

# BREAKING UP (IS SO VERY HARD TO DO)

Answer the questions below.

**Q:** What do you think it takes for a breakup to go well?

- What do you think is the biggest barrier to that?

**Q:** If you've gone through a breakup, how painful was it compared to the greatest emotional pain you ever had?

- Let's say the greatest pain you ever endured was a 10. Now circle the number that describes your breakup.

1   2   3   4   5   6   7   8   9   10

**Q:** Did you go a little nuts after your breakup? Circle and talk about all the following that apply to you.

- I gained weight.
- I drank heavily.
- I rebounded into an unhealthy relationship.
- I felt suicidal.
- I lost weight.
- I started biting my nails.
- I got into fights.
- I had trouble sleeping.
- I slept too much.
- I was sexually compulsive.
- I had trouble concentrating.
- I had trouble with my grades at school.
- I had angry blowups.
- I isolated myself from others.
- I hated being alone, so I constantly surrounded myself with people.

**Q:** What did it take for you to come out on the other side?

- How long did that take?
- Who contributed to your recovery?
- Where do you think God was in all that? How did that make you feel?