

Five ways to cope with your boyfriend's silence

Ladies, we have all been there -- those nights we wonder what he's doing when he's not texting back or answering our calls. We know that feeling we get when doubt caves in and takes over our every thought. It's a daunting feeling indeed and can truly affect our state of mind.

In this post, I explain some of the best ways to handle this type of situation, and ways you can ease your nerves and cope with the silence. With this information, you can de-stress yourself and get the truth and closure you need.

1. Be upfront and honest



That's right; as they say, "honesty is the best policy," and it does indeed play a big role in communication. In every relationship, both partners need to be honest and voice their thoughts to each other, so they can know how they both feel. I find this is the main reason why there is often conflict, confusion and miscommunication between two partners.

2. Give it some more time

Time... It's not the easiest thing to deal with. In fact, it's the most annoying. But think of it this way: it's not doing you any good stressing over the time it's taking for him to text you back just so you can get on with your day. We all have different lives and there is always something new happening with someone, including your boyfriend. Days can vary from person to person based on what is happening in their lives, and while you may not be currently busy doing something, it's not to say it's the same for them.



3. Distract yourself



This is the best advice I can give you, because it works. Distracting yourself helps to keep your mind off things and prevents you from worrying excessively to the point you start jumping to wrong conclusions. Often, if we don't do anything but sit and wonder, we end up selling ourselves false stories that aren't true, making it harder to cope and de-stress our minds.

4. Tug and pull

You might be thinking: is this a version of tug of war? Well... Not exactly. Tug and pull is a great way to gain more attention. Don't always be so quick to respond; instead, take time between each response. You want to do this because you want to give him something to work for (your attention). It's a great way to keep him interested while not being so available, but also a way to test how fully interested he is based on how fast he responds.



5. Let it go

Yep, you read it right. Let it go. At the end of the day, it's just a text message; that is it. A new day starts over tomorrow and with it, you might get your answer as to why he didn't get back to you. It might even surprise you because it was so insignificant. But whatever the case may be, we as women need to understand one thing: our time is worth something. Spending all our emotion, thoughts and energy on one person to the point it consumes us is simply unhealthy.



Conclusion

Men are difficult to understand. As women, we are always going to deal with our emotions over them. It is inevitable to have those experiences and not go through them eventually. Stay strong-minded, understand your time is worth something, and don't let the "strange behavior" of men cloud your vision and affect your mood.