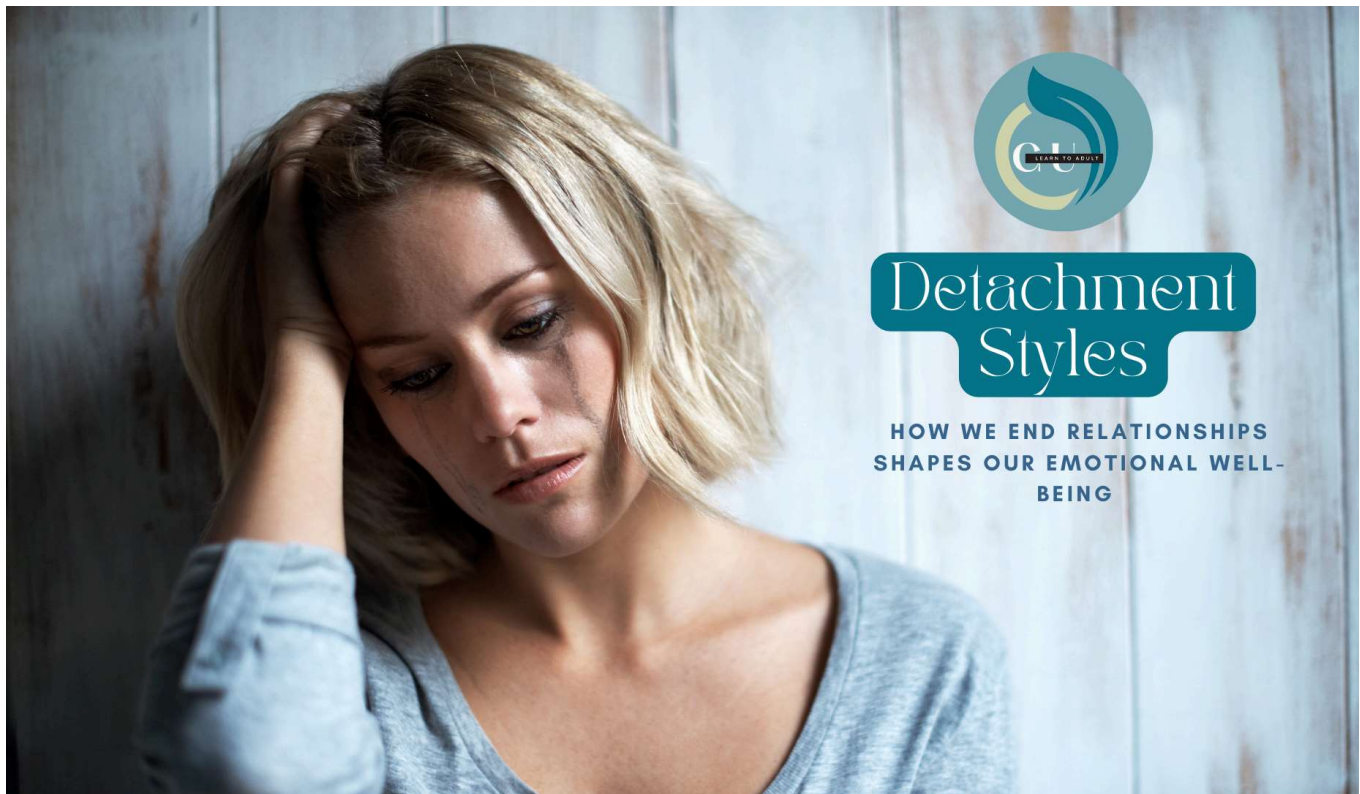




Breakup Reason Checklist: Provable Dealbreakers vs. Fabricated Justifications

This checklist is a tool for reflection and discussion. It is not a definitive judgment but can provide valuable insight into the dynamics of your past relationship. Use this checklist to determine whether your breakup was based on **provable dealbreakers** (clear, undeniable issues) or **fabricated justifications** (excuses used to avoid responsibility or disguise personal motives). Tick all that apply and evaluate the pattern.

Provable Dealbreakers

- ☐ Consistent lying and deception about important matters.
- ☐ Any form of abuse (physical, emotional, verbal, financial).
- ☐ Substance abuse that negatively impacts the relationship and family.
- ☐ Lack of empathy or consistent disregard for your feelings and needs.
- ☐ Unwillingness to communicate or address problems in the relationship.
- ☐ Consistent belittling, criticism, or disrespect.
- ☐ Lack of shared values and long-term goals.
- ☐ Refusal to take responsibility for their actions.
- ☐ Jealousy and controlling behavior.
- ☐ Addiction (gambling, etc.) that harms the relationship.
- ☐ She/he didn't come home some evenings without explanation or contact.
- ☐ Found flirtatious or inappropriate messages from others on their phone.
- ☐ Developed a secretive or overly intimate friendship with a coworker.
- ☐ Had a passcode on their phone and was unwilling to share it or became defensive.
- ☐ Frequently went out at night alone without clear reasons or transparency.
- ☐ Neglected responsibilities, such as leaving a child unattended.
- ☐ Engaged in risky financial deals without informing you.
- ☐ Received calls from people claiming they owed them money.

- ☐ A close family member (e.g., their mother) warned you about their behavior.
 - ☐ Had no long-term friendships, indicating a pattern of broken relationships.
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Fabricated Justifications

- ☐ "She/he stopped giving me sex."

(Fabricated justification: "A healthy relationship requires a specific frequency of intimacy, and when that drops, it shows a lack of desire and connection, giving me the right to seek that elsewhere.")

- ☐ "She/he broke their promises."

(Fabricated justification: "Even small broken promises indicate a fundamental lack of respect for my needs and expectations, signaling incompatibility.")

- ☐ "She/he changed."

(Fabricated justification: "Significant changes show they were never truly who I thought they were, justifying a departure.")

- ☐ "She/he no longer made an effort."

(Fabricated justification: "A perceived lack of effort demonstrates a lack of value in the relationship, justifying an exit.")

- ☐ "She/he no longer brought me stuff or spoiled me."

(Fabricated justification: "A decline in gift-giving signifies a decline in affection and a reason to leave.")

- ☐ "She/he no longer wanted to go places with me."

(Fabricated justification: "Not wanting to do shared activities anymore shows we've grown apart.")

- ☐ "She/he no longer cooked for me."

(Fabricated justification: "Acts of service like cooking demonstrate care. When these cease, it means the relationship is failing.")

- ☐ "She/he started prioritizing their career or hobbies."

(Fabricated justification: "A partner should prioritize the relationship above all else, and failing to do so shows a lack of commitment.")

- ☐ "She/he became more independent."

(Fabricated justification: "Independence suggests they no longer need or want me, justifying the breakup.")

- ☐ "She/he started spending more time with friends."

(Fabricated justification: "Excessive time with friends shows a lack of focus on the relationship.")

Evaluating Your Results

- If you checked **mostly provable dealbreakers**, your breakup was likely based on legitimate issues that required an ending.
- If you checked **mostly fabricated justifications**, you may have been subjected to an unfair or manipulative breakup.

Understanding these distinctions can help you process the end of a relationship with clarity and move forward with confidence.