

You want to leave your partner as well



Freely discuss what you feel about the future of the relationship.



Avoid silent treatment.



Tell them how you feel about the breakup.



Once you have made a mutual decision, leave no loose ends and resolve all problems before moving apart.

You do not want to leave your partner



Ask your partner what went wrong and if they think amends can be made.



Patiently make them understand that their behavior hurts you.



Being heard is essential, but you must listen to them as well.



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