Sample Size: 2012 adults in GB

Fieldwork: 31st January - 1st February 2022



	Ger	nder			Age			Social	Grade
Total	Male	Female	18-24	25-34	35-44	45-54	55+	ABC1	C2DE

Do you personally have at least one "ex"partner that you were, but are no longer, in a relationship with? (If you have never been in a relationship, please choose the "Not applicable" option. If you would rather not tell us, please select the "Prefer not to say" option)

Unweighted base	2012	941	1071	203	307	367	322	813	1185	827
Base: All GB adults	2012	976	1036	223	309	367	324	789	1147	865
Yes, I do	67%	64%	70%	40%	74%	77%	80%	61%	67%	66%
No, I don't	19%	20%	18%	15%	11%	8%	14%	30%	20%	18%
Don't know	1%	1%	1%	3%	3%	2%	-	0%	1%	1%
Not applicable - I have never been in a relationship	7%	9%	6%	31%	8%	6%	3%	3%	6%	9%
Prefer not to say	6%	6%	6%	11%	5%	6%	4%	6%	5%	7%

Are you still friends with any of your ex-partners? (If you would rather not tell us, please select the "Prefer not to say option")

Unweighted base	1347	602	745	84	229	282	256	496	800	547
Base: All GB adults with an ex-partner	1344	620	724	90	228	283	258	484	772	572
I am friends with all of them	8%	11%	6%	13%	6%	9%	6%	9%	8%	8%
I am friends with one or some, but not others	37%	40%	35%	30%	36%	39%	38%	37%	38%	35%
I am not friends with any of them	51%	45%	56%	52%	56%	50%	53%	49%	50%	53%
Don't know	1%	1%	1%	3%	2%	0%	1%	1%	1%	2%
Prefer not to say	3%	3%	2%	2%	1%	2%	3%	4%	3%	1%

Sample Size: 2012 adults in GB

Fieldwork: 31st January - 1st February 2022



				Reg	gion					Ex-partner	
Total	North	Midlands	East	London	South	England (NET)	Wales	Scotland	Yes	No	Not applicable

Do you personally have at least one "ex"partner that you were, but are no longer, in a relationship with? (If you have never been in a relationship, please choose the "Not applicable" option. If you would rather not tell us, please select the "Prefer not to say" option)

Unweighted base	2012	472	336	186	255	486	1735	105	172	1347	385	140
Base: All GB adults	2012	481	332	182	272	472	1738	99	175	1344	378	147
Yes, I do	67%	65%	63%	68%	65%	69%	66%	79%	66%	100%	-	-
No, I don't	19%	21%	21%	19%	15%	17%	19%	17%	19%	-	100%	-
Don't know	1%	0%	2%	1%	4%	1%	1%	-	2%	-	-	-
Not applicable - I have never been in a relationship	7%	7%	9%	7%	8%	7%	7%	2%	9%	-	-	100%
Prefer not to say	6%	6%	5%	4%	9%	6%	6%	3%	5%	-	-	-

Are you still friends with any of your ex-partners? (If you would rather not tell us, please select the "Prefer not to say option")

Unweighted base	1347	308	213	127	169	335	1152	82	113	1347	-	-
Base: All GB adults with an ex-partner	1344	314	208	125	177	328	1151	77	115	1344	-	-
I am friends with all of them	8%	9%	6%	10%	9%	9%	8%	7%	7%	8%	-	-
I am friends with one or some, but not others	37%	35%	39%	34%	43%	38%	38%	36%	31%	37%	-	-
I am not friends with any of them	51%	51%	54%	53%	42%	50%	50%	57%	58%	51%	-	-
Don't know	1%	1%	1%	2%	2%	1%	1%	1%	2%	1%	-	-
Prefer not to say	3%	3%	1%	1%	4%	3%	3%	-	2%	3%	-	-

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Sample Size: 2012 adults in GB

Fieldwork: 31st January - 1st February 2022



Social Grade Gender Age Total 45-54 ABC1 C2DE Male Female 18-24 25-34 35-44 55+

Generally speaking, do you think you would be comfortable or uncomfortable with a partner of yours

Best friends with an ex of theirs										
Unweighted I	ase 2012	941	1071	203	307	367	322	813	1185	827
Base: All GB ad		976	1036	223	309	367	324	789	1147	865
Very comfor	able 5%	7%	4%	5%	2%	5%	5%	7%	5%	6%
Fairly comfort	able 16%	19%	13%	15%	13%	13%	17%	18%	16%	16%
Fairly uncomfor	able 30%	27%	33%	26%	31%	31%	29%	31%	32%	28%
Very uncomfor	able 31%	25%	36%	33%	41%	34%	33%	24%	30%	32%
Don't I	now 14%	17%	12%	14%	11%	14%	12%	16%	13%	16%
Prefer not to	say 4%	5%	3%	6%	2%	3%	3%	4%	4%	3%
riends with an ex of theirs										
Unweighted I	ase 2012	941	1071	203	307	367	322	813	1185	827
Base: All GB ad		976	1036	223	309	367	324	789	1147	865
Very comfor	able 9%	10%	7%	8%	7%	8%	8%	10%	9%	8%
Fairly comfort		31%	31%	33%	27%	30%	32%	33%	35%	27%
Fairly uncomfor	able 30%	29%	31%	31%	33%	32%	33%	25%	29%	31%
Very uncomfor	able 14%	10%	18%	12%	18%	14%	15%	13%	13%	16%
Don't I	now 13%	15%	11%	11%	12%	12%	10%	15%	11%	15%
Prefer not to	say 4%	5%	3%	5%	2%	4%	3%	4%	4%	3%
n good terms with an ex of theirs										
Unweighted I	ase 2012	941	1071	203	307	367	322	813	1185	827
Base: All GB ad		976	1036	223	309	367	324	789	1147	865
Very comfor	able 18%	19%	16%	22%	19%	21%	15%	16%	20%	15%
Fairly comfort		43%	45%	46%	47%	43%	49%	41%	46%	41%
Fairly uncomfor		14%	17%	10%	15%	15%	17%	18%	14%	19%
Very uncomfor	able 8%	6%	9%	6%	7%	6%	8%	8%	7%	9%
Don't I	now 11%	13%	9%	11%	10%	11%	9%	13%	10%	14%
Prefer not to	say 4%	5%	3%	5%	3%	4%	3%	4%	4%	3%
n speaking terms with an ex of theirs										
Unweighted I	ase 2012	941	1071	203	307	367	322	813	1185	827
Base: All GB ad		976	1036	223	309	367	324	789	1147	865
Very comfor	able 25%	25%	25%	25%	28%	28%	25%	23%	29%	21%
Fairly comfort		40%	42%	39%	38%	40%	46%	42%	42%	40%
Fairly uncomfor		11%	13%	12%	14%	11%	12%	12%	11%	14%
Very uncomfor		5%	8%	5%	9%	7%	6%	6%	5%	8%
Don't k		13%	9%	13%	9%	10%	8%	12%	9%	13%
Prefer not to	sav 4%	5%	3%	6%	2%	5%	3%	4%	4%	4%

Sample Size: 2012 adults in GB

Fieldwork: 31st January - 1st February 2022



Region Ex-partner Total North Midlands East London South England (NET) Wales Scotland Yes No Not applicable

Generally speaking, do you think you would be comfortable or uncomfortable with a partner of yours being ...? (Please provide an answer on each row. If you would rather not tell us, please select the "Prefer not to say" option)

Best friends	with an	ex of	theirs
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Unweighted base	2012	472	336	186	255	486	1735	105	172	1347	385	140
Base: All GB adults	2012	481	332	182	272	472	1738	99	175	1344	378	147
Very comfortable	5%	5%	5%	4%	8%	4%	5%	9%	6%	6%	4%	2%
Fairly comfortable	16%	17%	13%	15%	16%	18%	16%	18%	15%	17%	13%	21%
Fairly uncomfortable	30%	30%	31%	32%	35%	28%	31%	24%	28%	32%	32%	23%
Very uncomfortable	31%	29%	35%	30%	25%	32%	30%	36%	32%	34%	27%	24%
Don't know	14%	15%	13%	17%	14%	14%	14%	11%	16%	10%	21%	24%
Prefer not to say	4%	5%	3%	2%	2%	4%	4%	4%	4%	1%	3%	6%
Friends with an ex of theirs												
Unweighted base	2012	472	336	186	255	486	1735	105	172	1347	385	140
Base: All GB adults	2012	481	332	182	272	472	1738	99	175	1344	378	147
Very comfortable	9%	8%	6%	5%	12%	10%	8%	9%	11%	10%	7%	7%
Fairly comfortable	31%	30%	32%	32%	34%	31%	31%	31%	31%	35%	27%	31%
Fairly uncomfortable	30%	29%	28%	35%	28%	30%	30%	28%	32%	31%	30%	23%
Very uncomfortable	14%	15%	18%	13%	12%	13%	14%	19%	10%	14%	13%	13%
Don't know	13%	14%	12%	12%	13%	13%	13%	9%	13%	9%	19%	21%
Prefer not to say	4%	5%	3%	2%	2%	4%	4%	4%	4%	1%	2%	6%
On good terms with an ex of theirs												
Unweighted base	2012	472	336	186	255	486	1735	105	172	1347	385	140
Base: All GB adults	2012	481	332	182	272	472	1738	99	175	1344	378	147
Very comfortable	18%	15%	17%	16%	22%	19%	17%	17%	19%	20%	12%	18%
Fairly comfortable	44%	42%	45%	44%	44%	44%	44%	47%	46%	48%	39%	40%
Fairly uncomfortable	16%	17%	13%	20%	15%	16%	16%	16%	14%	17%	18%	9%
Very uncomfortable	8%	9%	12%	5%	5%	6%	8%	9%	5%	7%	10%	7%
Don't know	11%	13%	11%	11%	11%	11%	11%	7%	12%	7%	19%	20%
Prefer not to say	4%	5%	3%	2%	3%	4%	4%	4%	4%	1%	2%	6%
On speaking terms with an ex of theirs												
Unweighted base	2012	472	336	186	255	486	1735	105	172	1347	385	140
Base: All GB adults	2012	481	332	182	272	472	1738	99	175	1344	378	147
Very comfortable	25%	22%	26%	26%	29%	27%	26%	25%	23%	29%	19%	22%
Fairly comfortable	41%	40%	39%	41%	40%	41%	41%	49%	43%	44%	38%	36%
Fairly uncomfortable	12%	14%	11%	14%	10%	12%	12%	8%	15%	13%	14%	9%
Very uncomfortable	7%	7%	10%	6%	6%	5%	7%	7%	5%	6%	8%	8%

12%

5%

11%

3%

11%

3%

11%

3%

10%

4%

11%

4%

7%

4%

10%

7%

18%

11%

4%

Don't know

Prefer not to say

19%

6%

Sample Size: 2012 adults in GB

Fieldwork: 31st January - 1st February 2022



	Gen	nder			Age			Social	Grade
Total	Male	Female	18-24	25-34	35-44	45-54	55+	ABC1	C2DE

Generally speaking, at the end of a relationship, assuming nobody has significantly wronged the other, would you prefer to remain friends with your ex or not in the following circumstances? (If you would rather not tell us, please select the "Prefer not to say" option)

please select the "Prefer not to say" option)										
If I ended the relationship										
Unweighted base	2012	941	1071	203	307	367	322	813	1185	827
Base: All GB adults	2012	976	1036	223	309	367	324	789	1147	865
I would prefer to remain friends	42%	43%	40%	38%	36%	36%	41%	48%	42%	41%
I would prefer not to remain friends	28%	26%	30%	26%	34%	29%	29%	25%	27%	29%
Don't know	27%	26%	27%	31%	27%	31%	26%	23%	27%	26%
Prefer not to say	4%	5%	3%	5%	3%	4%	3%	3%	4%	4%
If my partner ended the relationship										
Unweighted base	2012	941	1071	203	307	367	322	813	1185	827
Base: All GB adults	2012	976	1036	223	309	367	324	789	1147	865
I would prefer to remain friends	34%	38%	30%	30%	28%	32%	33%	39%	34%	34%
I would prefer not to remain friends	36%	32%	40%	33%	41%	37%	36%	35%	36%	37%
Don't know	26%	25%	27%	31%	28%	27%	27%	23%	26%	26%
Prefer not to say	4%	5%	3%	6%	3%	4%	4%	4%	4%	4%

Generally speaking, when a relationship ends, what things would you normally do straight afterwards? (Please select all that apply. If you wouldn't do anything in particular, please select the "Not applicable" option)

please select the Not applicable option)										
Unweighted base	1347	602	745	84	229	282	256	496	800	547
Base: All GB adults with an ex-partner	1344	620	724	90	228	283	258	484	772	572
Delete my ex's contact in my phone	16%	15%	18%	11%	24%	12%	18%	15%	15%	18%
Delete all photos of me and my ex	14%	13%	15%	27%	23%	11%	12%	9%	12%	16%
Throw away any presents my ex has given me over the course of the relationship	6%	4%	8%	9%	16%	7%	4%	2%	6%	7%
Update my relationship status on social media sites	15%	14%	16%	24%	28%	19%	10%	8%	13%	18%
Have a 'rebound' – a brief, normally sexual, fling with someone else	11%	14%	8%	14%	16%	17%	8%	6%	11%	10%
Download a dating app or sign up for a dating website	7%	8%	5%	17%	14%	8%	6%	2%	8%	5%
Unfollow my ex on social media	20%	16%	24%	20%	33%	24%	18%	13%	21%	19%
Return possessions of theirs you have	40%	35%	44%	48%	53%	39%	35%	35%	40%	39%
Something else not mentioned here	8%	9%	8%	10%	11%	10%	8%	5%	8%	9%
Don't know	9%	10%	8%	6%	6%	12%	12%	8%	9%	9%
Not applicable - I wouldn't do anything in particular	34%	35%	33%	20%	20%	28%	37%	46%	35%	34%

Sample Size: 2012 adults in GB

Fieldwork: 31st January - 1st February 2022



				Reg	jion					Ex-partner	
Total	North	Midlands	East	London	South	England (NET)	Wales	Scotland	Yes	No	Not applicable

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Generally speaking, at the end of a relationship, assuming nobody has significantly wronged the other, would you prefer to remain friends with your ex or not in the following circumstances? (If you would rather not tell us, please select the "Prefer not to say" option)

please select the "Prefer not to say" option)												
If I ended the relationship												
Unweighted base	2012	472	336	186	255	486	1735	105	172	1347	385	140
Base: All GB adults	2012	481	332	182	272	472	1738	99	175	1344	378	147
I would prefer to remain friends	42%	39%	39%	40%	42%	46%	42%	48%	39%	44%	43%	35%
I would prefer not to remain friends	28%	30%	30%	29%	24%	25%	28%	32%	30%	31%	24%	23%
Don't know	27%	25%	26%	28%	32%	26%	27%	18%	28%	24%	31%	38%
Prefer not to say	4%	5%	5%	3%	2%	3%	4%	2%	3%	1%	3%	4%
f my partner ended the relationship												
Unweighted base	2012	472	336	186	255	486	1735	105	172	1347	385	140
Base: All GB adults	2012	481	332	182	272	472	1738	99	175	1344	378	147
I would prefer to remain friends	34%	31%	32%	32%	34%	38%	34%	42%	34%	36%	36%	30%
I would prefer not to remain friends	36%	37%	39%	38%	34%	32%	36%	40%	37%	40%	32%	26%
Don't know	26%	27%	25%	26%	28%	27%	26%	16%	27%	23%	29%	38%
Prefer not to say	4%	5%	4%	4%	4%	3%	4%	2%	2%	1%	3%	6%

Generally speaking, when a relationship ends, what things would you normally do straight afterwards? (Please select all that apply. If you wouldn't do anything in particular, please select the "Not applicable" option)

Unweighted base	1347	308	213	127	169	335	1152	82	113	1347	-	-
Base: All GB adults with an ex-partner	1344	314	208	125	177	328	1151	77	115	1344	-	-
Delete my ex's contact in my phone	16%	19%	16%	16%	13%	14%	16%	17%	19%	16%	-	-
Delete all photos of me and my ex	14%	16%	13%	15%	10%	13%	14%	15%	13%	14%	-	-
Throw away any presents my ex has given me over the course of the relationship	6%	7%	6%	7%	5%	5%	6%	9%	9%	6%	-	-
Update my relationship status on social media sites	15%	14%	14%	18%	13%	17%	15%	13%	17%	15%	-	-
Have a 'rebound' – a brief, normally sexual, fling with someone else	11%	12%	12%	9%	12%	10%	11%	7%	13%	11%	-	-
Download a dating app or sign up for a dating website	7%	5%	8%	5%	7%	5%	6%	9%	12%	7%	-	-
Unfollow my ex on social media	20%	23%	17%	20%	20%	20%	20%	22%	21%	20%	-	-
Return possessions of theirs you have	40%	42%	40%	41%	38%	38%	40%	41%	40%	40%	-	-
Something else not mentioned here	8%	10%	3%	8%	9%	10%	8%	3%	11%	8%	-	-
Don't know	9%	7%	7%	12%	10%	8%	8%	13%	14%	9%	-	-
Not applicable - I wouldn't do anything in particular	34%	33%	36%	30%	36%	40%	35%	33%	26%	34%	-	-

Sample Size: 2012 adults in GB

Fieldwork: 31st January - 1st February 2022



	Ger	nder			Age			Social	Grade
Total	Male	Female	18-24	25-34	35-44	45-54	55+	ABC1	C2DE

Generally speaking, when a relationship ends, what things would you expect your friends and family to do? (Please select all that apply. If you wouldn't expect your friends and family to do anything in particular, please select the "Not applicable" option. If you would rather note us, please select the "Prefer not to say" option)

Unweighted base	1347	602	745	84	229	282	256	496	800	547
Base: All GB adults with an ex-partner	1344	620	724	90	228	283	258	484	772	572
Delete my ex's contact in their phone	10%	8%	11%	15%	18%	9%	7%	7%	9%	11%
Delete all photos of my ex	5%	4%	6%	15%	11%	4%	3%	2%	5%	5%
Not speak to my ex	15%	13%	17%	26%	29%	15%	14%	8%	15%	15%
Throw away any presents my ex has given them over the course of the relationship	2%	3%	2%	7%	5%	3%	1%	0%	3%	1%
Unfollow my ex on social media	10%	6%	14%	18%	17%	10%	12%	5%	11%	9%
Not spend time with my ex	25%	20%	30%	36%	40%	28%	25%	15%	27%	23%
Return any possessions of my ex they have	13%	12%	14%	21%	22%	16%	8%	9%	14%	12%
Something else not mentioned here	3%	3%	3%	5%	5%	4%	3%	1%	3%	3%
Don't know	9%	11%	8%	11%	9%	11%	10%	7%	9%	9%
Not applicable - I wouldn't expect my friends or family to do anything in particular	55%	58%	52%	35%	39%	47%	57%	70%	53%	58%
Prefer not to say	1%	1%	1%	1%	0%	1%	1%	1%	1%	1%

For each of the following scenarios, please select the answer that most applies...

How you would act if you saw the former partner of a close friend or family member with whom they'd had a hostile break up

Unweighted base	2012	941	1071	203	307	367	322	813	1185	827
Base: All GB adults	2012	976	1036	223	309	367	324	789	1147	865
Be friendly	10%	12%	8%	8%	9%	9%	10%	11%	10%	10%
Be civil, but not friendly	64%	59%	68%	59%	64%	64%	62%	66%	66%	61%
Be unfriendly	7%	6%	8%	10%	10%	5%	9%	4%	7%	7%
Don't know	16%	18%	14%	17%	15%	17%	17%	16%	14%	19%
Prefer not to say	3%	4%	3%	6%	3%	5%	3%	3%	4%	3%

How you would want your friends and family to act if they saw a former partner of yours with whom you'd had an hostile break up

Unweighted base	2012	941	1071	203	307	367	322	813	1185	827
Base: All GB adults	2012	976	1036	223	309	367	324	789	1147	865
Be friendly	11%	14%	8%	12%	10%	11%	10%	12%	10%	12%
Be civil, but not friendly	61%	57%	65%	53%	62%	61%	60%	63%	64%	57%
Be unfriendly	7%	5%	9%	8%	9%	7%	10%	5%	7%	8%
Don't know	17%	20%	15%	21%	18%	16%	16%	17%	15%	20%
Prefer not to say	4%	4%	3%	6%	2%	5%	3%	3%	4%	3%

Sample Size: 2012 adults in GB

Fieldwork: 31st January - 1st February 2022



				Ex-partner							
Total	North	Midlands	East	London	South	England (NET)	Wales	Scotland	Yes	No	Not applicable

Generally speaking, when a relationship ends, what things would you expect your friends and family to do? (Please select all that apply. If you wouldn't expect your friends and family to do anything in particular, please select the "Not applicable" option. If you would rather note us, please select the "Prefer not to say" option)

Unweighted base	1347	308	213	127	169	335	1152	82	113	1347	-	-
Base: All GB adults with an ex-partner	1344	314	208	125	177	328	1151	77	115	1344	-	-
Delete my ex's contact in their phone	10%	9%	11%	11%	9%	9%	10%	8%	11%	10%	-	-
Delete all photos of my ex	5%	6%	7%	7%	3%	4%	5%	6%	3%	5%	-	-
Not speak to my ex	15%	17%	15%	15%	13%	15%	15%	14%	17%	15%	-	-
Throw away any presents my ex has given them over the course of the relationship	2%	3%	3%	4%	2%	1%	2%	2%	-	2%	-	-
Unfollow my ex on social media	10%	10%	10%	13%	11%	10%	10%	11%	9%	10%	-	-
Not spend time with my ex	25%	27%	23%	28%	25%	24%	25%	19%	31%	25%	-	-
Return any possessions of my ex they have	13%	13%	13%	17%	13%	14%	14%	6%	14%	13%	-	-
Something else not mentioned here	3%	3%	2%	3%	4%	3%	3%	2%	6%	3%	-	-
Don't know	9%	9%	10%	11%	7%	10%	9%	8%	9%	9%	-	-
Not applicable - I wouldn't expect my friends or family to do anything in particular	55%	57%	57%	48%	57%	54%	55%	63%	49%	55%	-	-
Prefer not to say	1%	0%	1%	-	1%	1%	1%	3%	2%	1%	-	-

For each of the following scenarios, please select the answer that most applies...

How you would act if you saw the former partner of a close friend or family member with whom they'd had a hostile break up

Unweighted base	2012	472	336	186	255	486	1735	105	172	1347	385	140
Base: All GB adults	2012	481	332	182	272	472	1738	99	175	1344	378	147
Be friendly	10%	10%	9%	9%	11%	12%	10%	9%	8%	10%	12%	10%
Be civil, but not friendly	64%	60%	64%	70%	64%	63%	63%	60%	67%	69%	61%	57%
Be unfriendly	7%	9%	6%	6%	5%	6%	7%	10%	6%	7%	6%	4%
Don't know	16%	16%	17%	13%	17%	16%	16%	18%	16%	13%	19%	23%
Prefer not to say	3%	5%	3%	2%	4%	3%	3%	4%	4%	1%	2%	6%

How you would want your friends and family to act if they saw a former partner of yours with whom you'd had an hostile break up

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Unweighted base	2012	472	336	186	255	486	1735	105	172	1347	385	140
Base: All GB adults	2012	481	332	182	272	472	1738	99	175	1344	378	147
Be friendly	11%	10%	8%	8%	15%	13%	11%	12%	11%	11%	12%	10%
Be civil, but not friendly	61%	57%	64%	69%	59%	61%	61%	59%	60%	67%	55%	50%
Be unfriendly	7%	10%	5%	8%	7%	7%	7%	10%	5%	8%	8%	6%
Don't know	17%	18%	19%	14%	16%	17%	17%	15%	20%	13%	22%	28%
Prefer not to say	4%	5%	3%	2%	3%	3%	3%	4%	4%	1%	2%	6%