



TYPES OF FRIENDS YOU NEED DURING HEARTBREAK

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You know how, when disaster strikes, a different department is in charge of each aspect of the mess? A similar set of logistics go into the successful execution of a post-breakup recovery. Read on if you're yet to suffer from one – you might want to start recruiting the following skill set if you can sense heart-break on the horizon.

THE DISTRACTION

They may or may not have to be filled in on the scoop, depending on how close they are to you, but they're always fun to talk to nevertheless. If you do decide to tell them what's wrong, they're the kind of friends who respect your "Don't want to talk about it" mood and possess the ability to blabber on for hours about that

TV show you've already analysed to death over the past few weeks, or about anything else that keeps your mind engaged. It also helps if they're almost always free, be it for lunch plans that'll help you keep your mood afloat during the day or at 3 a.m. when you're inching towards a phone call you'll very much regret in the morning.

THE SOUNDING BOARD

A twist on the "always ready to hear you blab" variety, these friends are to be saved for the (not-so-rare) occasions when you feel like airing out your misery. They're the people you can vent to, no holds barred, about everything you've probably already vented about. They know when to just hear you out, and when to respond with rational advice. If you're the kind of person who wallows less and spews out

rage more, they're the friends who stop you from following your rash impulses. Listen to them. Trust me.

THE GULLIBLE ONE

There are people who love you enough to stop you from doing stupid things, and then there are others who just shrug and help you do them. As valuable as it is to have someone who helps you stay calm, we almost always need a friend who lets us blow off steam. They're the ones with the colourful advice on how to make the ex jealous or how to stumble upon your next love. Enablers may not be rational, but they're the most fun.

THE HUGGER

When you're close to having an emotional breakdown, an episode of rage or the worst kind of day in general, there's one thing that can turn your

entire mood around. It's a fact – it's science; a tight, heartfelt hug is a fool-proof, one-stop solution to just about any kind of heartache. Just make sure the hugger also happens to be clean and hygienic.

There are all these kinds of friends, and then there's the best friend. They're the people who will fly back home or cancel a meeting just to hear you vent; the kind who know what food to order depending on the kind of pain you feel and the only people who get to see you lose your calm, no matter how tough a front you've been putting up in front of the world. They're greater than the sum of every kind of support I've just described, and they'll be there to see you through from heartbreak to healing, until s*** goes down again.

Life and Times of a Sensitive Person

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There are various things people never tell you when growing up. Whether it's how to do taxes, how to make the perfect circular *paratha*, or how ridiculous it is to be a sensitive person. For a sensitive person, the bad things are always a little bit worse and the good things are a little too great. If for the general public, life is a roller coaster at Jamuna Future Park, for a sensitive person life is the Intimidator 305 at King's Dominion. You don't need to know much about the latter to assume its most likely more intimidating than the former. But being a sensitive person is a struggle that people rarely understand, except maybe Taylor Swift. But you'd rather not listen to her.

Your parents yell at you and you cry: If you're born into any deshi family, you're bound to have your parents yell at you frequently and be disappointed in you constantly. But these are the things that sensitive people take to heart. Even if your parents reprimand you about the time you had one more banana than you needed to, the scene quickly turns into one involving water works.

Your friends pick on you as a joke and you cry: Whoever said friendships are



built on trust and love lied. Actual friendships are built on sharing food and tearing each other down, but in a friendly

way (hence the friendship). But when you're sensitive you tend to not take well to the teasing. And every time they tell you they'd stop trying to rile you up if

you'd just stopped getting riled up, you wonder what their source of entertainment would be if you weren't? And then you cry.

You watch sad movies and you cry: The only time you can ever go to the movies is when it's been months and the theatre is empty enough that a stranger won't laugh at you for crying. (The strangers laughing generally tend to worsen the crying, but you're not going to explain it to the big lady who's about to throw her popcorn at you.)

You just cry a whole awful lot: Your parents are exasperated. Your friends are exasperated. You are exasperated. But tissue paper companies are ecstatic. So I hope you can find some solace in knowing that you're bumping up the economy with the purchasing of all those tissues. Or that you're trying. That is okay, too.

The bright side of being sensitive is that there is no actual bright side. But somehow food tastes better because you're even sensitive to that.

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