



IM APPLICATION
Are you keeping your away status free of negative messages about your ex?
Are you avoiding spreading rumors about your ex?

INTERNET APPLICATION
Are you posting neutral and non-hurtful things about your ex online? Do you stop yourself from checking your ex's MySpace, Facebook, Twitter, or AIM repeatedly?

PHOTO APPLICATION
Are you deleting embarrassing or harmful pictures of your ex?

CALENDAR APPLICATION
Are you making plans to hang out with friends, family, and new people?

PHONE APPLICATION
Is your ex calling more than you would like? Are you calling your ex more than he/she would like?

CLOCK APPLICATION
Are you using your time to do things you enjoy? Are you getting enough sleep?

MUSIC APPLICATION
Are you listening to music that helps you get through your break-up — songs that express your feelings about the break-up as well as songs that get your mind off of it?

WHAT APPS WILL YOU CHOOSE?

Ending a relationship can be hard for everybody involved. Hurt, frustration, anger, and sometimes even a sense of relief can make break-ups feel overwhelming. Regardless of the emotions you are feeling, it's important to think about how you will act so that you can have a healthy break-up. These "application" questions will help you navigate through the breaking-up process.