

ROMANTIC RELATIONSHIPS

How do I break up with someone?

KEY WORDS

compatibility | boundaries | honesty | communication



Most people go through at least one breakup in their lives. It's important to understand what a breakup is and isn't.

- A breakup **isn't every argument you may have with your partner.**
- A breakup **isn't choosing to take 'a break' from your partner and then reuniting at a later date.**

Sometimes we may suggest or wrongly interpret one of the circumstances above as a breakup for fear of being alone or due to confusion about the boundaries of a relationship.

Instead, a breakup is **a decision initiated by one or both people in a relationship to end the relationship** and all of the actions and habits they had together within that relationship.



There are lots of **reasons why you may want to break up**, including:

- your interests, ideas, values, cultures and feelings are no longer compatible with your partner's or they aren't as compatible as you thought
- you don't find enjoyment or pleasure in being together
- you have strong feelings for someone else
- you're not ready for a relationship
- you can't stop fighting and/or you believe the relationship is unhealthy (To read more about this, check out the lesson: How do I know if my relationship is healthy?)

Knowing the reason is just one step in the process of breaking up. What follows is making a judgment whether you're ready to completely end the relationship over your reasoning. This means you need to **feel sure in your decision**.



If you still have feelings for your partner and want to make the relationship work, discuss the issue(s) bothering you with them to decide whether they can be resolved before a breakup. You can also **look at your partner's pattern of behaviour:** if, for example, they keep crossing one of your boundaries and make you feel upset, afraid or uncomfortable.

Breaking up is a highly personal decision and relies on you trusting your judgment.

If you'd like to learn more, take the Breakup quiz with Alex!



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