



**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?

**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?

**PHOTO APPLICATION**

Are you deleting embarrassing or harmful pictures of your ex?

**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.