# Worksheet – Breaking up strategy cards

(To be copied into separate cards and one given to each group.)

### Breaking up strategy 1

Jordan chooses to play it cool and decides to delay in answering texts, to be busy when Sam asks to do something together, and to hang around with friends at lunchtime instead of hanging around with Sam, in order to create some distance between them and prevent them getting too close.

- Will Sam get the message?
- How might Sam feel? What might be the impact?
- How might Jordan feel? What might be the impact?
- Is this approach likely to end the relationship well?
- Are there any other situations where this method might be useful/not useful?

### Breaking up strategy 2

Jordan decides to change their relationship status on social media and unfriend Sam.

- Will Sam get the message?
- How might Sam feel? What might be the impact?
- How might Jordan feel? What might be the impact?
- Is this approach likely to end the relationship well?
- Are there any other situations where this method might be useful/not useful?

### Breaking up strategy 3

Jordan decides to give Sam a hard time for the next while and that way Sam will probably end the relationship first.

- Will Sam get the message?
- How might Sam feel? What might be the impact?
- How might Jordan feel? What might be the impact?
- Is this approach likely to end the relationship well?
- Are there any other situations where this method might be useful/not useful?

### Breaking up strategy 4

Jordan decides to text Sam "This isn't working. Sorry."

- Will Sam get the message?
- How might Sam feel? What might be the impact?
- How might Jordan feel? What might be the impact?
- Is this approach likely to end the relationship well?
- Are there any other situations where this method might be useful/not useful?

**Breaking up strategy 5**

Jordan decides to meet with Sam and outline all the things that are not working in their relationship, and then end it.

- Will Sam get the message?
- How might Sam feel? What might be the impact?
- How might Jordan feel? What might be the impact?
- Is this approach likely to end the relationship well?
- Are there any other situations where this method might be useful/not useful?

**Breaking up strategy 6**

Jordan decides to meet up with Sam in a public place. Having taken some time to think about what they want to say and how it might affect Sam, Jordan is determined to be as gentle but as honest as possible about why the relationship is not working.

- Will Sam get the message?
- How might Sam feel? What might be the impact?
- How might Jordan feel? What might be the impact?
- Is this approach likely to end the relationship well?
- Are there any other situations where this method might be useful/not useful?

**Breaking up strategy 7**

Jordan decides to message Sam outlining all the positive things about their time together, but adding that the relationship has now run out of energy and it would be best to end it rather than let things drift on.

- Will Sam get the message?
- How might Sam feel? What might be the impact?
- How might Jordan feel? What might be the impact?
- Is this approach likely to end the relationship well?
- Are there any other situations where this method might be useful/not useful?

**Breaking up strategy 8**

Jordan decides to phone Sam to talk about how things have been going. Jordan does not want to hurt Sam's feelings any more than necessary.

- Will Sam get the message?
- How might Sam feel? What might be the impact?
- How might Jordan feel? What might be the impact?
- Is this approach likely to end the relationship well?
- Are there any other situations where this method might be useful/not useful?