

Recovering From a Breakup

Reflecting on what happened and writing down your thoughts about it can be a major step in moving forward.

PART 1

WHY IT HAPPENED



If you did not initiate the breakup . . .

Were you given a reason for the breakup?

YES
 NO

If yes, write the reason below, regardless of whether you feel it was valid.

If no, write what you suspect the reason to be.

What other reasons do you think might have been involved?

In hindsight, is there anything you could have done that might have changed the outcome of the relationship?

YES
 NO

If yes, what do you think you could have done?



If you initiated the breakup . . .

What reason did you give your boyfriend or girlfriend for the breakup?

How did you break up?

- In person
- Over the phone
- Via text
- Other: _____

In hindsight, is there a better way you could have chosen to break up?

YES NO

If yes, explain.

How did your boyfriend or girlfriend feel about the breakup?

In hindsight, could you have explained your feelings in a better way? If so, how?

What have you learned about yourself from this relationship?

Has this experience revealed any ways in which you would like to grow spiritually or emotionally? If so, what are they?

What have you learned about the opposite sex from this relationship?

What, if anything, would you do differently in your next relationship?

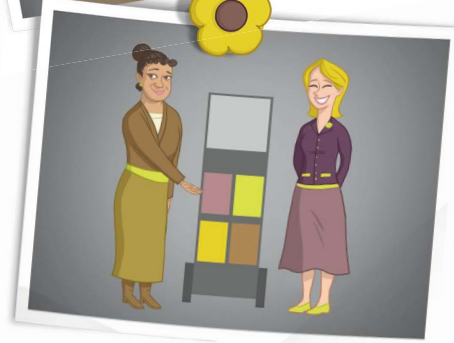
“I’m amazed at how when *thinking* about the relationship, I would only remember the good times. But writing down my thoughts and feelings helped me to realize why it was *good* that we broke up.”—Janet.





In whom can you confide if feelings of distress about the breakup seem overwhelming?

How can you take care of yourself and your health during this stressful time?



What goals can you set with regard to keeping busy?

What specific things could you pray to Jehovah about while you are striving to deal with the breakup?



“Writing about the relationship was therapeutic! It helped me to organize my thoughts and look at the relationship as a whole rather than getting sidetracked by specific events.”—Steven.