

How To Manage Your Constant Thoughts Of Him?



Reasons for your constant thoughts of him



He looks like someone you know and admire

Everything about him intrigues you

He's somewhat like you

He's your comforter

Useful strategies to stop thinking about him



Talk to a friend

Write down why you can't be with him



Pick up a positive distraction, such as reading or gardening



Minimize your contact with him

