

How To Break Up With Your Significant Other

There are many different reasons as to why someone would want to break up with a "loved one." It could be that the relationship is simply not working out, one person has found another person or cheated, both people have just been drifting apart, or everything one person does simply annoys the other. It is not an easy feat, but it can be done easily and quickly. Here, I will provide a set of instructions on how to break up with your significant other specifically for when you've absolutely reached the end of your patience spectrum and cannot stand him/her any longer. nice notes
lol

You will need:

- Your brain (specifically, logic)
- Your heart (for mercy optional) lol
- Your words
- A cellphone
- Courage/Will
- Alcohol? heehee, jk go to church

How do you know if you really don't "love" them anymore?

The mere fact that you're asking this question is a dead giveaway. Do you find yourself rolling your eyes at this person when he's speaking? Sitting? Driving? Doing absolutely nothing? Do you lay in bed at night cursing his or her back? If you've said yes to all or most of these questions, congratulations! You've finished your first step. However, if you're wondering why you feel this way and you would like to overcome it, this how-to guide is not for you. Perhaps you should consider therapy instead. If you do know why you feel this way and why you can't stand this person anymore, move on to the next step.

The event

Most people choose a day and time for breaking up with someone. If you would like to consider the person's feelings, give him the news at night. He or she can go home, drink to oblivion and sob themselves to sleep so he or she may be able to get some rest before dealing with the ordeal you have just put them through. Do not break up with someone on their birthday or over the holidays. If you absolutely do not care about the other person, do whatever is convenient for you. what about the month of? lol

The venue

Public places are typically the best places to break up with someone. These include, but are not limited to: coffee shops, parks, or casual restaurants. Ask them to meet you there. Do not go together. Be discreet. Keep in mind that break up conversations are always entertainment for other people. Do not end your relationship with someone while in your place of residence. They may refuse to leave, or they may become so angry that they throw your valuables at your head. I am curious about your break up stories lol

The method

If your relationship is to the point where small talk is impossible, the break up sentence is easy to segway into. Most usually start like this:

"How was work today?"

"It was okay."

"Cool."

"Mmmhmm."

silence

"I want to break up."

The most difficult part of this exchange is the other person's reaction. Whether it is a "OH OKAY?!"

or "Oh, okay," the most important thing is to follow through. State your reasons as to why you are breaking up with them. Do not let them interrupt you. Look into their eyes while speaking. Be slightly amused by their reaction, but remain stoic despite the million emotions going through your body at that moment. If you waver and begin to cry, know that this is normal. He or she may cry and possibly vomit due to stress, but you cannot be fazed. Once the situation has become too unbearable, you may leave the scene.

lol
- that's right, just press on :)

Alternative method:

Use a cellphone and text them you're breaking up with them. For this method, you don't have to see the person, and keeping yourself detached is easy!

The aftermath

After a breakup, go home. During this period, you are permitted to act irrationally. There may be a lot of alcohol, tears, and feelings of regret. However, going to a bar or nightclub with your friends is also acceptable- and encouraged. If you feel the scathing need to be with them again, consult a friend, family member, or seek therapy. You may need closure. For more information on the aftermath, look out for the next installment of this series!

As the song says, breaking up is hard to do. Ending a relationship is technically easier when you follow the steps above. However, emotional control is not guaranteed. This guide is not to help you internally, but rather strategically. No matter what combinations of techniques you use, be successful.

Good luck!