

**E**very guy is different – it'd be boring if they were all the

same, but it also means there's not just one way to pull the trigger on a relationship that's sooo never gonna happen. Some guys will understand and accept your choice straight away, but others may make things a little harder. Either way, it's a tough sitch to be in, so here are the six steps to follow when you need to let him down without breaking his heart...

### DO BE GENTLE

First thing's first...

Compliment him for having the guts to share his feelings. It's not easy asking someone out, and it's harder for a guy to share his feelings than it is to score a goal in European football (you know what we mean)!

### DO TELL THE TRUTH

Making up a lie ("I have to babysit my brother tonight") isn't the best idea – especially if you're an only child. The guy in question will just keep asking you out, leaving you open to awkward situations more often. Honesty will always go a long way, and it will also show the other person that you respect them enough not to lie to them.

So if you're not interested, clinical psychologist Dr Pene Schmidt suggests using assertive communication techniques, as they will make it easier to express your feelings in a way that's open, honest, and – most importantly – respectful to the other person. Dr Schmidt says communicating assertively involves three steps:

- ♥ Don't blame or attack the other person – try to describe the situation objectively.
- ♥ Use "I" statements.
- ♥ Be specific about what you want.



**“I'm just not that into YOU...”**

WE KNOW NOBODY LIKES A BROKEN HEART, BUT WHAT IF IT'S YOU WHO'S DOING THE BREAKING? HERE'S HOW TO LET HIM DOWN THE GENTLE WAY...

a false sense of hope can be even more heartbreaking than knowing straight up.

### DO STAND BY YOUR DECISION

Trust us – often, guys won't get the hint, and rejection sometimes makes them more persistent to succeed at their challenge of becoming your man. So if he starts getting creepy, Dr Schmidt recommends removing yourself from the situation. "Possessiveness, displaying controlling behaviours, not taking no for an answer, or making you feel uncomfortable are all signs of an unhealthy relationship. Remind yourself that you deserve to be treated with respect and dignity, and get out of relationships that are abusive or unhealthy."

### DON'T ENGAGE IN SYMPATHY DATING

Saying yes to a guy who asks you out just coz you feel sorry for him is a big no-no. Remember

how we spoke about awkward sitches before? Well, how awkward do you think it'll be when you have to do the dumping and explain that you never really liked him to begin with? Always think about the way you'd like to be treated and treat him the same way. Good luck!

Try this: "[Step one] I wanted to talk about the conversation we had last week when you told me that you liked me. [Step two] I love hanging out with you, and we always have so much fun, but I just don't feel the same way. I'm really worried because I don't want to lose our friendship. [Step three] I'd really like it if we could still be friends and hang out like we usually do."

### DON'T LEAD HIM ON

No means no, so don't pretend you like him just to get some attention. We're all guilty of it, but it's sooo not the way to go. Giving

And before we go, here are some super-bad suggestions we found on the internet. Ignore this "advice".

- \* Tell him that you're now batting for the same team.
- \* Lie – nobody wants to know the truth; it just hurts.
- \* Set him up with one of your friends instead.
- \* Ask your ex to put him in his place.