

Five Friends to Ditch

Having great friends is one of the best feelings in the world, but sometimes this feeling dies. Left behind is heartache, betrayal and disappointment. If any of your friends fit into the following categories, re-evaluate your relationship and determine whether it is time to let go and move on.

1. Eliza Ego

Bring up any topic in the world and this 'friend' will find some way to relate it to her and her life. It is natural to relate to a particular situation or circumstance, but she takes this to the extreme. When you need to discuss something close to your heart, the only person on her mind is herself.

2. Busy Betty

You have your life and your friends have theirs, which is to be expected. However, friendship should involve being there for one another. At some point you need to get together and talk through your problems. This 'friend' will always be there when *she* is feeling down, needs a shoulder to cry on, a loan, a babysitter for her children, etc. When you need support, she is nowhere to be found.

3. Debbie Downer

Being positive is important in life, but this is impossible with this 'friend' on the scene. Whenever something good happens, she always finds the negative side of it all. She never fails to wipe the smile off your face because nothing you do is ever good enough in her eyes. Your bad days will only get worse with her around.

4. Tammy Tomorrow

Another 'friend' who thrives on negative energy, but this time it may be unintentional. This 'friend' has no ambition whatsoever, and everything will be done tomorrow...Of course, tomorrow never comes. At some point in her life, she gave up on a bright future and settled for a satisfactory present. This way of life will eventually suck the hope out of you, dragging you down to her level.

5. Carrie Competition

This 'friend' is your competition. She must always top your grades, wear better clothes, and have a handsomer man on her arm. If you ever beat Carrie Competition, she switches over to Debbie Downer, desperate to find some way to come out on top whilst belittling your success.

Just writing about these 'friends' has been depressing, and it feels worse having these people in your life. Your group of friends will all benefit once these bad seeds have gone, and your times together will be memorable for the right reasons.

For some people, this 'friend' is the only confidant they have. The thought of being alone is difficult, but going solo is healthier than false support. Eventually you will meet loyal friends who have your best interests at heart, just as it should be. Until then, improve your self esteem before entering another relationship.