

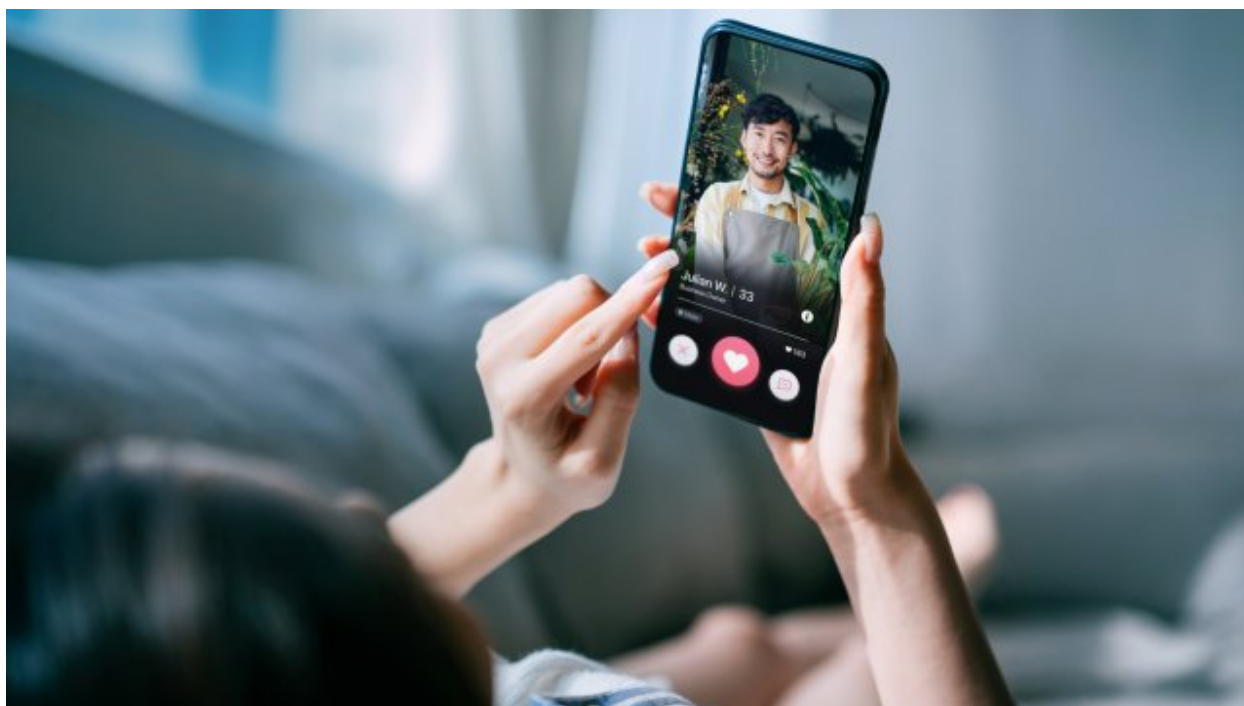
My boyfriend didn't want a relationship and dumped me – now he's on dating apps

[ineeds.co.uk/ineeds-lifestyle/boyfriend-didnt-want-relationship-dumped-now-dating-2827736](https://www.ineeds.co.uk/ineeds-lifestyle/boyfriend-didnt-want-relationship-dumped-now-dating-2827736)

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Couples Therapy

This week, couples counsellor Cate Mackenzie offers some advice to a woman who feels let down after seeing her former flame back in the game



'Last week I went back on the dating app we met on and saw that he is back on it,' says our reader
(Photo: AsiaVision/Getty)

By [i Team](#)

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*Each week **i** asks experts to answer readers' questions about love, sex and relationships.*

I was seeing a guy who was coming out of an eight-year relationship. I was also coming out of a three-year relationship so we agreed to take it slow. But we got on so well, we soon ended up spending every weekend together and I fell for him.

Six weeks ago he ended it saying that he wasn't ready for a relationship and that he needed some time alone to get over his ex. I was hurt, but I got it.

Last week I went back on the dating app we met on and saw that he is back on it. I am furious and heartbroken. Did he just not like me? Why didn't he say that? I sent him a message saying how hurt I am but he hasn't replied. I can't get this out of my head and it's putting me off meeting other people.

Couples counsellor and psychosexual therapist Cate Mackenzie says:

I am so sorry this happened. It sounds like you really connected to this person. It also sounds like you got pretty involved and he couldn't manage being that close after a long relationship. From what you've written, this does not sound like it is about you. It really does sound like this is more about the situation that he is in right now and timing.

It really sucks that you have not heard back from him and you don't know what is happening and it is clear he is dating again. Sometimes people want a physical relationship and not a big relationship.

Sometimes some people want their physical needs to be met but do not wish to or are not ready or able to be emotionally involved. In other words they may be able to share their genitals but not their heart.

It would be healthier for all involved if they could be clearer about this and say where they are at but often people are not fully conscious of where they are and so get involved because they want the physical connection and then later realise they don't want more.

I am sure he liked you, as evidenced by the time you had together, and maybe he genuinely can't commit to someone right now – but still wants to date, in order to have a casual physical connection.

I can imagine that is utterly confusing and I would recommend that you get support for the shock and grief – and don't let this hold you back from your life.

It might be helpful to get a counsellor (Psychosynthesis Trust does low-cost sessions, as does the Contemporary Institute of Clinical Sexology); some good friends to hang out with; and also maybe think of a retreat to take yourself away and really pamper yourself.

You can definitely meet someone who is ready, but maybe take it a bit slower with the next person. Keep your own life alive and also check whether they are really available.

If someone has just left a long-term relationship you might want to ask them some questions about where they are and what they want. People tend to show us whether they are ready through what they say, what they do and how they show up for us – if you watch and listen, you will pick up on the clues.

If you are repeatedly going for unavailable people then you might want to see a counsellor and see what is going on. Freud called it “repetition compulsion”, when we keep repeating experiences from early in our life. Also sometimes we may have our own ambivalence and we are choosing avoidant people so we don't have to face the fact that we might be doubtful of committing, too.

If something is repeating, then the idea is that something in your system has not been fully felt or metabolised, and so has got stuck in your system – like a washing machine fixed on one aspect of the cycle and not able to complete.

However, based on what you have said, this really might be a case of meeting someone at the wrong time. Go gently, do some loving things for yourself, and take the time to heal from the hurt.

As told to Marianne Power