

Future Tense (i.e., If I wanted to end the relationship I would...)- To be used with hypothetical scenarios or current partners

change highlighted instructions as needed

STRATEGIES TO END A RELATIONSHIP (I.E., BREAKUP STRATEGIES)

Imagine that you are currently involved in but **desire to end the relationship described in the above scenario**, how likely would you be to use each of the following strategies to end the relationship? Indicate how likely you would be to use each of the strategies listed below, using the following rating scale:

1	2	3	4	5	6	7
<i>Very Unlikely</i>	<i>Unlikely</i>	<i>Slightly Unlikely</i>	<i>Neutral</i>	<i>Slightly Likely</i>	<i>Likely</i>	<i>Very Likely</i>

Note: all mentions of "my partner" in the strategies below refer to the hypothetical relationship partner described in the scenario above

If I desired to end the relationship described in the scenario above I would....

1. Openly express to my partner my desire to end the relationship
2. Use Caller ID to avoid calls on my cell phone from my partner
3. Keep our conversations brief whenever we talk
4. Avoid scheduling future meetings with my partner whenever possible
5. Maintain our conversations on a superficial level
6. Refrain from asking favors of my partner
7. Terminate the relationship indirectly (through e-mail, text-messaging, or other unidirectional methods of communication)
8. Disclose little about my personal activities and interests whenever we talk
9. Subtly discourage my partner from sharing aspects of his/her personal life with me
10. Verbally explain to my partner my reasons for desiring to end the relationship
11. Avoid blaming my partner at all costs, even if my partner were to blame
12. Emphasize to my partner the good things gained from the relationship in the past
13. Drop subtle "hints" that things had changed between us
14. Pick an argument with my partner as an excuse to end the relationship
15. Ask a third party (i.e., another person) to inform my partner of my desire to terminate the relationship
16. Become unpleasant to my partner in the hopes that s/he would make the first move
17. Intentionally "leak" my desire to end the relationship to someone I anticipate would inform my partner
18. "Ease into" the ending of the relationship by saying it is just a "temporary thing"
19. Promote new relationships for my partner to make the ending of the relationship easier
20. Gradually end the relationship over time instead of suddenly changing things
21. Avoid hurting my partner's feelings at all costs
22. Take total blame for why the relationship needed to end, even if I thought I wasn't the only cause
23. Block my partner from seeing me on messaging applications (e.g., instant messenger, skype).
24. Procrastinate in saying or doing anything in the hopes that things would improve
25. Devote more time to other people and activities
26. Terminate the relationship without letting my partner know about it directly, by changing my relationship status on my webpage (facebook, myspace, Friendster, other webpages)
27. Try to put my partner in a "good frame of mind" before breaking the news to him/her
28. Terminate the relationship avoiding confrontation (i.e., not "face to face") by calling, writing, or Instant Messaging my partner how I felt
29. Try to convince my partner that the end the relationship was in both our interests

- 30. Reduce overt displays of liking and affection toward my partner
- 31. Tell my partner that I didn't regret the time we had spent together in the relationship
- 32. Try to prevent my partner from having any "hard feelings" about the end the relationship
- 33. Try to prevent us leaving on a "sour note" with one another
- 34. Verbally blame my partner for causing the end the relationship, even if I thought s/he weren't totally to blame
- 35. Try to find reasons for the end the relationship other than things about our relationship (e.g., a job offer, graduation, etc.)
- 36. "Wait it out" until conditions were conducive to end the relationship (e.g., until vacation time)
- 37. Make the relationship more costly for my partner by being bitchy, demanding, etc.
- 38. Give hints of my desire to end the relationship to people who know the other person
- 39. Find a time and place when we can talk face to face about my desire to end the relationship
- 40. Avoid contact with my partner as much as possible
- 41. Cease doing favors for my partner
- 42. Honestly convey my wishes to my partner
- 43. Start dating someone else in the hopes my partner would learn about my desire to end the relationship through my actions

Past Tense (i.e., to what degree did you...)- To be used with previous partners (i.e., already broken up)

change highlighted instructions as needed

STRATEGIES TO END A RELATIONSHIP (I.E., BREAKUP STRATEGIES)

Indicate the degree to which you used each of the strategies listed below to end the relationship, using the following rating scale:

1	2	3	4	5	6	7
<i>Not at all</i>	<i>A great deal</i>

Note: all mentions of "my partner" in the strategies below refer to your relationship partner

To what degree did you...

1. Openly express to my partner my desire to end the relationship
2. Use Caller ID to avoid calls on my cell phone from my partner
3. Keep our conversations brief whenever we talk
4. Avoid scheduling future meetings with my partner whenever possible
5. Maintain our conversations on a superficial level
6. Refrain from asking favors of my partner
7. Terminate the relationship indirectly (through e-mail, text-messaging, or other unidirectional methods of communication)
8. Disclose little about my personal activities and interests whenever we talk
9. Subtly discourage my partner from sharing aspects of his/her personal life with me
10. Verbally explain to my partner my reasons for desiring to end the relationship
11. Avoid blaming my partner at all costs, even if my partner were to blame
12. Emphasize to my partner the good things gained from the relationship in the past
13. Drop subtle "hints" that things had changed between us
14. Pick an argument with my partner as an excuse to end the relationship
15. Ask a third party (i.e., another person) to inform my partner of my desire to terminate the relationship
16. Become unpleasant to my partner in the hopes that s/he would make the first move
17. Intentionally "leak" my desire to end the relationship to someone I anticipate would inform my partner
18. "Ease into" the ending of the relationship by saying it is just a "temporary thing"
19. Promote new relationships for my partner to make the ending of the relationship easier
20. Gradually end the relationship over time instead of suddenly changing things
21. Avoid hurting my partner's feelings at all costs
22. Take total blame for why the relationship needed to end, even if I thought I wasn't the only cause
23. Block my partner from seeing me on messaging applications (e.g., instant messenger, skype).
24. Procrastinate in saying or doing anything in the hopes that things would improve
25. Devote more time to other people and activities
26. Terminate the relationship without letting my partner know about it directly, by changing my relationship status on my webpage (facebook, myspace, Friendster, other webpages)
27. Try to put my partner in a "good frame of mind" before breaking the news to him/her
28. Terminate the relationship avoiding confrontation (i.e., not "face to face") by calling, writing, or Instant Messaging my partner how I felt
29. Try to convince my partner that the end the relationship was in both our interests
30. Reduce overt displays of liking and affection toward my partner
31. Tell my partner that I didn't regret the time we had spent together in the relationship
32. Try to prevent my partner from having any "hard feelings" about the end the relationship
33. Try to prevent us leaving on a "sour note" with one another
34. Verbally blame my partner for causing the end the relationship, even if I thought s/he weren't totally to blame

- ___ 35. Try to find reasons for the end the relationship other than things about our relationship (e.g., a job offer, graduation, etc.)
- ___ 36. "Wait it out" until conditions were conducive to end the relationship (e.g., until vacation time)
- ___ 37. Make the relationship more costly for my partner by being bitchy, demanding, etc.
- ___ 38. Give hints of my desire to end the relationship to people who know the other person
- ___ 39. Find a time and place when we can talk face to face about my desire to end the relationship
- ___ 40. Avoid contact with my partner as much as possible
- ___ 41. Cease doing favors for my partner
- ___ 42. Honestly convey my wishes to my partner
- ___ 43. Start dating someone else in the hopes my partner would learn about my desire to end the relationship through my actions

Strategy (i.e. factor) coding

RECODE 34

(1=7) (2=6) (3=5) (4=4) (5=3) (6=2) (7=1)

Avoidance/withdrawal= Mean(2, 3, 4, 5, 6, 8, 9, 25, 30, 40, 41).

Positive Tone/self-blame = Mean (11, 12, 21, 22, 27, 29, 31, 32, 33, 34recoded).

Open confrontation = Mean (1, 10, 39, 42).

Cost escalation = Mean (13, 14, 16, 37).

Manipulation = Mean (15, 17, 19, 38, 43).

Distant/mediated communication = Mean(7, 23, 26, 28).

De-escalation = Mean (18, 20, 24, 35, 36).

SPSS syntax (make sure each question is labeled as "BUS#")

RECODE

BUS34

(1=7) (2=6) (3=5) (4=4) (5=3) (6=2) (7=1) INTO BUS34r . EXECUTE .

COMPUTE BUS_avoid = Mean.9(BUS2, BUS3, BUS4, BUS5, BUS6, BUS8, BUS9, BUS25, BUS30, BUS40, BUS41).

EXECUTE .

COMPUTE BUS_PosTo = Mean.9(BUS11, BUS12, BUS21, BUS22, BUS27, BUS29, BUS31, BUS32, BUS33, BUS34r).

EXECUTE .

COMPUTE BUS_open = Mean.3(BUS1, BUS10, BUS39, BUS42).

EXECUTE .

COMPUTE BUS_cost = Mean.3(BUS13, BUS14, BUS16, BUS37).

EXECUTE .

COMPUTE BUS_manip = Mean.4(BUS15, BUS17, BUS19, BUS38, BUS43).

EXECUTE .

COMPUTE BUS_med = MEAN.3(BUS7, BUS23, BUS26, BUS28).

EXECUTE .

COMPUTE BUS_deesc = Mean.4(BUS18, BUS20, BUS24, BUS35, BUS36).

EXECUTE .

RELIABILITY

```
/VARIABLES=BUS2 BUS3 BUS4 BUS5 BUS6 BUS8 BUS9 BUS25 BUS30 BUS40 BUS41  
/SCALE('BUS_avoid') ALL  
/MODEL=ALPHA.
```

RELIABILITY

```
/VARIABLES=BUS11 BUS12 BUS21 BUS22 BUS27 BUS29 BUS31 BUS32 BUS33 BUS34r  
/SCALE('BUS_PosTo') ALL  
/MODEL=ALPHA.
```

RELIABILITY

```
/VARIABLES=BUS1 BUS10 BUS39 BUS42  
/SCALE('BUS_Open') ALL  
/MODEL=ALPHA.
```

RELIABILITY

```
/VARIABLES=BUS13 BUS14 BUS16 BUS37  
/SCALE('BUS_cost') ALL  
/MODEL=ALPHA.
```

RELIABILITY

```
/VARIABLES=BUS15 BUS17 BUS19 BUS38 BUS43  
/SCALE('BUS_manip') ALL  
/MODEL=ALPHA.
```

RELIABILITY

```
/VARIABLES=BUS7 BUS23 BUS26 BUS28  
/SCALE('BUS_med') ALL  
/MODEL=ALPHA.
```

RELIABILITY

```
/VARIABLES=BUS18 BUS20 BUS24 BUS35 BUS36  
/SCALE('BUS_deesc') ALL  
/MODEL=ALPHA.
```

[How to cite this questionnaire or for more information see:](#)

Collins, T. J., & Gillath, O. (2012). Attachment, breakup strategies, and associated outcomes: The effects of security enhancement on the selection of breakup strategies. *Journal of Research in Personality, 46*, 210-222. doi:10.1016/j.jrp.2012.01.008