

Ending a relationship



Why do people break up?

There are lots of reasons why people break up.



Sometimes the reasons for breaking up are about the other person.

This might be because:

Your boyfriend or girlfriend moves a long way away.



They want a different boyfriend or girlfriend.



They may say mean things to you.



They are not ready for a relationship.



They just want to be friends.





Sometimes the reasons for breaking up are about you and your feelings.

This might be because:



You argue a lot and it makes you sad.



You don't like the same things and feel bored.



You do not love them anymore.



You like somebody else.



You don't feel ready for a relationship.



You have grown apart.



You don't like spending time with them.



Breaking up

Relationships don't always last forever.



Sometimes both people in the relationship agree to break up.

Sometimes only one person wants to break up.



If someone breaks up with you, you might feel confused, sad, lonely or angry.

This is normal.



Everyone feels upset after a break up.

It can take time to get over your relationship ending.



It is OK to feel sad and miss the person.

What you're feeling now won't last forever.



You do not need a boyfriend or girlfriend to be happy.

You can be independent and do the things that you enjoy.



This Easy Read was first published 13/06/2023

Last updated 13/06/2023