

BREAKING UP IS HARD TO DO - TEACHER KEY**DEPRESSION:**

You feel sad all the time.
You can't keep your mind on one thing. You may have trouble sleeping, and self doubts are strong at this time. You may cry a lot or at least feel like it.

LONELINESS:

You feel alone and like nobody understands. It feels like you are in a fog.

LIVING IN THE PAST

You play "your song" over and over;
you read old notes and look at old photos;
you may go out of you're way to go places to
bring back memories,
even though they may be painful.

ANGER:

You are mad at: Your ex-love for dropping you; at yourself for getting hurt; at the whole world because it's in your way; at your family because they ask you what is wrong. You want to make your ex-love feel as bad as you.

**OUT OF CONTROL FEELINGS
AND ACTIONS:**

When your anger towards your ex-love turns harmful, you are out of control. Revenge, spreading rumors or hurtful gossip, harassment, or trying to hurt yourself to get attention are all signs that your feelings are out of control.

HURTING YOURSELF OR ANOTHER:

You have violent feelings because the pain
you feel is so strong.
You may even think of suicide to get even.
If you are so upset that you want to hurt yourself
or another, you must get help right away.