

Reason Why People End Relationships Over Text And Ways To Respond



Possible reasons

Fearing a strong response



Hesitant to have a face-to-face conversation

They never took the relationship seriously



You're in a long-distance relationship

Responding to the break-up

Calm yourself and try to understand the situation



Take your time to respond

Refrain from begging them



Use the same method of communication they used instead of calling