

# Dos And Don'ts While Writing A Breakup Letter



## Dos



Talk about what has brought you to the decision. Explain the reasons as well.



Express your feelings calmly.



You may mention the good times you had and what went wrong.



Choose a positive tone overall since there is life beyond a breakup.

## Don'ts



Attack the sentiments or insult the person through your words.



Bring out small things in the relationship that were not according to you.



Indicate leaving a possibility of reconciliation.



Send it right away. Do dwell on it for a day or two, as you might have poured out all your anger and frustrations in the letter.

