



# Ways To Deal With A Clingy Boyfriend



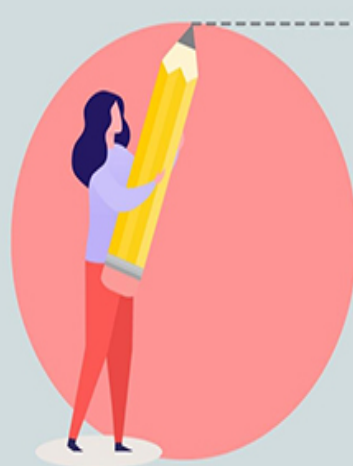
## Listen to his insecurities

Address his insecurities and express your opinions gently and lovingly. This might give him some confidence.



## Encourage your boyfriend to socialize

Encourage him to hang out and spend time with his friends' gang or pursue his hobby.



## Discuss and put down certain boundaries

Make him understand how you feel and that you need some space to have a fulfilling relationship.



## Try limiting phone contact

Take time to respond, at times, to let him know that you are busy. You can choose to limit contact during office hours.



## Seek help

Clinginess may be caused by underlying fear and anxiety. Professional help may help him come out of his apprehensions.