

## Helpless Friend

Written by Eva  
Monday, 01 March 2010 11:44

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Dear Delores,

I am in the 7th grade and I have always been a good friend... but my friends run over me a lot and I don't know how to tell them how I feel without them getting mad! Also they think when they argue they can come to me and vent and expect me to do something about it!!! Please help me!!!

Helpless Friend

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Dear Helpless,

First of all "good friends" don't run over you. You just need to be honest with them and tell them how much it hurts you for them to treat you this way. If they are true friends they will understand and change their treatment of you. Tell them you will not chose sides when they argue among themselves and that you want to be friends with all of them. Be prepared to eat lunch alone for a few days. You'll have to be strong if you want to change things. If you're weak they will never change. If you remain strong and they never change, they were not really your friends anyway. Get over it. You'll find other friends, believe me.

Delores