

Reasons for your constant thoughts of him



He looks like someone you know and admire

Everything about him intrigues you

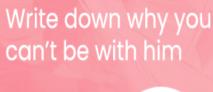
He's somewhat like you

He's your comforter

Useful strategies to stop thinking about him

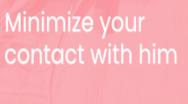


Talk to a friend





Pick up a positive distraction, such as reading or gardening





Source: https://www.momjunction.com/articles/cant-stop-thinking-about-him_00674835/

Mom Junction