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Have you been showering someone with love and affection and getting nothing back in return?

Yea, I know how it feels.

I've personally experienced it first-hand.

Truth is, one-sided love can be disappointing, heart-wrenching, stressing, and agonizing.

In fact, several movies and books bear testimony to this fact.

Even though the majority of films do have happy endings, in reality, it is almost always different.

One-sided love can be tough to handle, and it generally thrives on hope.

That's why, in this article, you will discover 17 foolproof ways of handling one-sided love effectively and what you should and shouldn't do if you are in a one-sided love affair.

So let's get the ball rolling...

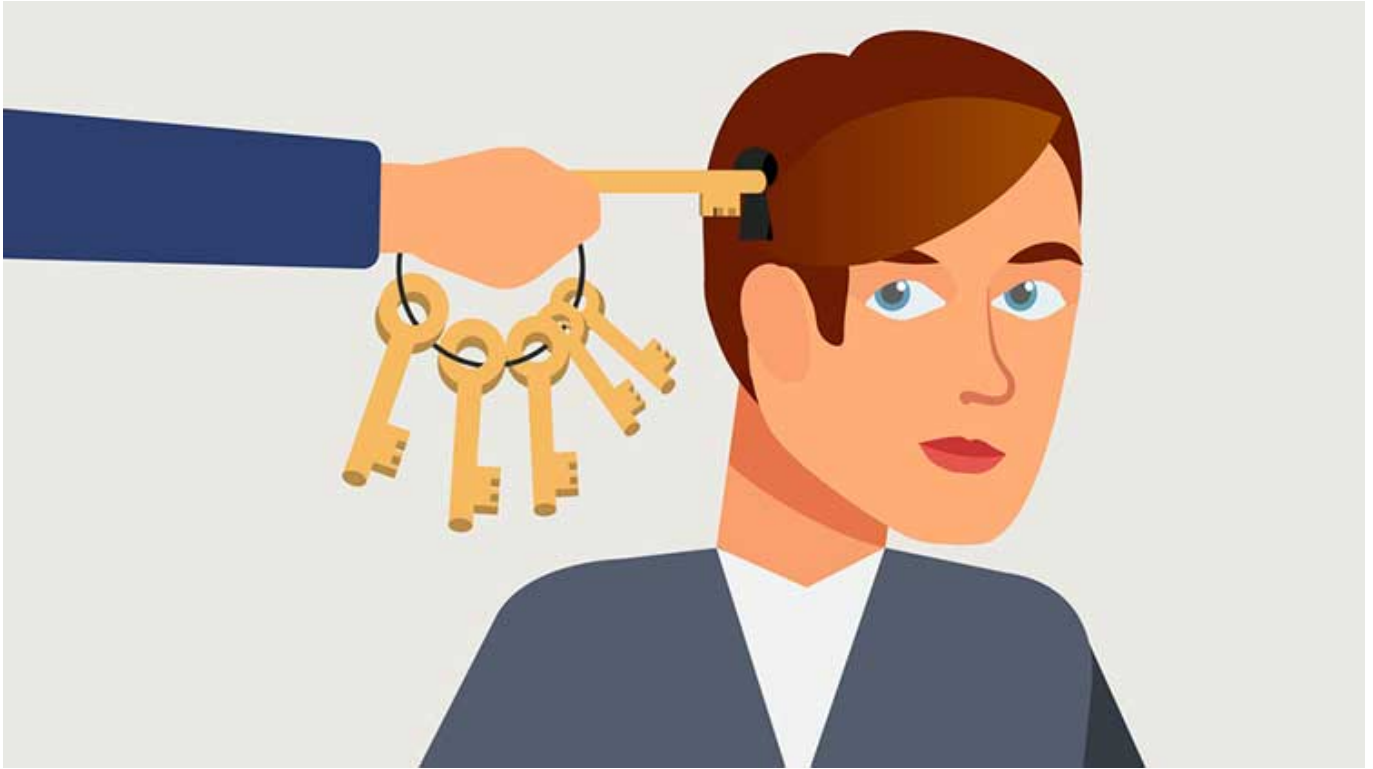
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### **1) Discard All The Assumptions**



One-sided love can be adamant at times and can very well be attributed to the assumptions that often grow in your mind.

[Conveying your real feelings](#) can be tough for you since you fear rejection.

Don't refrain from communicating what you feel to the other person. If that individual doesn't reciprocate, you seriously need to move on.

Which means if you don't get an affirmative reply from the other side, be completely sure that both your feelings and relationship do not have a future.

But if you want to wait for times and feelings to change, you would certainly be wasting your time.



Assuming or predicting things would lead you nowhere.

Better refrain from it.

### **2) Are You Willing to Love Unconditionally?**



Although loving someone unconditionally isn't recommended, there are individuals who are happily in love with someone and doesn't expect anything in return.

They are at peace with themselves and are happy to live this way.

Loving an individual without any condition or limit implies that you are content with the other person's happiness.

You accept the fact that your love has no future and at the same time, you also realize that you need to get settled in life.

Whether you are in that person's life or not, doesn't matter to you and still, you focus on having a life of your own, without being able to



stop yourself to shower all your love on that individual.

It might not seem right in the long run though.

Moreover, it's not mandatory, that you have to spend your life with someone who can't or may not love you back.

But if you are willing to love unconditionally (regardless of how you're treated), then, by all means, GO for it!

### **3) It's Fine to Grieve**



When you love someone with all your heart, it's normal to expect something in return.

But, when you find yourself facing an unrequited love, it can break your heart. It's fine to grieve.

Simply speaking, you have lost out on something valuable.

You have, in all probability, lost out on the possibility of getting rewarded for your feelings.



Realize your emotions and allow yourself to be disappointed and heartbroken.

These emotions are completely valid, and you need time to feel them.

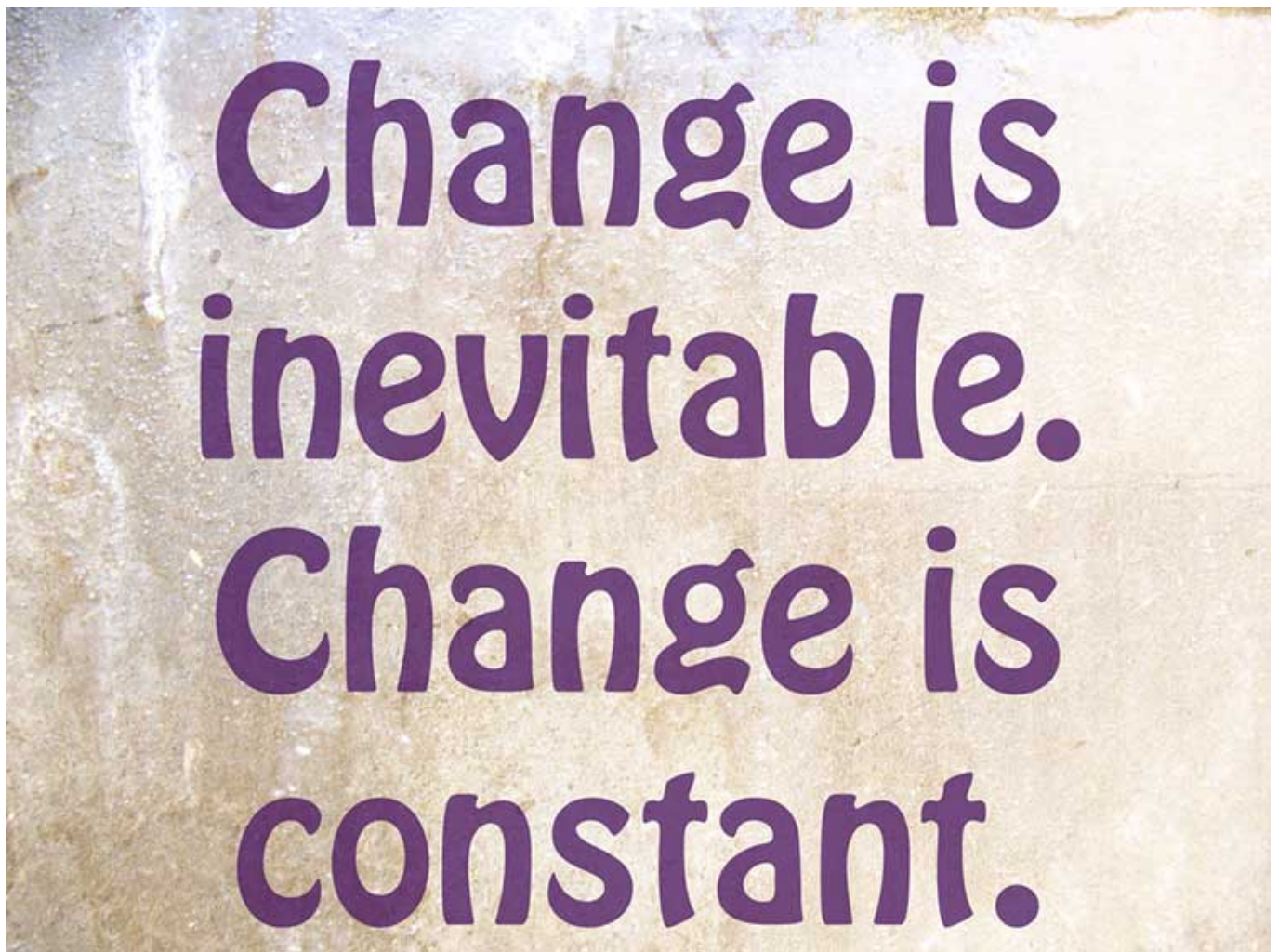
Spend some time with yourself.

Remember that true feeling never fades away overnight.

It will take a while before you finally make up your mind to move on in life.

### **4) Always Remember That Change is Constant**





As discussed earlier, it's normal to get hurt when the person you love doesn't reciprocate your feelings.

You tend to do everything for them, but somehow things fall short, and you find yourself at the end of the road.

Nothing can be more upsetting and annoyingly painful than that.

However, remember that hurt is not permanent.

All the pain and all the hurt is bound to fade away someday.





So, if you think that you won't ever forget how much you've been hurt or you wouldn't get over the person whom you have loved with all your heart, you're wrong.

Just get rid of the self-doubt, since negativity stems from what you think most times.

### **5) Always Seek Out For Things That'll Keep You In Good Health**



Probably, many are not aware of the fact that unrequited love takes a toll on your health.

Your heartaches, and all kinds of negative emotions and self-doubt crop up in your mind, which in turn affects your mental as well as



physical health.

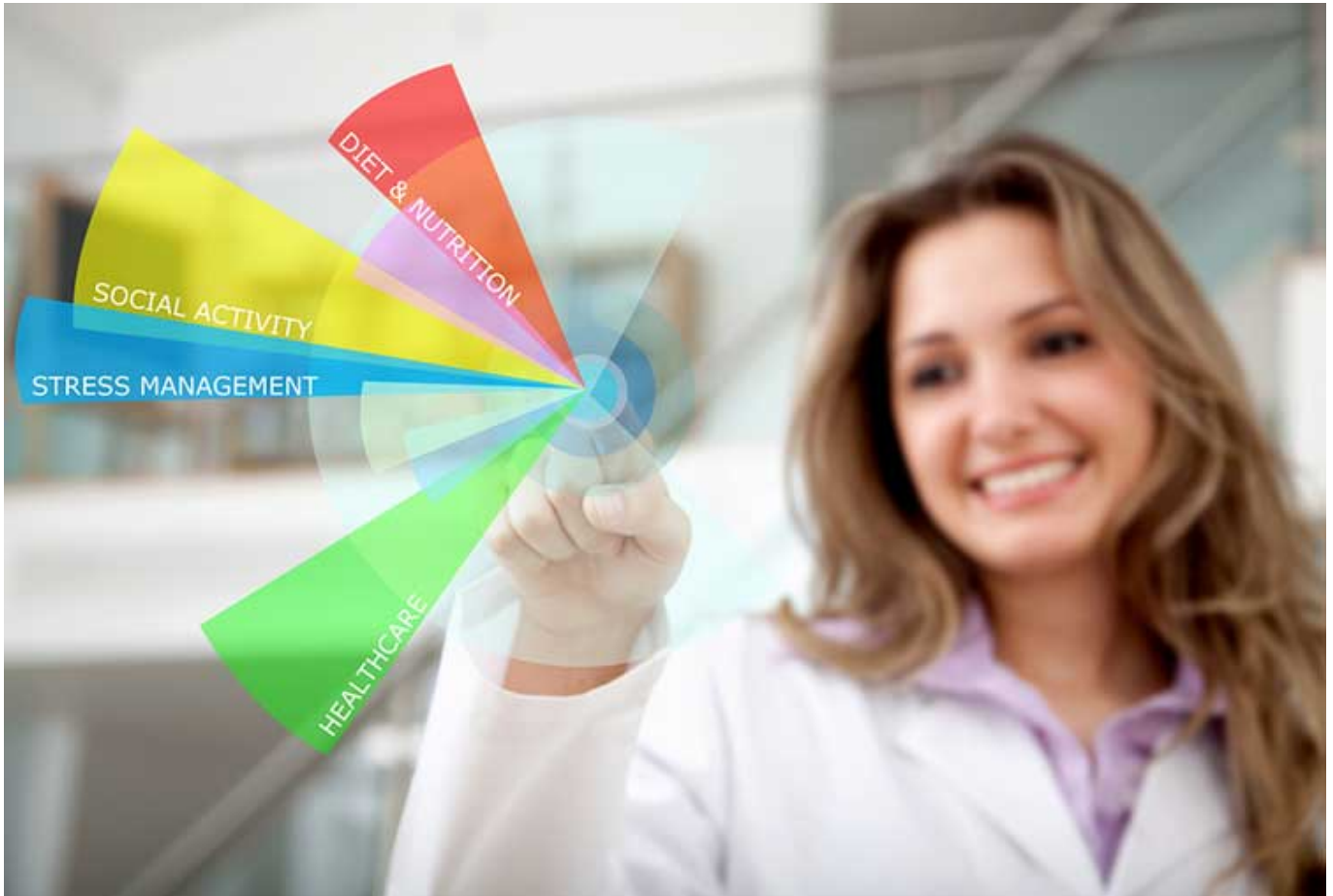
It's a very critical phase when you tend to lose control of yourself.

Hence, it becomes imperative that you get involved in things that keep you in good mental condition.

You need to [feel good about yourself](#) and discard all the negativity that surrounds you.

Indulge yourself in some physical activities and try to spend more time outdoors.

### **6) Focus On The Present**



It's not easy to overcome the harsh feelings overnight, and you are never going to find the perfect [relationship](#) in a short period.

Take one day at a time and focus on the present.

Your future depends on what, who, and how you are today.

You need to feel better today, for a brighter tomorrow.

Don't rack your brains on how to get rid of the pain, because it will fade away sooner or later.



But the time you lose-out on will never come back.

Keep in mind that you have encountered one of the toughest times so far and only good times will follow.

### **7) Always Feel Good About Yourself**



There are many activities in which you can get involved and get rid of all the disappointments that are holding you back.

Perform little things for yourself if you want to feel good and be completely confident about your worth.

Don't attempt anything in haste.



Work for yourself and have faith that you surely would get into a serious relationship as you have always desired.

You need to wait for the right time.

Try not to hurry into things as that can have the same drastic effect.

### **8) Never Lose Hope**



Even after going through a lot of hardships, you hope that everything will fall back into place one beautiful day.



You think you will be able to fix things, mend the person you cared about and make the person realize his or her errors and flaws.

### **WRONG!**

In due time, you will come to realize that the individual would never change.

All you need to do is to transform that hope into a hope for the times to follow.

Slowly, you will realize that you need to look ahead and plan for the future.

A happier and fulfilling life is waiting for you, once the person is out of your life.

One relationship can't define the 'real' you, and you will surely move on.

### **9) Build Your Future**





Although it might seem impossible at present, you will ultimately do yourself a world of good if you look towards the future.

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Setting yourself up for the times to come will give you greater happiness and greater fulfillment as far as future relationships are concerned.

If you realize that loving an undeserving person has been unfulfilling and unhealthy, you would know that you have made the right decision to keep yourself away.



Only then can you feel a lot more vibrant and open yourself to the fullest in future relationships.

### **You Need To Make Up Your Mind**

It's imperative for you to know what you want from your relationship and at the same time, what you don't want.

This would surely prevent you from falling into another one-sided relationship again.

People, in their conscious or subconscious mind, often operate on a particular pattern.

In case you've had quite a few one-sided relationships in your life, try to have a closer look at what made you choose such links in the first place and what is actually stopping you from breaking that pattern.

It'd be great if you note down the qualities and characteristics you are looking for in a relationship.

### **10) You Are Worth All The Happiness**



If you have been in a relationship where you didn't receive the love and respect that you deserved and are now in the recovery mode, it would be beneficial to look back at the mistakes you've done previously.

You probably have never shared any of your miseries with anyone.

Perhaps you have doubts that you deserve to be happy like everyone else.

You certainly do.

You deserve a person who would love you back and give you all the



happiness you have always dreamed of.

### **11) Look Out For Positive Minded People**



Having people with a positive frame of mind around you is essential to a healthy life.

Look out for individuals who can perk you up whenever you feel down and out.



If you have been in an unfulfilling and unloving relationship, you need to be in an environment that can bring you back to your normal self.

Also, you also need to maintain a safe distance from individuals who don't respect and appreciate you and don't care about your love and affection.

### **12) Build A New Relationship**



If you have failed in maintaining a one-sided relationship, it's never your fault.

It may be perhaps you expected a lot from that relationship but got nothing in return.

However, that doesn't mean the end of the road for you and that you won't ever be loved back in the future.





Have faith in yourself.

Ensure that you shower your affection on the right kind of people.

A successful relationship is never one-sided.

You should never allow anyone to take you for granted since your feelings are precious.

### **13) Love Yourself**



One of the most essential things that you ought to do while you are in a one-sided relationship is to ensure that you shower some amount of love on yourself as well.





It's always important to do so, but it can prove to be tougher if your partner does not love you back.

Do everything you can to lift yourselves up and be happy.

Meditation is one effective way to bring calmness to your mind.

You can also spend some time all by yourself and focus on your needs and desires.

### 14) Prioritize





Each relationship you have in your life is important.

Be it your family, your friends, your siblings or anybody else.

The relationship that you share with all of them is different and requires your attention.

Try to focus on them and give them the importance that they deserve, instead of showering all your love on a single individual.

Be around them as much as you can and cater to their needs.

Staying beside your loved ones can give you enough courage to overcome the disappointment and heartbreak that you have gone through.

### **15) Find Out What's Stopping Him or Her From Loving You Back**



It's damn tough to do so, but it would be a pretty mature move for sure.

Sometimes, you may get too involved in your own emotions that you overlook what the other person is going through.

Try to put yourself in their shoes and think from their perspective.

Maybe, just maybe, it never was easy for them to reject you and could have several reasons why they couldn't reciprocate your love.

If you can, empathize with them as much as you can.



## 16) Set Some Big Objectives



This is another effective way to handle one-sided love.

When you are down and out and have all kinds of negative emotions running within you, thinking about anything else is an uphill task that can be quite tough for you to accomplish.

But, did you know that focusing on yourself is the most important thing that you need to do at that moment?

Try to focus on your future and plan for it.

You can set some substantial objectives for yourself.





Set some challenges for yourself and try your best in coming up with them to the best of your ability.

Recognize your full potential and achieve things that you have always dreamt of.

### **17) You Are Your Best Friend**



Nobody understands you more than you do.

So, be true to yourself first.



You are the best person who would know where you have gone wrong and the places you can rectify.

As soon as you do that, you would be in for a better future.

Take small steps forward and work on how to improve things.

## 10 Upbuilding One-sided Love Quotes

Now let's take a look at some one-sided relationship quotes that can help remain strong.

"I loved him the way some people are to be loved - from a distance."

*Sanhita Baruah*

"There is only one happiness in this life, to love and be loved."

*George Sand*





“Love Yourself. It is important to stay positive because beauty comes from the inside out.”

*Jenn Proske*

“The worst feeling is falling for someone and knowing that they won’t be there to catch you.”

*Rashida Rowe*

“My heart no longer felt as if it belonged to me. It now felt as if it had been stolen, torn from my chest by someone who wanted no part of it.”

*Meredith T. Taylor*

“I came hoping to see those eyes, but instead, I return with my heart, leaving behind only flowers.”

*Kim Dong Hwa*



“You lose yourself trying to hold on to someone who doesn’t care about losing you.”

*Tablo*

“I knew I was in love with you. Was I an idiot for thinking you were in love with me too?”

*Jesu Nadal*

“No one understands why you do certain things even when you know you’re never going to get anything back.”

*Shahul Hussain*



“Maybe one day you’ll understand that hearts don’t intend to break other hearts.”

*Marisa Donnelly*

As you ponder over these quotes and the advice that’s in this article, always remember that one-sided love is something you can handle effectively.

But as with anything in life, it takes time.

But I encourage you today not to give up.

Keep keeping on.

You can do it!

Now it’s your turn.

Comment below what has helped you handle unrequited love successfully.