

HOW TO LOSE FEELINGS FOR A GUY?



1

Take a Break.

Avoid him, don't visit the places you used to be. Don't have a gathering with common friends. Take a break, go somewhere else for some time.

2

Make yourself busy with some hobby.

During the break, making yourself busy with some hobby will add honey to the jam. If you already have a hobby, that's good. If you don't have one, have it immediately.

3

Spend time with siblings and family.

Unconsciously, we lose this special bond. And whenever we get hurt by our friends or in relationships, these siblings and parents come forward to console us.

4

Give priority to nature.

If you live in a populous city and have never experienced this soothing aspect of nature, this idea of mine may sound strange to you. But it works.

5

Hit the gym or adopt physical activities.

As you get better and better in your physique, having a glimpse of yourself in the full-size mirror will give you the excitement of the next level.

6

Listen to fast music.

The effect of music can't be neglected. The classical kind of music or even fast music with tragic lyrics makes us sad. It brings back memories and we certainly don't want to.

7

Attend dance classes.

Dance is physical poetry. It affects positively, both our minds and bodies. If you already know how to dance, it's a plus point to take it forward.

8

Activate your inside healing process.

It is happiness or sadness, everything is inside us. It depends on us which system we chose to activate. As you are sad it will be hard to turn on your happy mood immediately.

9

Avoid social media.

People are connected on social media. Get a platform to be connected and make relations. If they already have relations, make them run by it through conversation.

10

Set a goal to achieve.

Setting an objective for your future and then submerging all your time to materialize it will make you forget many things. It demands determination and inspiration.

