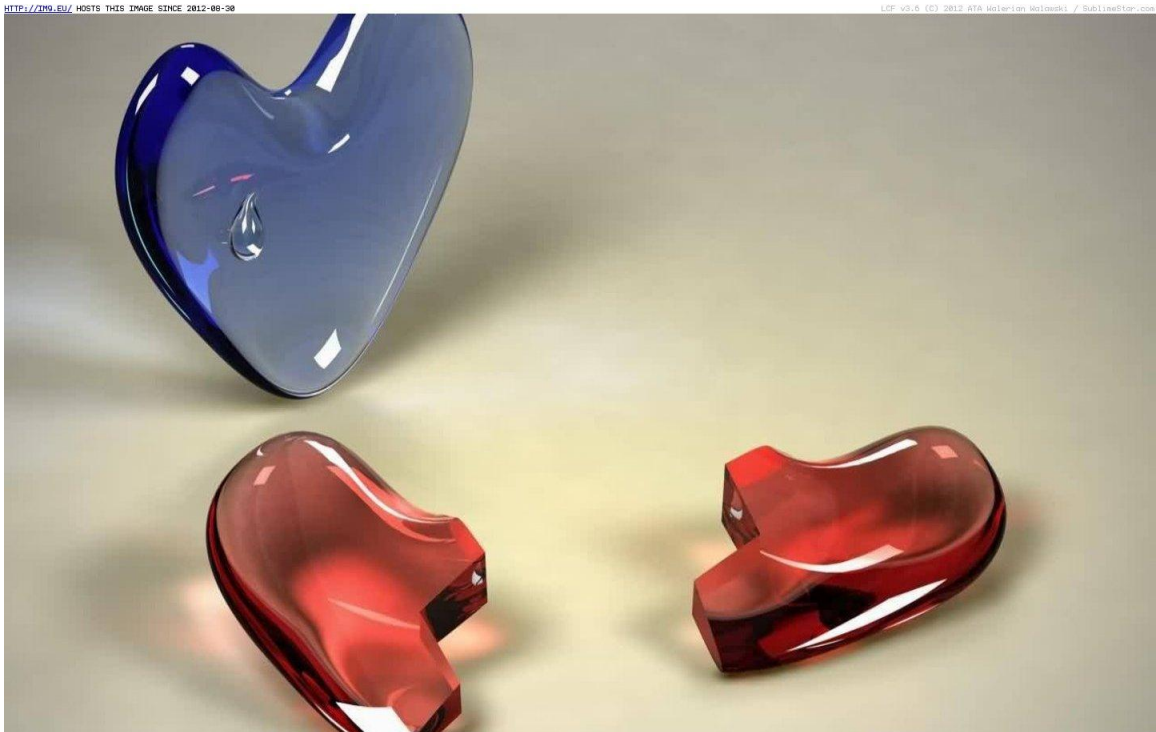


Chapter 2:

Making your final decision

Synopsis

To be the one to request for a breakup can be stressful, especially when your partner is someone you loved so much before. Whatever the reason for the break up with your partner, you must make sure this is the final decision and that there is no turning back.



Steps in Making Your Final Decision

Think about why you want a breakup. Think and consider all the reasons that are making you leave your partner. Was it just because of temporary negative emotions? Was it because of conflicts involving legal issues? Do not make hasty decisions, and be reasonable on why you want a breakup.

Make a list of all reasons to breakup and possible solutions. List down all reasons you had considered for a breakup and possible solutions to solve problems, if you think there is still a chance to save the relationship. This will help you to have a clearer view for your decision-making.

Go through the list and reflect. Analyze deeper through the list you have made and reflect honestly, whether you had been fair in its content. Did you try your best to curb problems?

Making sure the reasons for breaking up cannot be ignored anymore? Be sure you did not make the wrong choice of breaking up with your partner.

Be prepared for questioning. Decide properly what to say when you breakup with your partner.

Also, do consider preparing for the questions your partner may raise during the breakup. Make sure you are emotionally stable before and when you say goodbye.

Be clear that it is over. Review again to make sure this relationship will end forever. Do not bring in emotions or give hints that both of you may come back together. You must understand that it is better for your partner to get the message quickly and clearly.

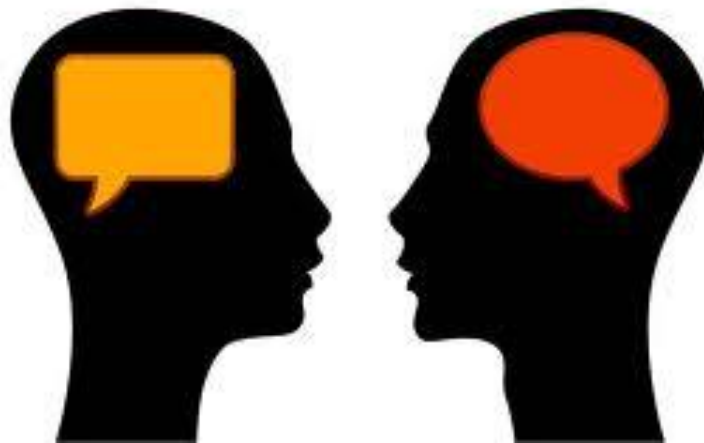


Chapter 3:

Choosing a meeting place – not his/her home/high risk location for suicide

Synopsis

Choosing a right meeting place for a breakup is important because you can prevent making the breakup turn ugly. Besides, if the breakup is carried out amicably, you can be free from the relationship, leaving your ex totally. Remember, it is also important to breakup in person and face to face.



The Place

Choose a neutral place. Do not ask for a breakup in your house, or in your partner's house. This is firstly unfair to either person, and secondly, you will still see pictures or things both of you shared which will make it hard for you to stick with your decision.

It is best to choose a location where family or friends are around. If your partner cannot control his/her emotions and start showing aggressiveness, or both of you start to engage in heated arguments, people around may help to calm the situation.

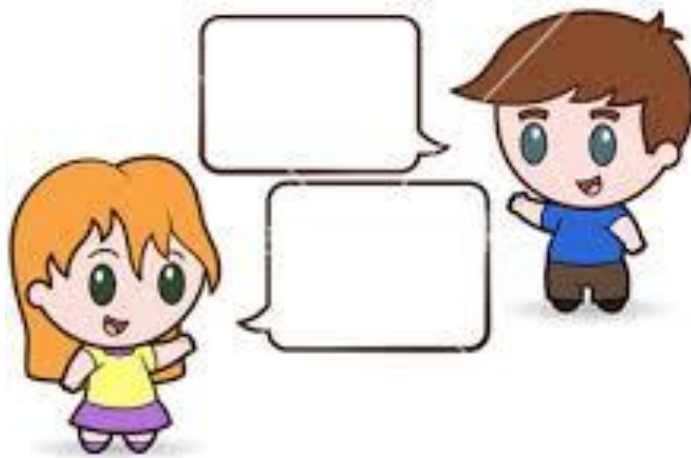
Avoid high-risk location as it has the potential for suicide. Avoid breaking up with your partner at tall buildings, railway stations or even in the kitchen where knives are convenient to get to.

One example of an ideal location would be the park, where it is comfortable for both of you to express feelings, and you can also walk while you discuss the matter.

Do not breakup in restaurants. There are many observers and witnesses in a restaurant. It will be embarrassing and disrespectful for him/her if your partner gets very emotional and drama takes place.

Do not breakup in classrooms, especially for schooling teenagers or college students. You or your partner may endure humiliation from

the classmates. As internet is accessible for all, some classmates may make fun and post videos or pictures of it online, making the whole incident seems uglier. This will cause pressure and stress for both of you.



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