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However, a break up can also be challenging for the one initiating the break-up. It can be difficult to know when to break up and the right approach to take during the process of breaking up. If you want to approach a relationship break up with compassion, consider using the following tips.

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Things To Do Before The Long Distance Breakup.

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1. Open up to a confidant. Before the breakup call, it's best to talk to someone you truly trust—your mother, your best friend, etc. Doing this will help you process your thoughts and feelings before the breakup.

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