

LOVELESS LETTERS

Dear Tom,

I don't know how to say this to your face, so I'll just come right out with it in this letter. I can't tell you why, but I don't want to go out with you anymore. I just can't explain how I feel, and if I talk to you, you might talk me out of it. I really don't see any hope for us.

Sorry,
Suzanne

Dear Tiffany,

Hi, I'm in History listening to Mr. Hall ramble on. Did you have to work last night? I worked on my dad's car and watched a movie.

Well, I guess I'd better tell you--I think I want to see other people and not be tied down, O.K.?

See you later,
Mark

Dear Cory,

This is a hard letter for me to write, because I care about you a lot, but I need to share my feelings with you. For the past few weeks, things haven't been very good between us. It seems like we don't enjoy each other's company as much, and we think differently on a lot of important issues. I think it might be best for us to try seeing others for a few weeks and see how we feel then.

We have had a lot of good times and while I'll miss them, I don't want us to keep on and risk ending up hating each other. Call me later and let me know how you feel.

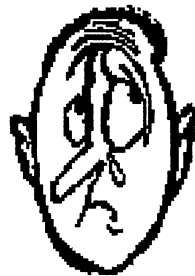
Chris

Name _____ Period _____ Date _____

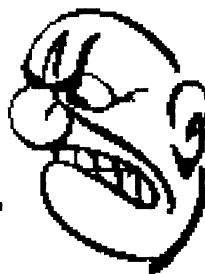
BREAKING UP IS HARD TO DO

Directions: It helps to look at all the emotions one feels when breaking up, sort through each one, and then get over each one. Then it is time to move on--a better person for the experiences you have learned! Yeah, right! you say. While listening to the class discussion, fill in the emotion sections.













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.

THE WRONG AND RIGHT MOVES IN BREAKING UP

Read the following stories to the class, and using a student scribe, record the mistakes made on the board as the stories progress. Suggestions are in parenthesis.

Josie and Stephen -

Josie and Stephen have been "going out" for two (2) months. Stephen has just informed Josie that he would like to see other people and not be committed to just one person. Josie accepted the idea for the first few days, and then she started to pretend that the break up never happened. She was sure that given a few more days, Stephen would come to his senses and everything would be back to normal.

(False hope, living in the past, denying the fact that it is over)

When Stephen didn't come back as expected, Josie began calling his home and begging him to come back. She wrote many notes and letters pleading with him to give her another chance, and telling him she would be different. Stephen finally asked her to stop calling him. He felt sorry for her at first, but then her calls and letters grew annoying. He wanted more than ever to be rid of her.

(Pleading, begging, harassing)

Josie decided on a new approach. She began to quiz their friends for news of Stephen--what did he say about me? where did he go? who was he with? etc. She would wait by his locker and hide so she could watch him, but he couldn't see her.

(Playing detective, spying to gain new information)

After a month and nothing else had worked, Josie was getting really angry. She told Stephen she would start rumors about how he acted when they were alone together, bad ones, so that other girls wouldn't want to date him.

(Threatening, seeking revenge)

Stephen talked to Josie for a long time, and tried to get her to be reasonable. She calmed down, and began promising him anything if he would just come back to her. She wouldn't be jealous anymore, and he could have the freedom to see other girls if he wanted. She even promised to be more "physically loving" if he wanted. She would do anything.

(Unreasonable promises, compromising values and personal ethics)

The feelings were a little better after their talk, but Stephen was not at all interested in reconciliation, especially after all that had been said. Josie had been preoccupied with their breakup and her school work had dropped. Her report card was terrible. She saw Stephen in the hall and yelled, "It's all your fault! You made it so I couldn't work and now look what you've done to me!"

(Blaming)

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As this sad story continues, Josie decides she needs someone new to shower her affection upon. No one is available that she is really interested in, so she sets her sights a little lower. She jumps from one boy to the next and as a result, ends up feeling hurt and hurting others' feelings also.

(Building relationships on the rebound)

Josie begins to reason that Stephen just didn't think she was good enough for him. "Well, I'll show him!" was her attitude. "I'll give other boys what I didn't give him physically and that will make him sorry he ever dumped me." Unfortunately, Josie gave herself physically to several different boys, she put herself at risk for AIDS and other STD's and lowered her self-concept and lost her reputation. Stephen was not impressed or sorry, except sorry for her.

(Casual sex to compensate)

From Mike's Diary:

I guess everything is getting back to normal. I thought I'd go crazy when Jane broke up with me. But a month has gone by, and I'm not calling her anymore. I still feel sad some of the time, but not as much now.

(Time heals, just let go)

I tried out for the ski team and made it! I didn't really want to, but some friends thought it would help to take my mind off of Jane. I think it probably will--they're probably right.

(Get involved in something else)

It seems strange looking for girls to date again, there are a few really great girls that I hadn't even noticed before. I guess I'll ask one of them to the game on Saturday.

(Put yourself back in circulation)

I saw Jane today with her new boyfriend (looks like a nerd to me). It was hard at first, but she seemed happy and she deserves it.

(Get over the anger, be friendly with ex)

At first, after we broke up, I tried to figure out what I had done wrong. I blamed myself for everything. Then a friend reminded me that people just change and move away from each other sometimes. It's normal, I guess. When I think back, it did bug me the way Jane acted sometimes, so I guess she wasn't perfect either.

(Don't blame yourself, changes are normal)

DATING BALLOON

1. The person you daydreamed about and seemed so perfect to you, turned out to be "not as great" as expected.
2. You want to be free from commitment. You want to flirt with others, or play the field.
3. Your special person becomes overly possessive, shows jealousy when you are with other people, even your same sex friends!
4. You seem to argue over everything, and disagree on many topics.
5. You find that your values and his/her values are not compatible.
6. He/she wants to be your one and only, while he/she flirts and teases with everyone.
7. Your parents don't approve of this person, or your parents want you to get serious too fast with this person.
8. The person you are dating wants a physical relationship but you're not ready.
9. You find this wonderful person has gross habits or manners. They may use poor grammar or profanity, smoke, or have alcohol or drug habits.
10. You lose interest and find other people more interesting and attractive.
11. He/she acts depressed and seems down all the time.
12. You are getting too serious at a young age. The thoughts of an early marriage make you nervous.

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