

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

- 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?