

discussion starter
BREAKING UP (IS SO VERY HARD TO DO)

Understanding and coping with the grief involved in breaking up.

YOU'LL NEED

- copies of **Breaking Up (Is So Very Hard to Do)** (page 81), one per student
- pencils

- Q:** Without naming names, describe the messiest breakup you've ever seen.
- Why do you think things went so badly?
 - What did you learn from that breakup?
- Q:** Describe the nicest, cleanest, most godly breakup you've ever seen.
- What factors do you think made that less painful than other breakups?
 - What did you learn from that break up?
- Q:** If you have been involved in a breakup, how long did it take you to get over the relationship? (Or how long do you think it will take?)
- Q:** Looking back over that time, was it worth it all in the end? Is it better to love and lose than to never love at all?
- Q:** Did you get through the pain in one step or did you experience waves of regret and loss and loneliness?
- Q:** Many people report going more or less nuts after a breakup. Have you seen friends react to a breakup in any of these ways? Talk about what you think was behind the behaviors you've observed.

A = ALWAYS			S = SOMETIMES			N = ALMOST NEVER		
A	S	N	—	Gaining weight				
A	S	N	—	Heavy drinking				
A	S	N	—	Rebounding into an unhealthy relationship				
A	S	N	—	Feeling suicidal				
A	S	N	—	Losing weight				
A	S	N	—	Nail biting				
A	S	N	—	Fighting				
A	S	N	—	Having trouble sleeping				
A	S	N	—	Sleeping too much				
A	S	N	—	Having sexual compulsions				
A	S	N	—	Having trouble concentrating				
A	S	N	—	Dropping in performance at school				
A	S	N	—	Having outbursts of anger				
A	S	N	—	Becoming isolated from others				
A	S	N	—	Refusing ever to be alone, surrounding themselves with others				

- Q:** What did it take for your friends to come out on the other side?
- Q:** Were you able to contribute to their recovery? Talk about that.