You can remove links between Paragraph text frames if you make changes to your document's layout. When you break a link, text flows back into the originating frame if it is linked to one frame only. If the frame is linked to additional frames, the text flows into the next linked frame.

- 1. Select the Paragraph text frame with the Pick tool.
- Click Arrange, Separate to remove the link.

The contents flow back into the frame that originally contained the text.