

## Friendship Advice:

So basically I have been struggling with a certain girl recently and we aren't friends anymore:( . I have to keep telling myself these things, and if you are struggling as well, then you can use this advice too! If you have more advice for me, please mention it in the comments bc I rllly need the advice. So here we go

1. If someone has hurt you, they don't deserve your tears.
2. If they have hurt you so badly that you are crying over them, then they weren't a real friend anyways
3. It's gonna be hard at first when you lose them, but you'll get better soon and realize it's healthy for you
4. When they say that you guys will be friends forever, it doesn't always mean friends for life.
5. Don't be mean to them, or let them experience the same hurt that you did.
6. It's ok to keep the pictures of them that you have, just don't be stuck on them and obsess over it.
7. Give yourself time to reflect, and grieve over the friendship, just don't stay stuck there.
8. Talk about it with a trusted adult or write about it on a piece of paper or a journal.
9. Try to limit your contact with the friend to make sure you are getting better, and are mentally healthy.
10. Learn from what happened to make yourself stronger, and a better person because of it.

If you guys would like a more detailed explanation of what happened, comment down below. And please please please comment some advice for me because im really struggling and i can use all the advice given.

TayTay loves you- Taylor Hart (@tessdarby21) 🍷🍷🍷