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How To Get Over An Infatuation Like A Boss

TAYLOR DAVIS · FEBRUARY 14, 2020



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I am pretty sure someone has had to call you out because you are obsessed with a guy or a girl. Every time you talk to your friends, they are the first topic you want to talk about. And if you aren't talking about them, you're probably on the edge of your seat trying to find a way to fit them into the conversation.

When you wake up in the morning, they are the first person you think about. You feel a tinge of excitement whenever they are nearby. If this person is interfering with your train, you may be infatuated.



An infatuation is an obsession for someone you are usually attracted to. According

to dating expert [Celia Scheweyer](#), “your attraction centers on the sexual and intimate intentions,” and you become consumed with emotions. This infatuation phase does disappear eventually, but it may take a while.



Many of us don't know how to get over an infatuation; a lot of times, we wait for the feelings to go away. However, if you feel like this phase is thwarting your thought process, then you should find a way to dissolve your emotions for this person.

Once you learn [how to get over an infatuation](#), you can begin to focus on important things other than this person you're dreaming about. We don't realize that we are obsessed with anyone, even after someone tells you. You may be tired of always thinking about this person and feel as though it is time to move on. Especially if it is a crush, you have never planned to talk to.

How To Get Over An Infatuation in 5 Steps

Allowing time to pass is how to get over an infatuation, but it is not the best way. If these thoughts are clouding your judgment, then this obsession may be getting unhealthy. If you don't know how to get over an infatuation, then here are a few things you should consider trying.

Try to be Realistic

Try to process how you feel about the person you are obsessing over. If you have a crush, then you could just be attracted to their appearance instead of their personality. It would be best if you got to know this person and determine whether you are interested in their character as well.

Try to build real memories instead of focusing on fantasy to figure out your emotions. Celia Scheweyer explains that “most of the time, you fixate over their quality, a memory, or looks, and refuse to look past that...” To stop your infatuation, you need to step outside of your fantasies.

Talk About it With a Friend

Friends are great for you to vent to, and hopefully, you find their input to be vital to you. Make sure your [friends](#) genuinely care about your emotional well being. Find a friend to talk to about how you feel about the person or why. Usually, your friends have an opinion about who you want to date or who you are already dating.

Also, you can try to [spend time with your friends](#), so you spend less time thinking about the crush you're trying to get over. Their company and sharing your thoughts will provide an outlet for you to express your emotions.

Talk to Your Significant Other or Crush

At the beginning of a relationship is when infatuation usually starts. When you are in that stage, you often avoid you may not know your partner well. You probably have not discovered their flaws yet. You probably think all of your partner's quirks are cute, but when that phase ends, you might be annoyed by it.

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Being fascinated with your partner can be a positive thing, but the two of you should try to get to know each other better. This will help you break out of the fantasies you created about this person.

If they happen to be someone cute from a class that you never talked to, then you should try to introduce yourself. Most of the time, when you develop a crush, you keep it to yourself. And this crush is usually based on your attraction for the other person. If you take the time to get to know them, then you won't have to fantasize about a conversation with them. That way, you can also determine if you would be attracted to their personality as well.

Make a List

First, make a list of what you do expect from a partner. You won't always find someone that will meet all of your criteria, but you should always look for someone that will treat you with respect. You won't ever have this list around you, but keep it around just in case you fall back into your daze again. It makes it easier to determine if your crush is your ideal partner once you do, then you no longer have to imagine what your crush may act.

You Have Options

Don't settle on just one person forever, and there are other options out there. You do not have to spend your time fantasizing about this one person. You may think that this person is the best option for you, but that is not always true. If you are fascinated with someone, you are only thinking about their appearance. Just because someone is beautiful does not mean that their personalities are the best fit for you. Understand that you have more opportunities to meet other people that will fit your needs.

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