

What to do to get rid of the feeling of 'sunstroke' a third person?

When someone gets drunk, if you want to get rid of a similar feeling, try using one of the following ways to make life more balanced.

As human beings, it is normal for no one to have feelings and drunkenness with someone at a company or someone you meet casually whether you have a lover or a wife, but do not want to be Let me be a traitor.

It is understandable and quite common for us to appreciate a third person. The feeling of sunshine is normal because this is a physiological trait in each of us, maybe the 3rd person gives you a feeling of sublimation for love, or you feel that she is very nice. If the more you try to resist those feelings, the worse it will seem.

But if that feeling gets bigger and bigger and it doesn't simply stop at an emotional level, then read the 6 tips below to better adjust your feelings and protect your heart. ok:

1. Do not care and pay attention to the 3rd person



If you work with the same agency or study together, meeting each other often is inevitable, so if you want to get rid of this feeling, the best way now is to stop paying attention to the other person. . Paying attention to them often makes you become more and more emotional. So try to take care of them too much, care about another problem like work or study that will make you not have much time to think. If it's really just a heatstroke, it's just a fleeting affection and will quickly disappear in you.

2. Avoid "touching" each other



When you are with a friend who is "sunstroke", "accidentally" touching the opponent like a hand or sitting side by side, the two eyes looking at each other will make you feel extremely excited. Therefore, in order to avoid these situations and generate unnecessary emotions, try to avoid "touching" if not necessary.

3. Think about their bad points



None of us can be 100% perfect. We all have our own weaknesses, including the person you are in love "dead and tired". Therefore, to avoid unnecessary "heatstroke" attacks, the best way to measure them is to think about their shortcomings. This way is a bit negative but it can help you to be very effective. You should only think of small defects and should not do them badly in front of others.

4. Think about yourself more



Surely there is a reason for reason to prevent you from reaching an object. Of course, when you are "awake", your mind will always guide you. But in cases where you are too passionate about the "sunshine", remind yourself why you should stay away from this relationship. This is an extremely effective way.

5. Break the emotional confusion



The "sunstroke" is closely related to romance. Often, our initial feelings when we meet that person often feel very gentle and somewhat sweet, which will make your mind feel dull and your heart will beat faster. This is not possible for your lover because both have known each other for quite a long time.

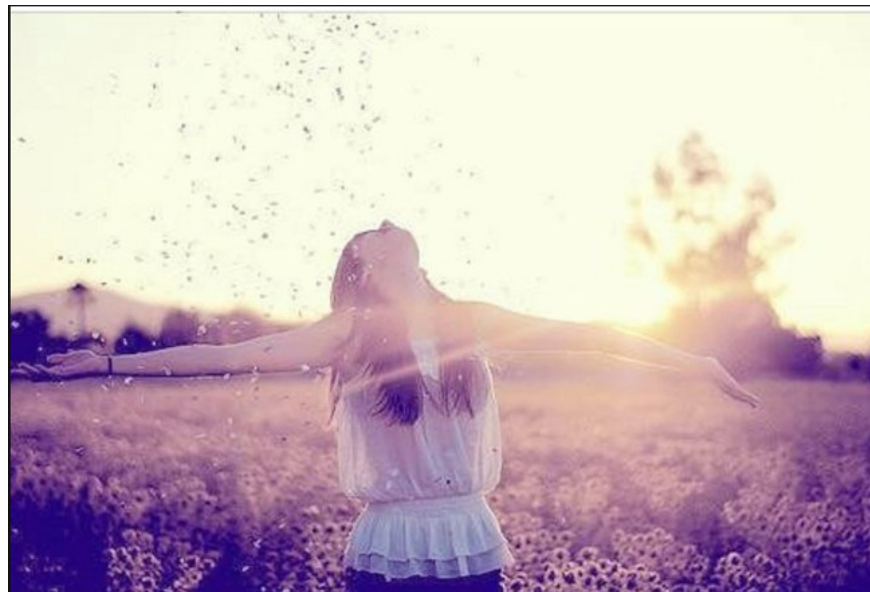
If you want to forget the feeling of "sunstroke", what you need to do now is to have a lot of contact with your "sunstroke" friend. In fact, the more you interact with them and be open, you will find that you don't really have serious feelings for this person. Your vibration is just a feeling of temporary vibration and you create for

yourself.

Focus on what you like from that person. You like looks, eyes, voice, talent, understanding, or any other personality of that person . It's not love. That is admiration. And you know, it will come at a time when you're bored of all the things you've ever liked, just because you feel it's no longer interesting.

Instead of worshiping the person you are in the heat of the sun, try to prove in front of them that you have a bigger ego and greater pride. This will cause the subject to "take a step back" so as to get along with the way you talk to you and from there you will also find that they no longer make you "sunstroke" anymore, because they fade in your eyes gradually. .

6. Straighten your feelings with the third person



This is said to be an extremely effective against the sun. Be brave to tell the person that you have feelings for them, but you know that it is not something you should do. And if you are a good girl and you trust them, ask them for help. This may be very difficult to tell anyone, but if you say it you will feel a lot softer. When you express your heart to that person, there will be two situations where people will help you so that you can escape the heatstroke and the two of them will take advantage of your feelings to play and make fun with everyone in the company. Don't worry too much about the second case but don't dare to confess, because when a girl has done so to you, you'll know her true face, so there's no reason. you are not "determined" to say goodbye to that person.

However, keep in mind, these are only 5 temporary ways, if you really and the person have "fate", there are 100 ways can not be avoided. And don't worry too much. Love story is one of the most unpredictable things. With the "sunshine" beats, everything will pass quickly. Someday, you will smile and realize: "Yes, it is just a heatstroke".

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