**The Breakdown of Relationships (Rollie and Duck, 2006).**

1. Match up the statements with the different stages in the breakdown of a relationship.
2. Number the stages in the correct order. *You can cut and stick if you like!*

**Social Processes**

Dissatisfaction with relationship.

**Threshold: I can’t stand this anymore**

**Grave-dressing Processes**

Uncertainty, anxiety, hostility, complaints. Discussion of discontents. Talk about ‘our relationship’; equity, roles. Reassessment of goals, possibilities, commitments .

**Threshold: I mean it**

Recreating sense of own social value. Defining what to get out of future relationships. Preparation for a different sort of relational future. Reframing of past.

**What I have learnt and how things will be different**

**Intrapsychic Processes**

**Resurrection Processes**

Going public; support seeking from third parties. Denigration of partner, alliance building. Social commitment, outside forces create cohesion.

**Threshold: It’s now inevitable**

Tidying up memories; making relational histories. Stories prepared for different audiences. Saving face

**Threshold: time to get a new life!**

**Dyadic Processes**

Social withdrawal; ‘rumination’ resentment. Brooding on partner’s ‘faults’ and ‘costs’. Re-evaluation of alternatives to relationship.

**Threshold: I’d be justified in withdrawing.**

 **Breakdown**

**ANSWERS:** Rollie and Duck, 2006.

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