

HOW TO MOVE ON FROM SOMEONE YOU NEVER DATED: A Step-by-Step Guide

There's that person you still think about. Maybe it was the guy you had a crush on all through high school, even though he never knew you existed. Or perhaps it was the musician from your favorite band, someone you admired from afar. Maybe it was the guy with the amazing dating profile who suddenly stopped replying to your messages.

Whenever you feel lonely, nostalgic, or just plain bored, thoughts of him come rushing back. You find yourself wondering what he's up to now. You think about how things might have been if you dared to make a move. You envision how your life might have changed if you had ended up together. Could he have been the one, and did you miss your chance forever?

A Guy You Never Dated Can Still Break Your Heart

It might seem strange or even embarrassing to admit that you're heartbroken over someone you never dated. How can someone you've never had a relationship with make you feel this way?? But here's the truth: those feelings of sadness and loss are very real. You're not making them up.

As humans, we have an incredible ability to create emotions through our imagination. Think about the last time you cried at a movie or felt a sense of loss when you finished a book series you loved. Just because something is imaginary doesn't mean it can't affect you deeply. In fact, sometimes the loss of a fantasy can hurt more than a real-life breakup. Just think about how hard it is for kids

