

The Right (and Wrong) Way

TO END A RELATIONSHIP

1. Get clear

Use the [15 questions](#) to ask yourself (see blog post released on 12 March) to get clear on your decision.

2. Repeating Realities

Ask yourself the 3 Qs for a deeper understanding of any old material you may have been playing out in your relationship:

1. Who does this person remind me of?
2. Where have I felt like this before?
3. Why is the behavioral dynamic or way we interact, familiar to me?

3. Be Kind

Remember - even if you want to leave - you loved this person.

4. You have the right

Remember you don't have to convince them or PROVE or blame.

5. Respect

Don't tell a zillion other people before you actually do it.

6. Be calm

Don't do it in the heat of an argument or use it as a way to threaten your partner.

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7. Face to face is best unless.....

Ending your relationship in person, even if you dread it, is preferable and indicates respect for what you shared. UNLESS you are in a long-distance relationship and know it will be a long time before you see each other in person OR your soon-to-be ex partner is controlling or manipulative and might become physically, verbally or emotionally abusive. Your safety comes above all other considerations, always.

8. Real Deal Breakers

Do not make a long list of everything your soon-to-be ex has ever done wrong to justify ending the relationship. Although you are not required to give them a 'reason', speaking truthfully is recommended. Stay in your lane and get clear about what is not working and convey it clearly: "You initially said you also wanted children and have changed your mind. I still want a family so this is a real deal breaker for me"; "We do not have enough in common"; "I feel unsupported by you on my career path and am not willing to change my path" or other specific truths.

9. A clean break

Avoid the neverending, ending.

10. Moving forward

Make clear Rules of Engagement going forward.