Write to Mita



SHAHEEN ANAM

Dear Mita,
I am 18-year-old, and am in love with my best friend's girlfriend. I know that this is the wrong thing to do but I am not being able to control my feelings for her. She is an amazing person, and is always very kind to me. I know for sure that they both are in love with each other but I just can't get her off my mind. I am scared that if my friend finds out, he will get very angry and misunderstand me. Please help me.

Bothered by Love

Dear Bothered by Love,
I am sorry to say this, but since you know they are both in love you should make an exit and try to get over it. Your friend will certainly get upset when he finds out. Moreover, there is no scope for misunderstanding as you are admitting you have feelings for his girlfriend. Try to get your mind off this, get involved in other things, go away for a while if you can. This is not right and you know it. If she was not in love with him, my advise would have been different. But under the present situation, your exit is the honourable thing to do.



Dear Mita,
I moved to a new school at the end of the last term of my eighth grade. It's been almost a year now, but I'm still struggling to fit in and make friends. I am an introvert by nature so I feel very shy to approach new people. I miss my old school and my old friends. But I want to move on. What do I do?

Shy

Dear Shy,
It is always difficult to change schools especially in eighth grade. Some adjust to the change quicker than others. For a shy person it is even more difficult. It is wonderful that even though you are struggling, you want to move on. Try to find one person who you think will be sympathetic to your situation. The support and friendship of one person can make a lot of difference. The other thing is try to excel in your studies. This will raise your image in the eyes of your classmates and they will seek you out for friendship.