Millions of people break up with their girlfriends or boyfriends. A large percentage of them do not know how to initiate the break up process. One of the best ways to break up with your girlfriend or boyfriend is by writing a letter. Break up letters should politely contain your reason for ending the relationship. You can also add some good moments that you have spent together in order to lessen the impact of the letter.

**Here is an example of a break up letter.**

To my ever dearest Jack,

As you are reading this letter, I might probably be on the first flight to Spain. My journey to this country will be my first ever trip alone. I am taking this adventure so that I can realize what it feels like to be independent and care free. I am doing this gesture to do something that is not in our relationship which is freedom.

Since we were children, we both felt that we are going to end up as husband and wife. Our hopes and aspirations were mutual. However, as our years of being together started to become a rollercoaster ride our relationship also dwindled into almost nothing but dull. I know that we have shared the best moments of our lives together and I don’t want to waste them through grudges and desperations. I would love it if we could stay as good friends and keep our hearts connected through friendship.

Yours truly,

Kaye