

ENDING RELATIONSHIPS

Sometimes we decide to end our relationships because they are not working for us, we do not feel safe in our relationships, or our partner decides to end the relationship. Whether we are ending a relationship or someone is ending it with you, it can be a very difficult time and can cause us to feel lots of sad, painful feelings.

Ending Relationships

We can teach ways to end relationships in a kind and safe way and take care of ourselves. Although the handout is focused on ending a sexual romantic relationship, these skills can be used with friendships as well.

How to Talk about Ending Relationships

Using the handout [“Steps for Breaking Up,”](#) use the script in blue to introduce and discuss this topic.

Ending an Abusive Relationship

When someone ends an abusive relationship, there are safety concerns that need to be addressed.

How to Talk about Ending an Abusive Relationship

Using the handout, [“Ending an Abusive Relationship.”](#) use the script in blue to introduce and discuss this topic.

Dealing with Pain, Anger, and Sadness

Not only do we want to teach skills for ending relationships, but also how to manage our feelings in healthy ways after a breakup.

How to Talk about Dealing with Pain, Anger, and Sadness

Using the handout, [“Healthy and Unhealthy Ways to Deal with Pain and Anger.”](#) use the script in blue to introduce and discuss this topic.

Ending relationships can be very difficult to do, and managing one’s feelings can be challenging. Although never easy, there are ways to end relationships that can help us be successful and kind, while also helping us move on in healthy ways.

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