

Breakup Bootcamp

Student Workbook



KSU Counseling and Psychological Services

785-532-6927

www.k-state.edu/counseling/

Adapted from work from the following people and institutions:

Dr. Jim Guinee from University of Central Arkansas

The BRIDGE workshop from CalPoly University

The Mood Management Workshop from Drexel University

Dr. Gary Lewandowski Jr. from Monmouth University

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What is a Healthy Relationship?



Values Compass

Values are what we find meaningful and important in order to live an authentic life. They are different for everybody, and can change over time. Values are different from goals. Put simply, goals can be 'achieved' whereas values are more like compass directions that we want to head in. For example, we might have the goal of getting to all your classes, which sits within the value of 'being a good student.'

Some people value the domains below. Leaving aside any obstacles for the moment, think about what is important to you and what you think makes for a meaningful life that you could value.

Community

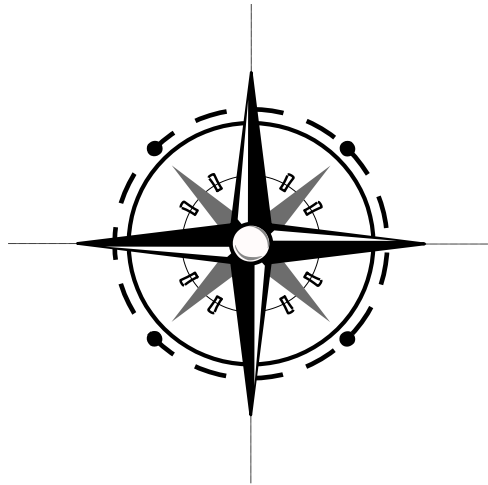
What type of relationships in your community would you like to build (i.e., spiritual, neighbors)? What characteristics are important in your community members?

Family

What kind of relationships do you want with your family? What kind of parent/sibling/family member do you want to be? What characteristics are important in your family members?

Employment

What qualities do you want to bring as an employee? What kind of work relationships would you like to build? What characteristics are important in your coworkers?



Friendships/Social

What sort of friend do you want to be? How would you like to act towards your friends? What characteristics are important in your friends?

Romantic/Intimate

What kind of romantic or intimate partner do you want to be? What quality of relationship do you want to be a part of? What characteristics are important in your intimate/romantic partners?

Education/Training

What qualities do you want to bring as a student? What kind of educational relationships would you like to build? What characteristics are important in your classmates and instructors?

Common Values

1. **Acceptance:** to be open to and accepting of myself, others, life, etc.
2. **Adventure:** to actively seek, create, or explore novel experiences
3. **Assertiveness:** to respectfully stand up for my rights and what I want
4. **Authenticity:** to be authentic, genuine, real; to be true to myself
5. **Beauty:** to appreciate, create, nurture or cultivate beauty in myself, others, the environment, etc.
6. **Caring:** to be caring towards myself, others, the environment, etc.
7. **Challenge:** to keep challenging myself to grow, learn, improve
8. **Compassion:** to act with kindness towards those who are suffering
9. **Connection:** to engage fully in what I am doing and be present with others
10. **Contribution:** to help or make a positive difference to others or myself
11. **Conformity:** to be respectful and obedient of rules and obligations
12. **Cooperation:** to be cooperative and collaborative with others
13. **Courage:** to be brave; to persist in the face of fear or difficulty
14. **Creativity:** to be creative or innovative
15. **Curiosity:** to be open-minded and interested; to explore and discover
16. **Encouragement:** to encourage behavior that I value in others or myself
17. **Equality:** to treat others as equal to myself, and vice-versa
18. **Excitement:** to seek, create, and engage in activities that are stimulating or thrilling
19. **Fairness:** to be fair to others or myself
20. **Fitness:** to maintain, improve, and look after my physical and mental health/wellbeing
21. **Flexibility:** to adjust and adapt readily to changing circumstances
22. **Freedom:** to choose how I live and behave, or help others do likewise
23. **Friendliness:** to be friendly, companionable, or agreeable towards others
24. **Forgiveness:** to be forgiving towards others or myself
25. **Fun:** to be fun loving; to seek, create, and engage in fun-filled activities
26. **Generosity:** to be generous, sharing and giving, to others or myself
27. **Gratitude:** to be appreciative of myself, others and life
28. **Honesty:** to be honest, truthful, and sincere with others and myself
29. **Humor:** to see and appreciate the humorous side of life
30. **Humility:** to be humble or modest; to let my achievements speak for themselves
31. **Industry:** to be industrious, hard-working, dedicated
32. **Independence:** to be self-supportive and choose my own way of doing things

33. **Intimacy:** to open up, reveal, and share myself -- emotionally or physically – in my close relationships
34. **Justice:** to uphold justice and fairness for myself and others
35. **Kindness:** to be compassionate, considerate, nurturing or caring towards myself and others
36. **Love:** to act lovingly or affectionately towards myself and others
37. **Mindfulness:** to be open to and curious about my present, here-and-now experience
38. **Order:** to be orderly and organized
39. **Open-mindedness:** to think things through, see things from other’s points of view, and weigh evidence fairly
40. **Patience:** to remain calm during difficult times
41. **Persistence:** to continue resolutely, despite problems or difficulties
42. **Pleasure:** to create and give pleasure to others or myself
43. **Power:** the ability to direct or influence the behavior of others, such as taking charge, leading, organizing
44. **Reciprocity:** to build relationships with a balance of giving and taking
45. **Respect:** to be polite, considerate and show myself and others positive regard
46. **Responsibility:** to be responsible and accountable for my actions
47. **Romance:** to be romantic; to display and express love or strong affection for another person
48. **Safety:** to secure, protect, or ensure the wellbeing of others or myself
49. **Self-awareness:** to be aware of my own thoughts, feelings and actions
50. **Self-care:** to look after my health and wellbeing and get my needs met
51. **Self-development:** to keep growing, advancing or improving in knowledge, skills, character, or life experience.
52. **Self-control:** to act in accordance with my own ideals
53. **Sensuality:** to create, explore and enjoy experiences that stimulate my senses
54. **Sexuality:** to explore or express my sexuality
55. **Spirituality:** to connect with things bigger than myself
56. **Skillfulness:** to continually practice and improve my skills, and apply myself fully when using them
57. **Supportiveness:** to be helpful, encouraging, and available to others or myself
58. **Trust:** to be trustworthy; to be loyal, faithful, sincere, and reliable

Blank Values Compass

For each of these domains, write a quick summary of your values or list of your values, such as, “humor, support, to be a good friend to people who need me, and to enjoy my time with the people I love” (friendships).

Rate each domain for how important it is to you from 0-10 (0 = not important)

Community

Family

Employment

Friendships/Social

Education/Training

Romantic/Intimate

The Four Horsemen

- **Criticism** is different than expressing a complaint. It implies telling someone that something is inherently wrong with them. So this might mean someone saying, “You are so selfish! You never think of anything that I have going on!”
 - **Criticism:** *“You talked about yourself all through dinner and didn’t ask me anything about my day. How can you treat me this way? What kind of self-centered person are you?”*
- **Defensiveness** takes an “innocent victim posture” with that person refusing to accept any feedback or perspective from another. This might look like someone saying, “No way, I’m not the problem! You knew what I was like when we met! If you weren’t so uptight, things would be great!”
 - **Defensiveness:** *“What are you picking on me for? I didn’t do anything wrong. What about all the good things I do? I never get any appreciation.”*
- **Contempt** is any statement or action, like eye rolling, that puts oneself on a higher plane than one’s partner (mockery is a form of contempt). If someone was using contempt, they might say “Oh. What’s the matter? You can’t keep up with school and have fun at the same time? How pathetic!”
 - **Contempt:** *“It’s not that I could care less, it’s that I couldn’t care less. At least get that right.”*
- **Stonewalling** is ignoring or leaving an interaction. This is not the same as taking a break from an argument. Instead, it might look like a partner ignoring their partner’s texts for days and giving them the “silent treatment” when they are in the same room.
 - **Stonewalling:** *Looking away and no longer taking part in the conversation.*

Reflection Questions

1. Does this relationship fulfill my needs?
2. Do we agree on important things?
3. Can we resolve conflicts?
4. Am I usually happier with this person in my life?
5. Can I see myself with this person in the future?

6. Is our relationship a healthy one?

Breakup Plan

1. What adjustments do I need to be prepared to make? Financial? Emotional? Living situation?

2. How do I want to approach the breakup conversation and what do I want to say? Do I need this conversation to be in person, over text, or should I “ghost” them?

3. What do I want to be considerate of regarding what my partner might need?

4. What boundaries do I need to have in place? What responses do I want to have ready when being faced with their response?

5. What support do I need to navigate this break up? Friends? Family? CARE Office? (located in 206 Holton Hall, or you can call them at 785-532-6444)

Socratic Questions: Provided by TherapistAid.com

Thoughts are like a running dialogue in your brain. They come and go fast. So fast, in fact, that we rarely have the time to question them. Because our thoughts determine how we feel, and how we act, it's important to challenge any thoughts that cause us harm. Spend a moment thinking about each of the following questions, and record through responses. Elaborate, and explain "why" or "why not" in your responses.

Thought to be questioned:

What is the evidence for this thought? Against it?

Am I basing this thought on facts, or on feelings?

Is this thought black and white, when reality is more complicated?

Could I be misinterpreting the evidence? Am I making any assumptions?

Might other people have different interpretations of this same situation? What are they?

Am I looking at all the evidence or just what supports my thought?

Could my thought be an exaggeration of what's true?

Am I having this thought out of habit, or do the facts support it?

Did someone pass this thought/ belief to me? If so, are they a reliable source?

Is my thought a likely scenario, or is it the worst case scenario?

Distraction Skills

- Clean/organize
- Go to a coffee shop
- Write in a journal
- Surf the internet
- Do a puzzle
- Paint nails
- Call/text/visit a friend
- Go for a walk
- Go out for a meal
- Draw or paint
- Watch TV
- Wash dishes
- Cook your favorite food
- Make a collage
- Do homework
- Squeeze a stress ball
- Lift weights
- Go for a run
- Nature-watch
- Interact with animals
- Look at funny memes
- Write a poem, short story, or play
- Make list of 10 places you want to go
- Learn words from a new language
- Send a thank you letter/card/email
- Do a crossword or word search puzzle
- Go to an event (specify: _____)
- Play video games
- Play a sport
- Exercise
- Watch a sporting event
- Listen to music
- Take a gym class
- Go for a drive
- Go window shopping
- Do laundry
- Make something for someone else
- Do something for someone else
- Do volunteer work
- Read a book or magazine
- Watch a movie
- Make a video
- Listen to or watch a comedy routine
- Count/name the colors you see
- Take photographs
- Hold ice in your hand or to your face
- Call/text a crisis line
- Play a game on your phone
- Name all the sounds you can hear
- Other: _____
- Other: _____

Distress Tolerance Skills: STOP

The first step in coping with a crisis, stressful event or difficult emotion is to develop the ability to STOP:

S – Stop! Do not react. Your emotions may give you the urge to act without thinking but the goal is to stay in control.

T – Take a step back, take a break, breathe.

O – Observe what is going on inside and outside of you. What is the situation? What are your thoughts, sensations, and feelings? What is being said and done?

P – Proceed mindfully. Do your best to act with awareness. Consider your thoughts, sensations, feelings, the situation and others involved when deciding what to do. Think about your goals.

Relaxation Techniques

___ Light a scented candle

___ Slowly suck on a hard
candy

___ Buy/pick a single
beautiful flower

___ Look up beautiful
places online

___ Blow bubbles

___ Listen to a recording of
nature sounds

___ Lie in/smell the grass

___ Make a collage of
pleasing images

___ Listen to soothing
music

___ Play an instrument

___ Listen to a white noise
machine

___ Spray a pleasant
fragrance

___ Burn incense

___ Slowly eat a popsicle

___ Bake

___ Treat yourself to a
dessert

___ Work on an art project

___ Drink tea

___ Get a massage

___ Listen to a guided
meditation

___ Take a shower

___ Put on a comfortable
outfit

___ Hug someone you care
about

___ Practice yoga or
stretching

___ Observe nature

___ Look at an
art/photography book

___ Fix hair/nails/makeup

___ Let ice melt in your
mouth

___ Touch something soft

___ Take a bath

___ Pet your dog/cat

___ Soak your feet

___ Sit in a comfortable
chair

___ Practice deep
breathing

___ Hug/squeeze a pillow

___ Listen to upbeat music

___ Pray/meditate

___ Focus on sounds
around you

___ Other: _____

___ Other: _____

___ Other: _____

Moving Forward Plan: Re-engaging with your life

1. What can I do to begin the process of reconstructing a life without them? Rediscover hobbies? Reconnecting with friends?

2. What did I learn from this relationship?

3. Is there anything I need to step away from? Social media? Friends? Family?

4. How do I need to define closure for myself?