



## U R BREAKING UP!?

The way you communicate often determines how well your message is received. This is especially true when you are breaking-up. Use this tool to help you pick the best strategy for being heard. Like the reception bars on your phone, the more bars you have the stronger and clearer your message will be.



**Five bars**

**FACE-TO-FACE** With face-to-face contact you have the best possible reception. That doesn't mean that talking about breaking-up is going to be any easier, but you both will have a better chance of understanding each other's feelings with less miscommunication. You will be able to use body language and tone of voice to help get your message across without interference.



**Four bars**

**PHONE** Phones are amazing tools that help us stay in touch with the people we care about. Unfortunately, they are not the best tool for ending relationships. They let you have a live conversation where you can verbally communicate feelings and thoughts, and hear tone of voice, but the problem is that there can be interference — abrupt hang-ups, zero body language information, a lack of privacy and lost reception.



**Three bars**

**Email** Sending an email is an effective way of communicating a message; however it is not the ideal way to communicate during a break-up. It can be hard to tell if someone is joking, happy or angry from an email. The person you're trying to communicate with may not get your message. The reception is dependent on what the other person thinks is meant by each word or phrase or idea. Also, once something is in print, it is very hard to take it back or explain away the miscommunication.



**Two bars**

**TEXTING** With texting, the chances of your message being clearly received are very small, just like the length of a text message. Too little is said, leaving too much room for misunderstanding. Communicating by text may actually add to the pain and prolong the breaking-up process. If you break-up this way, you may be sending the message that this person is not worth your time, which can result in a stronger negative reaction.



**One bar**

**SOCIAL NETWORKS** You're breaking-up, and you want the whole world to know! Posting something hurtful on Facebook, MySpace, AIM or Twitter may feel good for a moment, but no one will really hear your message clearly, especially the person who needs to understand. Even if your ex did something hurtful to cause the break-up, posting hurtful messages tells others more about you and how you treat others.