How Do Relationships End

The Theory of Breaking Up
Different Types of Relationships

- Support Staff
- Dating
- Friends
- Housemates
- Family
- Co-workers
- Me
The Way Relationships End

- I will Breathe & Accept
- I will Shift Tracks and Accept the Situation.
- Get a Clear Picture
The Way Relationships End

Letting It Pass AND Move On

Get Stuck in

Worries
Memories
Painful Emotions
Off-Track Urges

or...

Worries
Off-Track Urges
Painful Emotions
& Memories

Let It Pass

AND

Move On
Ways How Most Relationships End

- **Separation** (people leave for ever or just for some time, they may continue meet each other)
- **Divorce** (ending relationships officially)
- **Death** (physically or mentally, meaning disorder when a person understands nothing and cannot stay in society)
“Things will never get better”
“I can’t believe the relationship is over”
“I don’t want to hurt him/her, but I can’t stay in this relationship”
“How could he/she DO this to me?”
“If only I had…”
“I may never be loved again”
“My world has totally changed. What do I do now?”
“Maybe we’ll get back together”
“If you’ll stay I’ll change” (Ending a Relationship, 2012)
Feelings Most People Have When Ending Relationships

- Bad
- Hopeless
- Inadequate
- Desperate
- Lost
- Lonely
- Worthless
- Fear
- Anxiety
Positive Feeling from Ending Relationships

- Joy
- Relief
- Freedom
- Satisfaction
- Peacefulnessness
How One Can End Relationships

- Be honest
- Be respectful
- Be clear
- Explain
Eye to Eye Communication

Advantages:
- Honest
- Deserving
- Expressing respect

Disadvantages:
- One should be brave
- One sees partner’s reaction and suffering
- One has to answer too many questions
Phone Conversation

Advantages:

- Does not see reaction (feeling better)
- May always finish a conversation to avoid questions
- No contact, no stress

Disadvantages:

- No personal contact
Sending Notes (SMS, Social Net)

- Easy for the one who breaks up
- Humiliating for a partner
Steps to End Relationships on a Positive Note

- Explain the reasons of your decision
- Express understanding of partner’s feelings
- Take responsibility
- Respect partner’s feelings
- Stress on moving on and better future
Ending Violent Relationships

- Multiple breakups in the same relationship
- Multiple relationships with breakups
Ways of Breaking Up Multiple Violent Relationships

- Deciding enough is enough
- Becoming interested in someone else
- Being on again, off again
- Fading away
- Deciding it’s best for both of us
- Moving away
Supported by 41 of 156 respondents

Types of abuse: physical, verbal, emotional, sexual, stalking

Reasons:
- Could no longer continue
- The level of the violence becomes intolerable
- Constant disparaging remarks and put-downs
- Presence of physical violence necessitating 3\textsuperscript{rd}-party involvement
Becoming Interested in Someone Else

Supported by 32 of 156 respondents

The relationships ended when a person suffered from violence found another person he/she became affected with.
The main idea of such break up is that the offended person leaves with the purpose to return in the future.

Reason: to show a partner how it is difficult without him/her
Fading Away

Supported by 23 of 156 respondents

Stages to break up:

- Refuse from face-to-face interactions
- Stopping telephone contact (both voice and text)
- No contact by e-mail and social network.
Deciding It Is Best for Both of Us

Supported by 17 of 156 respondents

One of the partners decides that it is better for both and convinces the partner.
Moving Away

Supported by 24 of 156 respondents

Disappearing
# USLR Scale

<table>
<thead>
<tr>
<th>USLR Dimension</th>
<th>Mean (SD)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Men</strong></td>
<td></td>
</tr>
<tr>
<td>Missing the Relationship</td>
<td>3.22 (0.90)</td>
</tr>
<tr>
<td>Social Embarrassment</td>
<td>1.79 (0.73)</td>
</tr>
<tr>
<td>Fear of Harm**</td>
<td>2.00 (1.08)</td>
</tr>
<tr>
<td><strong>Women</strong></td>
<td></td>
</tr>
<tr>
<td>Missing the Relationship</td>
<td>3.04 (0.95)</td>
</tr>
<tr>
<td>Social Embarrassment</td>
<td>1.60 (0.63)</td>
</tr>
<tr>
<td>Fear of Harm**</td>
<td>2.46 (1.28)</td>
</tr>
</tbody>
</table>

Table 1: Psychometric Characteristics for the Three Dimensions of the University Students Leaving Relationships (USLR) Scale, Separately for 79 Men and 148 Women.
### Table 2. Exploratory Factor Analysis Results Showing a Dimension for the University Students Leaving Relationships (USLR) Scale Using Data From 879 Students.

<table>
<thead>
<tr>
<th>Statement</th>
<th>Factor Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>I would miss him/her.</td>
<td>.808</td>
</tr>
<tr>
<td>I would miss the affection.</td>
<td>.802</td>
</tr>
<tr>
<td>I would miss having somebody with whom to do things.</td>
<td>.783</td>
</tr>
<tr>
<td>I made a commitment to this relationship.</td>
<td>.596</td>
</tr>
<tr>
<td>I fear loneliness.</td>
<td>.563</td>
</tr>
<tr>
<td>I believe this is the best relationship I can get.</td>
<td>.542</td>
</tr>
</tbody>
</table>
### Table 2. Exploratory Factor Analysis Results Showing a Dimension for the University Students Leaving Relationships (USLR) Scale Using Data From 879 Students.

<table>
<thead>
<tr>
<th>Social Embarrassment</th>
<th>Factor Load</th>
</tr>
</thead>
<tbody>
<tr>
<td>I am too embarrassed to tell anybody.</td>
<td>.743</td>
</tr>
<tr>
<td>I fear making my own decisions.</td>
<td>.676</td>
</tr>
<tr>
<td>I fear that nobody would believe me.</td>
<td>.663</td>
</tr>
<tr>
<td>I do not know who I am if I am not in this relationship.</td>
<td>.634</td>
</tr>
<tr>
<td>I wonder if I am crazy.</td>
<td>.584</td>
</tr>
<tr>
<td>I fear what people would say.</td>
<td>.520</td>
</tr>
</tbody>
</table>
Table 2. Exploratory Factor Analysis Results Showing a Dimension for the University Students Leaving Relationships (USLR) Scale Using Data From 879 Students.

<table>
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<th>Fear of Harm</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>I fear harm to my family.</td>
<td>.866</td>
</tr>
<tr>
<td>I fear harm to myself.</td>
<td>.819</td>
</tr>
<tr>
<td>I fear harm to my pets.</td>
<td>.610</td>
</tr>
</tbody>
</table>
Conclusion

All relationships end, sooner or later

The initiators of breaks up should be tolerant to partners

You may make break up easier
References


Dr Sex. (2011). Breaking up doesn't mean bitter end to a relationship: How do I end a relationship and avoid all the drama involved? Is there ever an easy way out? *The Northern Star*, 23.

