validity of the theory, as it has been supported in a real-life scenario. Observations of real-life relationships has also supported the theory, as Tashiro & Frazier found that undergrads that went through a breakup experienced "grave-dressing" and "resurrection" processes, thereby giving the breakdown model high ecological validity, and thus increased credibility.

As well as this, the model of breakdown has also been praised as it is not entirely rigid – as it has been proposed as a process that can be corrected. Duck suggests that if a relationship is in the intrapsychic phase, repair through counselling is possible if aimed to re-establish liking for the partner, as opposed to correcting behaviour patterns. This gives the theory high ecological validity as it can be applied and used in the real world. Cina et al also supported this for Couples Coping Enhancement Training (CCET), as they compared 50 couples with an average relationship length of 12 years that had received CCET with a control group that hadn't received the counselling, and found that the CCET group reported higher marital quality after counselling than the control group. Therefore, this makes the theory high in ecological validity as the benefits of counselling has been demonstrated in the real world.

Conclusively, Duck's theory of the breakdown of romantic relationships has many different aspects in regards to the reasoning behind and method of a breakup.