

# **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**