

Dealing with Best Friend's Break Up

SAMIN SABAH ISLAM

If you are living vicariously through your best friend's relationship, deciding the next text and gobbling down their anniversary chocolates, prepare yourself to take the blow when things come crashing down. And here's how you deal.

SPEAK WISELY

Your once intellectual, considerate best friend is now a ticking time bomb of sentiments ready to go off with a misplaced syllable. Instead of "Get over it," say, "This might take time." Don't boss them around with "Time to put on pants, go out and socialize." Go for "What do you want to do today?" But careful, don't patronise them too far. Your kindness can be deciphered as pity. Swallow your comebacks against their bawling and blaring of profanities. They'll be getting judgement from the rest of the world. All they need from their best friend is support and a hug. (If they're a non-hugger though - abort). Careful not to bring up your past relationships in reference, don't steal the spotlight from the heartbroken best friend. Let them embrace their misery.

RESIST THE URGE TO ROLL YOUR EYES

Heartbreak may make people say irrational, ridiculous, cringe-worthy things; cut the emotional peeps some slack and muster up all your patience. Your best friend needs to be able to open up to you of all people, and rolling your eyes at their misery would only find you in hell for being the horrible human being you are. If you must though,



roll your eyes over the phone or master the art of doing so internally. After all, one can only bear so much drama.

KEEP THE PHONE AWAY

It's not rare for the heartbroken to

stupidly call up their ex under the influence of severe emotional outburst. Whether it is to beg them to come back or to curse their choudho gushti, you can't have that. Phones or any other medium

of communication with the ex must be kept at safe distance from your best friend. Otherwise you just might have to end up explaining your best friend's parents why they have a restraining order.

DISTRACTION IS KEY

No better distraction than movie time. Selection of movies however gets tricky. Romances are a no-no, regardless of what countless films have taught you so. Perfect relationships will only make them weep harder over their failed ones. Instead go for one featuring triumphant underdogs for some solid motivation.

DON'T ADMIT YOU NEVER LIKED HIM

While they're going through a split might seem like the perfect time to tell you best friend how much you loathed their ex, it's not. If the now broken couple decides to get back together, your best friend will remember this and that just might lead to yet another break up you will be far more involved in.

BRACE YOURSELF

Dealing with your best friend's breakup is just as stressful as your own, if not more. So take a long cold shower and share that tub of ice-cream with them. You too are a part of this breakup, and you must pucker up the strength to pull through if you're going to be dragging your best friend with you.

Samin Sabah Islam is on a quest to find the perfect diet while simultaneously swallowing the last slice of pizza. Throw her some tips at sabahsamin11@gmail.com

Writing Using Pseudonyms

MYAT MOE KHAING

Usually I get mails from readers curiously asking me who I really am.. I get along and feign a different personality, mostly of James Bond. So there you go, I am real (dammit!), but I imagine how different it would have been had I really used a pseudonym as a writer.

The idea of a pseudonym is fun and cool. You're probably a secret female meme-maker now standing next to your female friends who are fangirling over you and have looked up your pseudonym on Facebook. Who knew the writer had been a girl all along? Your inner fame-craving little girl wants to reveal "Hello! It's me. You might want to negotiate the amount of money I owe you now." But you gradually learn to enjoy the attention from the shadows.

You get to know what others think about your work in the most blatant way. This is similar to blind testing. Ample criticism is necessary for a writer to develop. Our feedback can become biased with the impression of the writer in our mind. Maybe, your friends do not want to sound rude to you.

However, it's really fun to watch people getting agitated by what you write and then looking for you so that they can attack you personally. But they can't, because pseudonym FTW!

There are chances for readers to associate certain styles and genres with a particular gender. J.K. Rowling used the name

whelming presence of male writers.

Writing under a pseudonym also gives the author a chance to be different and

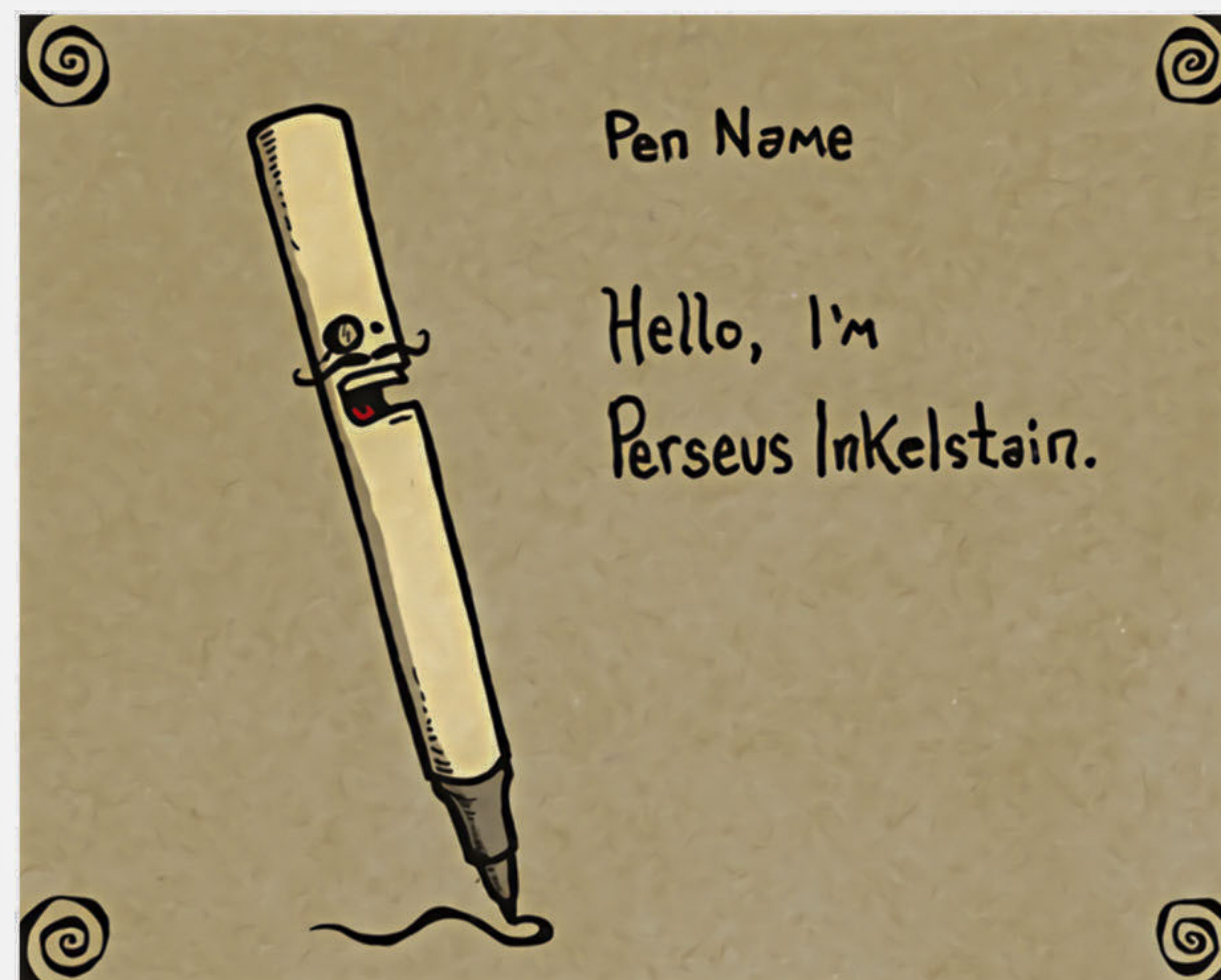
weepy romance novel. How disappointed would you be? A pen name gives the author a second avenue for writing without infringing on a style already used in successful endeavours.

Most importantly, your family, teachers, and employers will not be able to trace your writing. Our names become less associated with our views. Since you don't have to worry about them, you can analyse various controversial topics freely.

Chances are your pseudonym's articles might be more popular than write-ups with your actual name. At times, writers become better known by their pseudonyms than their real names. But when almost everyone finds out your pen name, you need to make a decision on whether or not you should change it. It is more like choosing between fame and anonymity.

Having a pseudonym is like having a secret identity, like a super hero. You do your humble task of saving the world anonymously through writing for yourself and your readers, while you try to balance reality. So go out there and choose a real cool pen name that resonates with your best version.

Myat Moe is an occasional philosopher whose favourite pastime is confusing people with her nationality. Reach her at @145michelle@gmail.com



"Robert Galbraith" while she was writing crime fiction novels *The Cuckoo's Calling* and *The Silkworm*; a genre with an over-

creative. You may have bought Stephen King's next book expecting guts and hair-raising intensity, only to find out it's a