

How Not to Break Up With Someone

The School of Life
with Kunzilya Yerdaulet

I don't know

I DUNNO

adjective.

having the attention diverted:

She tossed several rocks to the far left and slipped past the distracted sentry.

Syn: disturbed , abstracted, unfocused

TO BE DISTRACTED

Syn: appear, break, debut, get out, be announced, be brought out, be disclosed, be divulged, be exposed, be issued, be made known, be promulgated, be published, be released, be reported, be revealed, leak, transpire

TO COME OUT

Adjective

1. extraordinarily great or intense: *terrific speed*.
2. extremely good; wonderful: *a terrific vacation*.
3. causing terror; terrifying.

TERRIFIC

Adverb

1. by or of necessity; as a matter of compulsion or requirement:
You don't necessarily have to attend.

DOES NOT NECESSARILY MEAN

constantly, everyday, often, periodic, regular, regularly, routine, day after day, day by day

ON A DAY TO DAY BASIS

a situation in which you can continue without anyone or anything stopping your progress

Her opponent's withdrawal gives her a clear run for the nomination.

A CLEAR RUN

1. a planned means of escape from a dangerous situation: *Familiarise yourself with your workplace's escape routes and fire exit signs.*
2. a way out of a difficult situation: *Devaluation was the only obvious escape route; Education is prized as an escape route from poverty.*
3. a means of distraction or relief, esp from reality or boredom: *an escape route from the boring, routine aspects of our lives*

ESCAPE ROUTE

adj

1. not excited; calm; composed; under control:

to remain cool in the face of disaster.

2. lacking in interest or enthusiasm: *a cool reply to an invitation.*

COOLNESS

noun

the state or fact of being apart in space, as of one thing from another; remoteness.

DISTANCE

Also, drive someone **crazy** or **bananas** or **bonkers** or **nuts** or **up the wall**;
drive someone **to drink**.

Greatly exasperate someone, annoy to distraction:

His habitual lateness drives me crazy.

TO DRIVE SOMEONE MAD

to be able to handle competently or successfully; cope:
I can't deal with your personal problems.

TO DEAL WITH SOMETHING

I don't understand it.

I DON'T GET IT

verb

spend more time thinking about something than is necessary or productive

TO OVERTHINK

verb (used with object)

1.to cause physical pain to; hurt.

2.to cause (someone) mental or emotional pain; distress:

Your sarcasm pained me.

TO PAIN

appear or occur suddenly: *these memories can pop up from time to time*

syn: appear, appear suddenly/unexpectedly/abruptly;

occur suddenly/abruptly, come into view/sight,

materialize, arrive, make/put in an appearance;

come along, happen, emerge, arise, crop up, turn up, present itself, come on the scene, come to light, manifest itself; show up

many familiar faces pop up during the twenty-six episodes

TO POP UP

to cause to be physically, mentally, or emotionally exhausted, depress:
the weather was getting her down

GET DOWN

developed, full-fledged, full-grown, fully developed, grown, mature, of age

TO BE GROWN UP ENOUGH TO DO SMTH

to start to continue with your life after you have dealt successfully with a bad experience: *It's been a nightmare, but now I just want to forget about it and move on.*

Syn: pass, progress, go ahead

TO MOVE ON

Being completely honest: *Speaking frankly/To say the truth*

FRANK

Adjective

1. occurring at a suitable time; seasonable; opportune; well-timed:
a timely warning.

*Syn: at the right time, appropriate, convenient, prompt, proper,
up-to-date, up-to-the-minute*

TIMELY

making you feel free and able to behave as you like:

Taking all your clothes off can be a very liberating experience.

LIBERATING

**Situations that are worthwhile
enough to discuss**

**TELLING SOMEONE YOU DON'T WANT
TO BE WITH THEM IS ALWAYS
DIFFICULT.**

**WHEN THEY KNOW FULL WELL THEY
WANT OUT, THEY START COMING OUT
WITH STRANGE THEORIES ABOUT
COUPLES:**

**WHEN THEY HAVE A CLEAR RUN AT THE
ESCAPE ROUTE, STILL THEY DON'T TAKE IT:**

**WHEN THEIR COOLNESS AND DISTANCE
DRIVE YOU MAD, THEY MAKE SURE
YOU FEEL IT'S ALL YOUR FAULT FOR
BEING CRAZY:**

**WHEN YOU'RE TRYING TO FORGET
THEM, THEY KEEP POPPING UP:**

**THE NICEST THING YOU CAN DO TO
SOMEONE YOU'RE BREAKING UP WITH
IS TO ALLOW THEM TO HATE YOU.**

**REALISING YOU SHOULDN'T BE WITH
SOMEONE ISN'T THE WORST THING:
IT'S NOT DARING TO TELL THEM IN
FRANK, TIMELY AND LIBERATINGLY
BRUTAL MANNER.**

So...

**HOW YOU SHOULD BREAK UP WITH
SOMEONE?**

<https://www.youtube.com/watch?v=591zwrqsDVM>

THE SCHOOL OF LIFE