

Divorcing Friends

Posted by dawnalang - 2009/12/01 15:35

I have an issue and need some solid advice. Has anyone ever been best friends with a bully...The type of person you love but who treats you horribly without even realizing how awful they are to you? I am wondering if I should walk away after 20 years of friendship since I am too scared to deal with confronting her. Normally I am very outspoken, but somehow this one has a hold on me that I cannot quite figure out.

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Re:Divorcing Friends

Posted by matt - 2009/12/03 16:15

Hi DL,

While I never had to deal with a bully, several years ago I found that three of my closest friends were severely depressed and bringing me down with them. At a certain point you have to do what is best for you. I did not confront them, because I cared about them but I did distance myself. Overtime, the separation made me realize just how much better off I did without them in my life. I suggest you take the same approach. No need to stir up drama or start a fight, just take spend less time with your bully friend...If you don't miss her, you know what to do!

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