

## I Miss My Friend

*My best friend's boyfriend is a real jerk. He belittles her and is rude to me. I can't stand him. I tried to keep my thoughts to myself, but she asked why I was being distant. I was honest, and now she won't speak to me. I can't believe she's choosing him over our lifelong friendship. After two weeks of not speaking, I asked to talk. She said she can't. This is not like her. I'm afraid she's in an abusive relationship, and I feel like I abandoned her. What do I do?*

Sharing your observations and speaking your truth is not abandonment. Reach out again directly (not by text). Call or stop by. Take a deep breath and stand on the foundation of friendship you have built together, then speak from your heart.

Your friend's choices are part of her soul's evolutionary plan. As difficult as it can be to trust that, hardships grow and strengthen us if we let them. Do you trust her to stand up for and protect herself if she is in a dangerous situation? Do you have evidence beyond your dislike of his behavior to believe her boyfriend is abusing her? If so, it is appropriate and important to ask her directly and assist her in protecting herself however you can.

It can be painful to witness someone we love being treated poorly. It is also difficult when friendships change. Be sensitive to and observe your own feelings, being watchful for any projections. Do you feel abandoned by her? How about any jealousy? Why did you become distant? Perhaps an apology is in order.

Tender conversations that begin by acknowledging your love for the other are a great heart (and ear) opener. Consider starting with, "I care about you and our relationship and want to talk about something important. It may not come out perfectly, so would you be willing to be patient and hear me?"

Love is the highest truth of both of you. Pray for yourself and your friend to release anything other than love and to allow that love to be your voice and ears. And so it is. ❀



**STEF SWINK, RScP**, has been a practitioner since 1999. As protégé and assistant to Louise Hay, she was a frequent ghostwriter for the "Dear Louise" column. Through speaking, spiritual counseling and workshops, she inspires others to create fulfilling lives they love. Connect with her online at [StefSwink.com/Ask-Stef-Submission](http://StefSwink.com/Ask-Stef-Submission).