How to End a Romantic Obsession

1. End All Contact: Every conversation, friendly gesture, Facebook status update or glance that connects you to him or her has the potential to keep hope alive. Be firm and cut off contact.
2. Dismantle The Fantasy: Strive for valid life-goals like finding a committed, loving partner who is as invested in the relationship as you are.
3. Live With Your Feelings: Learn to sit with your feelings of rejection and tolerate your distress instead of doing something that you will regret.
4. Get Help: If your obsession is affecting your ability to function or spurring on destructive behavior, find a therapist to help you.
5. Mourn: Being rejected by a beloved, or never having their love in the first place, is a loss. Give yourself time and space to grieve.

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