What’s the question I ask myself when applying the if() break; ?

What are the values, variable, operators and functions that allows me to write the condition I want, So that if the conditions are met, The code below if() break; is disregarded and the loop is stopped?

Note : You can run more complex code if the condition for if() break; is met, This for example:

If(score === 20) {

console.log(`max score`)

continue;

}