

# Dating Advice: What to Do When He Says, 'I'm Not in Love With You!'



On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Jed Diamond to offer their best [dating advice](#) on how to cope without his love. Find out how you can tell him without losing his affection with the following dating tips!

**Dating advice that will help you deal with rejection.**

**1. Don't freak out.** It's shocking to hear the man you love doesn't feel the same way, but you need to remain calm and hear him out. There could be numerous reasons why he is saying this to you and it could be possible he misspoke. It's your job to listen and find out why his feelings have changed.

**Related Link:** [Dating Advice: How to Tell Him You're Not Ready to Have Sex?](#)

**2. Find out more.** Talking it out can be scary, but it needs to happen. The best way to heal is to find out more. You can't take this news as everything being over. He's telling you this information because the relationship means something to him and he wants to save it. Your relationship needs to go deeper to be fixed.

**Related Link:** [Dating Advice: 4 Ways To Make Your Man Happy!](#)

**3. Disillusionment.** This step comes in after the panic and conversation has gotten over. Typically, both parties will acknowledge that the relationship isn't what it used to be and may blame each other. But you and your significant other need to be honest with yourselves and work together to get back on track.

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