

# How to Forget Someone You Love

## Introduction

*Not everything in life goes the way we want them to go and there are some times when you have to know **how to forget someone you love**. At times, it may seem like the hardest thing you'll ever have to do, but necessary at the same time.*

*To be able to forget someone you love, when loving them is not an option anymore, is actually the healthy path to take, to let go of what's holding you back so that you can move on.*

## 10 Important Rules for Forgetting Someone You Love

*Knowing **how to forget someone you love** could be equivalent to an emotional rollercoaster, but there are some rules that you can follow to help you with the process.*

### **1. Don't Avoid Mourning the Person**

*Whether it is someone you have lost or someone who have moved away from you - the separation can be equally painful. If you want to know **how to forget someone you love**, you need to mourn the person first. Forcing them out of your mind so that you don't have to think about them is not the healthy way to approach acceptance. Rather, you have to give yourself adequate time to mourn their absence and grieve for them - that's the initial step to forgetting someone, to remember them first.*

### **2. Don't Try to Get in Touch**

*In order to know **how to forget someone you love**, remember this: if this*

*is a person who is not in your life at the moment, don't try to get in contact with them, for any excuse. Many people have the habit of doing so - with the excuse of "getting a closure" or "saying goodbye", or even "being together for the last time". This kind of attitude will only complicate the matter rather than solve it. When you love someone, it is never easy to say "goodbye" and trying to do so is the wrong decision. Getting in touch with someone you want to forget or staying in touch with them will only rekindle all the old emotions and make it harder for you to let go of the past.*

### **3. Don't Force Yourself to Hate Them**

*If you actually hate the person you want to forget, that's fine. However, in most situations, that is not the case because remember, this was someone you loved! Hating someone you once loved is not easy - or even possible in most cases - so don't force yourself. To know **how to forget someone you love** is not to hate them, but just to accept the fact that they are not a part of your life anymore.*

### **4. Forgive the Person**

*To forget someone is also to forgive them, for everything they have done and for the way they have made you feel. If you have some hatred and anger in yourself towards them, learn to forgive - no matter how hard that is for you. Keeping a grudge against someone who is not around will only make the matter worse for you!*

### **5. Let It All Out**

*Don't keep everything bottled up in yourself, but let it out. Cry, scream, vent or whine to someone you trust and someone who is close to you. Talking always helps, especially if the person you are talking to understands you. If*

*you don't want to share your story with another person, write it down in a personal journal or talk to other anonymous people on an online forum. If you feel like you need to talk to a professional about your emotions, don't hesitate or feel embarrassed to do so.*

## **6. Meet Other People**

*A great way to forget a person is to meet new people and make new friends. Not every relationship with other people needs to become permanent, but making new acquaintances will definitely make you feel better. Besides, new people means making new memories in order to replace the old ones that are painful for you - another great way to forget someone.*

## **7. Take Some Time for Yourself**

*Among meeting new people and making new friends, take some time for you, to spend on your passions and interests, only with yourself. In order to forget someone, don't spend all your waking moments in other people's company so that you don't have any spare time to think of them - which is something that people tend to do. Instead, spend some time alone in your own company.*

## **8. Let Go of Them**

*To forget someone, you have to let them go completely. This means no stalking them on Facebook or any other social media sites, asking about them to mutual friends, or calling them on their phone anonymously. Letting go of them also means to get rid of everything around you that reminds you of that person - personal belongings, photos and mementos.*

## **9. Take as Much Time as You Need**

*Don't expect to forgot someone very soon because this is not something that can happen overnight. When you love someone very much, it is hard to forget them, and it takes time to do so. Even if it takes you a lot time to stop hurting over your loss, give yourself the time - as much as you need - until you can forget them, or until it doesn't hurt you to much when you think about them.*

## **10. Trust Karma on Your Behalf**

*One of our human vices is that we seek revenge on people who have hurt us or disappointed us, which is not the healthy path to take. Don't plot revenge on the person you want to forget; wait for Karma to take over and do your job. The vengeful part of ourselves will only lead you to further disaster and actions you would most definitely regret later!*

## **Snippet**

*Want to know **how to forget someone you love** but finding it hard? Follow these 10 useful tips to make your painful journey easier and more successful!*