

STEPS FOR BREAKING UP (page 1)

Handout Description

This handout is for people with intellectual and developmental disabilities to learn tips to end a relationship in a kind and safe way.

How to Introduce the Handout and What to Say

If you are supporting someone and they want to learn more, use the instructions and scripts in blue below. Review the handout and answer any questions they may have about the steps. If the person's relationship is abusive, use handout eleven to review "Ending an Abusive Relationship."

"Sometimes relationships end. A person may end a relationship for many different reasons. They may feel like the relationship is not right for them, or they feel unhappy."

"Whether a person ends the relationship or the other person does, it can be very painful."

"Let's review some tips for ending a relationship in a kind and safe way."

Review the handout.

"What questions do you have about ending a relationship?"

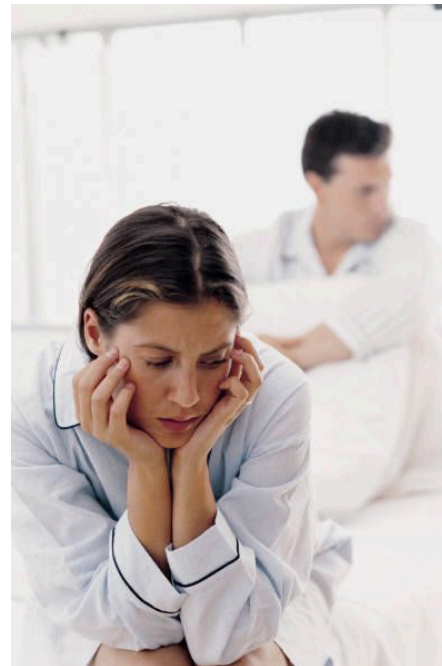
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STEPS FOR BREAKING UP

Ending a relationship can be painful for both people involved. Here are some tips on how to end a relationship with someone and how to deal with a breakup.

WAYS TO BREAK UP

- ▶ Make a clear decision about whether to end a relationship or not. Talk to friends and family about your decision. Be sure that you don't want to work things out or you can't work things out.
- ▶ Know that you will probably hurt someone else's feelings, but you would hurt them more by staying in a relationship you do not want to be in. You may also feel some sadness as well.
- ▶ Once you have made the decision, stick to it. The other person may try to talk you into staying together. You may be feeling sad, and this may make you feel weak and scared. Getting back together may take away this sadness, but the reasons for ending the relationship will not go away.
- ▶ It is important to be truthful but kind about why you're ending the relationship. Think about how you would want to be treated if someone was ending their relationship with you.



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- ▶ Pick a good time and place. It would help if you also did it somewhere safe if the situation gets uncomfortable and you want to leave.
- ▶ Try not to blame yourself or the other person for ending the relationship. It's easy to want to blame someone, but relationships end for many reasons. You and the other person aren't "bad." It is normal for interests and needs to change.

