

HOW TO STAY FRIENDS AFTER THEY TURNED YOU DOWN?

Effective ways to deal with unrequited love for a friend

Accept their feelings
for you



Indulge in self-care activities

Maintain distance until
you are ready to be
just friends



Be open to new relationships
when you are ready



Tips for staying friends with a friend who rejected your love

Stay positive and treat
them the usual way



Commit to staying friends



Never discuss the past



Avoid flirting

