

Frenemies: What to Do When Friends Turn Mean

Have you ever had a friend who suddenly turned mean? It can be really confusing and hurtful, especially if you don't know what you did wrong. In this article, we'll explore what frenemies are, why they might turn mean, and what you can do to cope.



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by Hayley DiMarco

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What are Frenemies?

Frenemies are people who pretend to be your friend but are actually secretly jealous or hostile towards you. They may be nice to you one minute and then say something mean or hurtful the next. They may also try to sabotage your relationships or make you feel bad about yourself.

Frenemies can be very damaging to your mental health. They can make you feel insecure, anxious, and depressed. They can also make it difficult

to trust other people.

Why Do Friends Turn Mean?

There are many reasons why a friend might turn mean. Some of the most common reasons include:

- **Jealousy:** Frenemies may be jealous of your success, appearance, or relationships. They may try to put you down or sabotage your happiness in order to make themselves feel better.
- **Competition:** Frenemies may feel like they are competing with you for attention, affection, or resources. They may try to one-up you or make you look bad in order to gain an advantage.
- **Insecurity:** Frenemies may be insecure about themselves and their own worth. They may try to boost their own self-esteem by putting you down or making you feel bad about yourself.
- **Lack of empathy:** Frenemies may not be able to understand or empathize with your feelings. They may say or do things that are hurtful without realizing the impact of their actions.

What to Do When Friends Turn Mean

If you have a friend who has turned mean, there are a few things you can do to cope:

- **Set boundaries:** Let your friend know that you will not tolerate their mean behavior. Tell them that you will not respond to their hurtful comments or actions.

- **Limit your contact:** If possible, limit your contact with your frenemy. This will give you space to heal and protect yourself from their negativity.
- **Find supportive people:** Surround yourself with people who make you feel good about yourself. Spend time with friends and family who are positive and supportive.
- **Seek professional help:** If you are struggling to cope with a frenemy, consider talking to a therapist or counselor. They can help you understand your frenemy's behavior and develop coping mechanisms.

Dealing with a frenemy can be difficult, but it is important to remember that you are not alone. There are many people who have experienced similar situations. By setting boundaries, limiting your contact, finding supportive people, and seeking professional help, you can cope with a frenemy and protect your mental health.



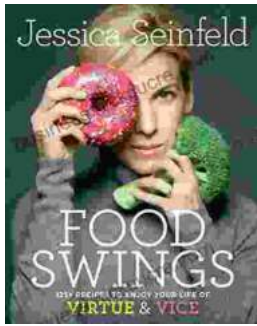
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