

Problems need solutions. And if you can't find one, all you have to do is tell us. Our experts will find you a solution

Q I was in a relationship with a guy for two years who dumped me later because he wanted to date my friend. Nothing worked between them. I really love him a lot and I'm unable to move on in life. I still call him even though he ignores me.

Nagma A, Student

MEERA RAVI
Relationship
counsellor

Dear Nagma

While I understand your helplessness and frustration, to me, it seems like a one sided relationship. There are a few questions you might like to reflect on. What emotional needs does this person fulfil? What are his qualities that make you think that 'HE is the guy for you?' What was the experience when he 'dumped' you?

I acknowledge that you are trying your best to move on.



However moving on does not mean keeping yourself busy at the cost of distracting yourself from reality.

Accept the reality. This kind of behaviour from the other person can make a person feel rejected. It may undermine one's self esteem. Keep your dignity.

Help re-build inner stability by impressing yourself with accomplishment – anything that reminds you of your value as a person.

Figure out all the things that are good about you. Sometimes you need to love yourself to make others love you.

Find an outlet, be it writing, talking to friends. You may discover a little bit more about yourself.



Do you have a query pertaining to relationship, family, children, career or anything under the sun? Write to us at bmfeatures@indiatimes.com

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