How to Tell a *Guy You're* Not Interested (With Examples)

By Tim Kitzrow Updated on November 25, 2023

One of the hardest things to do is let someone down. After all, no one likes rejection. But what if you're just not the person?

How do you tell a guy he's not your type, or that you already have someone else, or that you just not interested in him?

Here are examples from experts that may work for you:

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Elizabeth Overstreet

Love Strategist and Relationship Coach

"I enjoyed our dates, but I want to be upfront with you. I don't feel we are compatible for the long term."

The dating game can be tricky. But, it's even trickier when you aren't clear on what you want in a relationship or dating, and you don't know how to use the proper techniques to communicate your needs.

Related: How to Figure out What You Want in a Relationship

Instead of allowing yourself to fall into the wrong scenarios, here are five proven strategies to help you discreetly let someone know you're just not interested in dating.

Use technology to your advantage

Sometimes, you may have told someone you're dating, and you just aren't interested. But, inevitably, they didn't pay much attention or even act as though you haven't had this discussion with them.

Use the power of texting or a phone call to make the message clear. Texting them that through you appreciate who they are and what they bring to the table is impossible. They are not the right connection for you at this time.

Putting things into words is black and white can help to provide more clarity, and this is entirely appropriate if you have had less than four dates to use the text option to get your point across. If you have been dating for more than this period, having this conversation on phone would show sensitivity and maturity.

Keep it short and simple

People hate it when you say things like, "It's not you, it's me!" It both of you, and the person you are dating, is in the middle of a relationship, it's not fair to be in a relationship with this person, just on their timeline that.

You can simply state something like, **"I enjoyed our dates, but I want to be upfront with you. I don't feel we are compatible for the long term."**

"You have a lot to offer, but I don't feel you and I are the right fit."

Be honest. You could say something like, "You have a lot to offer, but I don't feel you and I are the right fit." If you want to take it a step further, you can add:

"You deserve someone who will appreciate everything you bring to the table, and I don't want to be the one who is standing in your way of you receiving that someone."

Think of all of the people who may have led you on or which you lost time. And how you could have possibly been with someone in which you felt that you had a connection. Now rewrite this and do the favor for this person in which you have absolutely no interest in dating for the long term.

Be the good karma we all would like to receive!

"It's flattering that you're reaching out, but I'm in a relationship."

It's not uncommon if you are attractive and desirable to get some DM action via social media platforms. Some people are more aggressive than others, and some are more bolder. But social media can be embarrassing in that a lot of people think they can shoot their shot with you.

Most people don't someone reaches out via social media that you just aren't interested in, just let them know, even as a couple of cool responses, **"It's flattering that you're reaching out, but I'm in a relationship."**

Use that if it is actually true because remember you are practicing the power of honesty. So, you can say, **"Thank you for the message, but I'm taking some me-time right now."**

"I want to be straight with you: I'm seeing other guys right now."

If you are in a relationship, dating someone with whom you have better chemistry or a better connection, or dating multiple people, you can be direct and share this information.

Amore's Affair

Amore's Affair

You might say something like, **"I want to be straight with you: I'm seeing other guys right now."**

As you probably noticed, there is a pattern of showing disinterest. It's keeping things direct, simple, and to the point (it's being direct, so there isn't room for misunderstanding).

Next time someone you're not interested in shows up in your life, step on topic and let them honestly know where you stand. It will earn you some respect and credibility. More importantly, it will help you on the right path to discovering the person in which you actually may have some interest.

Justin Gottlieb

Love Coach and Founder, Taming Love Coach Miami

"Hey, I had a great time with you, but I'm just not interested right now."

It can be quite difficult to have this revelation when you've already invested time & energy. Sometimes it's even hard if you have already let your friends know about him as well.

It's never simple to break things off, but the longer you wait, the more time you're wasting. There's no easy way to get it done, but these tips can surely make things go smoother.

There are two ways to say that you are not interested:

- Face to face
- Via text or email

Although face-to-face is the best and more mature way to go, if you have been only on a few dates, it's acceptable to just say it via text/email. Just don't ghost him after that. You don't want karma to step in.

If he wants to have a conversation, and if you feel comfortable, you should have that. However, if you don't feel like it, just tell him that you are not interested.

When to see him and how to find

Less than 3 dates: If you have been only a few dates with him or maybe one, you should consider doing this via text. However, face-to-face is much more preferred.

More than 3 dates: Suppose you have been on more than 3 dates and have already invested time in that relationship. It's the best interest of both to do this face-to-face. It'll make you seem more mature and make the process easier.

Tips for text

Have a simple outline and not too much time between. No one likes or fun can stick to overtime for this. Finish with your intial at the end. A guy can be on multiple dates. The last thing you want him is to confuse you with someone else.

For example:

Hey, I had a great time with you, but I'm not finding a connection between us. I'm not interested in continuing this only further."

- Your name

Tips for face-to-face conversation

Be straightforward and quick

You don't want to drag the conversation too long as it'll make things even more awkward and uncomfortable. Be straightforward and quick. Don't be too long-winded and don't be too short. Be polite and respectful, and be warm with your delivery.

Be honest

Don't make things up for the sake of that conversation only. You have the right to choose with whom you want to spend your time with. Being honest is the best way to go.

Keep it simple

Feel sorry: Hey, I had a great time with you, but I'm just not interested right now."

Bad example: I've decided not to date anymore. I'm taking a break. It's not you, it's me."

Stay polite during the conversation

Just because you are not interested, it's not fair to be rude during the process. In a calm way, politely tell him that this will help you and that conversation today without creating a scene and both of you will have each other's respect.

The world is a small place—you might end up running into him again at some point or another. Burning a bridge, or piling on things you have already invested in from developing the news, isn't the best way to handle things.

Tell him security what you feel

During the process, you should tell him exactly what is making you feel that way. If you can just tell him the reason and they are legit, he'll totally understand your situation.

If you have been on more than 3 dates, there should be no valid reason to just say that you are not interested. Remember being upsetting and being rude are a big way.

Be respectful

Maybe you neither get interested nor will feel like being single for a long time, or maybe you were too excited at the beginning but made a wrong call and lost interest after a while. Maybe you even continued the dates because you were bored.

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Center your conversation around the facts that truly justifies the matter.

Fill the conversation with compliments too

Don't just make the conversation highlight what you don't like and why you are not interested. Make sure to sequence in a few positive video and compliments along the way.

This will keep the conversation within the boundary of acceptance. If you think about it, there will be a few things that maybe you liked about him. Make sure to compliment him about that.

End the conversation with a positive tone

After the conversation, make sure to end things on a positive note, and both of you have a mutual understanding. This will help to get over it quickly and move on.

This is no one solution that can cover every aspect of the conversation. Still, if you follow these tips, you can get out of the situation while maintaining a positive and healthy connection with him.

The world is a small place; you never know what you might get in the future. So, be honest, respectful, and have a positive vibe.

Chris Plemons

Dating Expert, Datingsuccess

Take the time to send an honest text

Instead of glossing the guy and making him wonder what happened, try to take the more mature approach and let him know in a direct but nice message. If the ladies are turned, you would want the same treatment.

Send them a text, thanking them for their time, but a just wouldn't work out between the two of you. Make it clear that they are not unlovable; they are just not the right fit for you. This kindness would make it easier for the both of you to be cordial and move on without being bitter.

Give out hints through body language

If you are not comfortable turning him down through an awkward conversation, you could ideally let him know by giving clear hints using body language. Just make sure that your actions are clear and direct but not confusion.

For instance, if the time to initiate skin contact with you, keep a distance and be sure to let him know that you are setting that boundary. Just remember to always be respectful about it.

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Clinical Psychologist | **Relationship Advisor,** Dating For Love

"I'm sorry, I just didn't feel a connection."

So you had someone interested in you, but you are not interested in them? While sometimes it's easy to let someone down, it can be difficult if you have been interested in them isn't always easy. We all hate rejection to some extent, and justifiably so.

It's no fun to put your heart on the line and have it crushed into tiny little pieces.

If you aren't proactive with conversations, so days without texting him, and avoid physical touch, you are most certainly not interested in him. Body language is the such action that indicates whether or not you are interested in someone. Most of the time, the other party will tend to read your body language and understand that you may not be interested in them.

Some ways to tell someone you aren't interested in can go in various ways and can be unpredictable.

It's extremely important to be kind and respectful before communicating your feelings towards them. Remember, you don't have to go into detail as to why you are not interested. However, do keep in mind that hearing 'no' from someone hurts. Going into detail about why you aren't interested in them will be hurtful to hear.

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If you are not sure what to say, here are some suggested statements:

- **"Thank you. However, I don't feel it's a great fit."**
- **"I'm sorry, I just didn't feel a connection."**

However, if they do push, they are crossing a boundary. If they are adamant about knowing why you don't want to date them, you can politely let them know that you don't like them because simply say, **"Thank you, no."** and end the stage. No one should ever make you feel guilty or uncomfortable because you aren't interested in them.

Lastly, remember to practice the golden rule. Treat them as you would like to be treated. **Reject them the way you'd prefer to be rejected when you're feeling the same.**

Again, if they cross any boundaries, stay firm and clear.

Sandra Myers

Providers: Better Than Decoding

"I'm just not interested in dating you."

It's okay to tell him, I'm just not interested in dating you." Sometimes it's best to be direct and avoid leading someone on. Most guys appreciate when they're dealing with someone who is a straight shooter.

Guys tend to be pretty direct without adding a lot of emotional fluff to the conversation, so he'll appreciate that you're speaking his language.

"I love the fact that you make me laugh, but I don't see this as something with long-term potential."

Tell him what you appreciate about him before letting him down. Say something like, "I love the fact that you make me laugh, but I don't see this as something with long-term potential."

When you genuinely compliment him, it will be easier to let him know that you are not interested in dating him.

"I don't want to ghost you because I have too much respect for you."

Explain that you're being honest about your feelings because you have a high level of respect for him. Say, "I don't want to ghost you or avoid being the conversation because I have too much respect for you."

You can also tell him that you're always operate with a high level of integrity and hope that he can respect that in return. It's hard to be mad at someone who has respect for herself and for you.

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"I love hanging out with you, and I want to continue to spend time with you, minus the romantic stuff."

Tell him that you value his friendship, but only if you really don't say, "let's be friends." Sometimes, guys don't really do seem to remain friends, talk about what you like the most about your relationship.

Say, "I really love hanging out with you, and I want to continue to spend time with you, minus romantic stuff."

Think about how it would feel if the roles were reversed

Ask yourself how you would want him to handle it if the were the one letting you that he's not interested. When you put yourself in someone else's shoes, it's easier to see the right way to handle the situation.

Dr. Kathryn Brigham

CEO, LEADERing LLC

Use the "like-concern-suggestion" technique

I've taught a technique that works for both organizational or group situations and relationship situations. It's called the "like-concern-suggestion." It's helpful in both confidant, courageous conversations.

The following two examples demonstrate how to frame our wording in a business or organizational setting, that could also be used for telling a guy you're not interested in him.

Using LCS in a Group or Team

Let's start with an example from a project team, imagine a small group has been brainstorming how to improve their projects results, and a team member wants to provide feedback on some of the discussion. She might share the following:

- LIKE: "What I like about this idea is the potential for increasing revenue."
- CONCERN: "I'm concerned this doesn't yet help us with problem X."
- SUGGESTION: "I suggest we consider thoughts 1 and 2 to help with our objective."

Using LCS in a Personal Setting

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Now let's apply the technique to find a long way to tell a guy you're just not interested. We want to use a very non-interested phrase with "him." Notice, too, that we can adapt the language while reflecting the intention of LTL:

Like

- "Mario, I like the time we've spent over the past (insert time frame)."
- "Mario, I've enjoyed (insert events)…."

Concern

- "To be genuine to show you better, I think our interests differ in ways that are important to me."
- "While this has been fun, I'm looking to connect with someone more aligned with my interests."

Suggestion

- "Couple to explore meeting up with some new people."
- "Why don't we try the speed dating event next week at (insert local bar spot) so we'll get out and meet some new people?"

Sometimes I've made the statements silly or outrageous and, because these were said in a light-hearted manner, they still worked. Silly things, if we're at a Thanksgiving dinner, I'd say and intended it in a way that doesn't hurt feelings. Usual hurts or humiliates the other person, we both win.

Robin Sutherlin

Do not ghost the guy

If you're not interested in someone, never think about ghosting the guy. If you've never ghosted anyone, let me tell you why it's wrong.

Give some respect to him and don't just disappear from the face of the Earth. There's nothing wrong with being upfront and honest to him that you're not interested and let him why. Most of the time, a guy can understand.

Send him an honest text

If you're someone that doesn't feel comfortable rejecting someone in person, it's okay. You can always send him an honest text. Make sure, to be honest, and say that it's over.

Sometimes, it can be easier to put our feelings into writing, so if you're more comfortable with that go for it. However, take note that some physical cues aren't there when it comes to texts, so they might be misunderstood.

Let's a message that he can understand clearly—one that has no room for misunderstanding.

Do the sandwich method

You're going hard news, so deliver it in the best way possible. The best way to do this is by using the condiment method. **Sandwich the bad news in the middle of compliments.**

Let them know of any good qualities they have before and after you say you're not interested. This method will help lessen the blow of the news.

Expect that it will be complicated and awkward—there's no escaping that. But it's great to know that you've done your best to be respectful and do the rejection in the best way possible.

Jenny Mosetle

Option 1: When you want to remain friends

"It's really flattering that you want to take our relationship to a different ❝ place, but I have to be honest, it's just not something I'm interested in at this point in my life. I value our friendship and would rather we make every effort to continue to be friends. I really hope you understand."

Option 2: When you want to leave it open depending on their feelings

"The look a great time getting to know you, but I don't feel that our ❝ chemistry fits for a romantic kind of relationship. Personally, I'd really like to continue seeing you as friends if you're open to it. But if you're not there, I totally get it."

Adanna Jibunfor

Option 3: When you want to cut them off completely

"I'm completely upfront with you. I'm just not feeling the compatibility ❝ between us, and I think it's best for us to go our separate ways. A romantic relationship is not something I'm interested in. but I really do wish you the best."

Option 4: When you want to leave it open depending on their feelings

PR Manager, Wix Speech Class

"I know you mean well for me, but I'm just not interested in being with you."

Telling a guy you're not interested in him has to be done with tact because some men don't know how to handle rejection well, especially if they're used to getting their way with women. Some men will even try to win you over. This can be done in a good way, whichever one works best for you.

Use your words

Be upfront with the guy that you're not interested in by telling him how you honestly feel. Sometimes people need to hear it in a good faith, non-complimentary as a carbon before dropping the conversation bomb.

- "I think you're an amazing guy, but right now, I'm dedicated to focusing on myself and my career. Please understand."
- "You've been nothing but sweet and kind to me, and at the moment, I do not have space in my life for anyone."
- "Hey guys, honey, I respect you a lot, and I have to be honest with you. We can't do more than friends.
- "I know you mean well for me, but I'm just not interested in being with you."

"There's someone else in my life right now that I'm interested in, and I felt you should know."

Ghosting is not a good option when it comes to severing attachments. It breeds contempt and leaves the ones ghosted. If anything, try to gather your guts and live with your decision. Besides, telling him that you're not interested will bring closure!

Use tact if warranted but you

Telling someone that you have no interest in having a relationship with them is tough. Quite often, you may not have the words to convey the feeling.

And here comes technology. Although it may seem escapist, using text will help you keep the message in the point. Besides, a text will convey the message just fine.

Don't offer friendship as an alternative

The "We can't date, but we can still be friends" or "you feel like a brother to me" type of comments are disastrous. Avoid using such messages if you can. Offering friendship as an alternative doesn't make someone feel better about you. It just reinforces the rejection instead.

If anything, any future friendship after your message will be awkward. A more practical way to do so is to let them decide whether they want to be friends with you.

Jennifer L. Bennett

Growth Manager and Co-Founder, Cocolite

Telling a guy that you're not interested in him takes some guts and courage. However, it still has to be done because leading someone on is an absolute no-no when it comes to relationships.

Be straightforward

Despite your methodology, being rejected is most likely going to be difficult for them. Nevertheless, it's better to be straightforward and honest. It's better to hurt through their time since it's unmistakable you don't have any heartfelt interest.

Even though having a discussion is extreme, being direct can keep away from significantly more harsh rejection and agony down the line.

Keep the conversations short

If you will do it once a call, after the typical heady's and welcomes, do whatever it takes to cut over short of the real issue if we believe you deserve the conversation.

Essentially, in case you're messaging, pass your message across in a couple of lines. On-point and direct. Sometimes, individuals misunderstand the rejection and hope that matter you need to go. The equivalent goes for face-to-face associations.

Federica Brescan

International Researcher and Science Communicator | Podcast Host, Technoculture

Don't be persistent. Sometimes it is a good sign, sometimes a red flag.

When it comes to telling them know I'm not interested, it depends on who I am dealing with. In this scenario I care about and want to stay friends with (if someone I want to delete from my contacts as soon as possible).

If you care, explain your reasons

If you care about the person or want to keep them in your life, you may want to explain your reasons why you don't want to be in a relationship. Be very kind and sensitive, but it is the best approach when the other party is worthy of respect and care.

Even if you think that they may not understand or decent, you owe them one explanation. I said one. If they don't grab your cue, the silent treatment may be your only option.

Silence may not always work, but it is your best option

When the person you are trying to discourage is too persistent, whether they are annoying or threatening or just sweet and helpless in love, the silent treatment may be your best option.

Mind you, it may not always work.

But if you are sure you have delivered your message, and it's not going through, there's nothing else for you to do than ignore the person altogether. Be consistent, this is very important. Don't give up the phrase or reply to a message, not even to say—in a nice manner.

Recommended

Blocking their number is the last resort. I personally try not to do that too easily. But if nothing else works, that should send the message.

Vanessa Magdalenova

Marketing Manager, Independent Fashion Bloggers

As a woman in her late twenties, I can confidently say that I've had my share of boy trouble and funny (or not so funny) dating stories. Without a doubt, one of the most difficult situations to deal with is when you have to tell someone you're not interested in them.

You've given us a date or two with this really nice, funny, attractive guy—but the spark isn't there, or you've figured out that for some other reason, it simply wouldn't work between you two.

So you suddenly find yourself in a very very uncomfortable situation and start thinking of ways to let them down easily.

Ghosting is a big no-no

No matter how unpleasant it may be, the one thing that's a big no-no for anyone who considers themselves a somewhat decent human being is ghosting a person they've not interested in.

For some unknown reason, ghosting people has started to become a very frequent occurrence, and many of my friends have complained to me about it happening to them.

So honestly—find the whole concept to be quite disrespectful and just plain rude. Even if you don't end up liking someone, at least let them know that you wouldn't want to see them again. It's just the nice thing to do in such an awkward situation.

Be honest with the person and let them know it's not working

In my opinion, the best way to tell someone you're not interested in them is to just be honest with the person and let them know you're not interested. Of course, it can be tempting for certain things to a significant other, which is why I believe there isn't a person alive who hasn't been rejected at least once by a love interest.

If you just talk to the guy and explain to him that you're either looking for something more or less serious or that there simply isn't any chemistry on your part, I am certain this person would be thankful to you in the long term.

With that being said, even though honesty is the best policy, there is a difference between being honest and being brutally honest. Of course, in the end, it's important to be sure to be mindful of the guy's feelings, otherwise, you might end up creating massive insecurities for him that will haunt him for months or even years.

Just treat him the way you would like to be treated if you really like someone, but they don't like you back—be respectful, and don't keep him on the hook.

Ashley Ramos

What if the guy doesn't take the rejection well and becomes angry or aggressive?

It's possible that the person may not take the rejection well and becomes angry or aggressive. In such situations, it's important that you prioritize your safety and well-being.

If the person becomes aggressive or threatens you, it's important that you remove yourself from the situation and seek help from a friend, family member, or authority figure.

You can also contact the police or seek the help of a professional counselor if you feel unsafe or overwhelmed.

Remember that it's not your responsibility to be accountable and say no and that it's important to prioritize your own emotional and physical well-being in such situations.

It's also important to seek support from friends or family or a professional counselor if it's challenging to cope with your emotions or the aftermath of the rejection.

In any case, it's important that you prioritize your own safety and well-being and take the necessary steps to protect yourself from possible harm.

Is it okay to avoid the conversation altogether and just ignore the person?

While it may be tempting to avoid the conversation altogether, that isn't the best approach. Ignoring someone or going them silent treatment can be hurtful and confusing.

Instead, it's important to be honest and kind when rejecting someone in person. It's okay to say you're not interested, but it's important to do so in a way that shows respect and care for the other person's feelings.

Avoiding the conversation may lead to misunderstandings and hurt feelings, and it may make it harder and extremely awkward to tell him that you're not interested.

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Frequently Asked Questions

How can I prepare for the conversation, and what should I say?

Before you have the conversation, it can be helpful to prepare yourself emotionally and mentally. Take some time to think about your feelings and to be clear about why you aren't interested.

Practice what you want to say ahead of time, so you can communicate your thoughts and feelings confidently and clearly.

You should start by being honest and direct about your feelings during the conversation. It's important to be clear and direct to avoid confusion or mixed signals.

It's also important to be empathetic and kind, so you can say something like, "I understand that this might be disappointing for you, and I'm sorry if I ended up in an awkward situation. I just don't feel romantic connection with you."

Lastly, it may be helpful to let them know that you still value them as a person and want to maintain a friendship if you're open to it. However, recognizing their decision is important if they need space or time to process the feelings.

It's important to be respectful and honest with someone, even if it's a difficult conversation.

Avoiding a conversation can cause more problems in the long run. The person may continue to pursue you without knowing you're not interested, or they may feel hurt and confused by your sudden lack of communication.

Remember that communication is key in any relationship, even if it's just to say you're not interested. It's a sign of respect and shows that you value their feelings.

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