



# How to rekindle a faded friendship

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*At one point or another, as we grow older, we will come to the realisation that we're not as close with a certain someone as we used to be. A person that you used to spend every day with has somehow turned into a stranger. At first, it is difficult to come to terms with the realisation that the person who once knew every detail of your waking life might no longer even call you on your birthday. You used to call them every time even the most trivial thing happened and it leaves you wondering when and how that stopped.*

It is definitely crucial to pinpoint that "how" if you are meaning to revive the friendship. This should be the first step on your journey to revival because without knowing where you went wrong in the first place you can't expect to rebuild a lasting friendship. Most times, the friendship usually just fades away because efforts from both sides stop intentionally or unintentionally. We fail to realise that friendships also require active effort to flourish. But, if the reason for you guys not remaining good friends is anything related to betrayal or some other form of hurt, it's better to rethink carefully before venturing out again.

Once you have identified where it all went wrong, it's time to reach out and communicate. How to reach out will vary depending on the distance that has been created between you. Sometimes, just calling them up and talking like old times will do the trick. But you need to keep that up. Maybe the friendship faded because you don't get to see each other as much anymore; to fix that try and make some time for each other. If too much distance has already been created, it is also important to understand how that

person you're trying to reach out to might not even be the same person anymore. You might have known the name of all their school crushes and every grade they received all throughout school, but you should be prepared to get to know them all over again. Also, it is important to understand that you might not even like this new person they have become.

Lastly, before you reach out, you need to ask yourself whether the only reason you two were close friends in the first place was because you were forced to see each other on a regular basis and once life got in the way, none of you cared enough to stay in contact. The foundation that you based your friendship on is also important as the two of you might have reached a point where you find it difficult to relate to each other. In such cases, you need to remember that sometimes it is okay to outgrow friendships. So, before you go out there you need to be sure whether this friendship is even worth rekindling.

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# "SIGNS" THAT MAKE NEW COUPLES THINK THEY'RE SOULMATES

NOX

The beginning of a relationship is undoubtedly the best part of one. It is during that period that most couples notice things about each other that make them wildly exclaim that they are made for each other. Yet, in retrospect, after you seem to find them with each of your new partners, maybe every tiny thing doesn't imply "soulmate-ship".

**WHEN ONE OF YOU IS LEFT-HANDED**

This is something couples notice immediately when they go for their initial dates. As you sit beside each other and the food arrives, you begin to eat and it's a pleasant surprise to notice that you don't have to move apart since both of you use complementary hands to handle your food.

However, what you might have missed to spot through your initial rose-tinted glasses is that if you switch seats, trying to eat becomes a disaster. So either this person is very right or very wrong for you, and of course this single element is more than enough to base that important decision on.

**WHEN YOU HAVE COMPLEMENTARY TASTES IN FOOD**

"I hate olives."

"Really? I love olives! You can totally give me all the olives you ever encounter and I shall devour them for you!"

Having complementary food preferences has always been tied to the probability of a prosperous relationship. The "Olive Theory", famously introduced in *How I Met Your Mother*, has since made many lovesick teenagers dream of someday finding the one who would consume their rejected olives.

However, perhaps this concept is

overrated and doesn't quite work for much beyond olives, because if you are with someone whose tastes are very divergent from yours, ordering or sharing meals can become very difficult. Maybe find someone who likes olives as much as you do, so you can both weird out and go on dates involving purchasing many jars of olives.

**WHEN YOU AUTOCOMPLETE EACH OTHER**

Also known as finishing each other's sentences, this is one of the most annoying things to witness as a third party looking on. However if you're part of the sickeningly sweet pair, the first time you complete each other's sentences, you'll probably go through that moment of "Is this a sign? Are they the ONE?"

Another version of this is you're struggling to find a word, and you know that it'll haunt you all night, and then your s/o just guesses it for you. Now that is true bliss.

**WHEN YOUR TIMINGS MATCH PERFECTLY**

Every new couple goes through a phase when they think they are telepathically connected. This phase is preceded by a few pure coincidences: (i) you go to call them to find the line busy and realise they decided to call you at the exact same time, (ii) you start texting them to see that they're also typing simultaneously, (iii) you say the same things at the same time. Given that you are a couple, these are highly likely occurrences, but who can explain that to you while you've got your head in the clouds?

Naive new couples will go to any lengths to convince themselves that they are destined to be together. Let them get on with it. The rose tint only lasts so long.

**WHEN YOU LOOK AT SOMEONE THROUGH ROSE-COLORED GLASSES**

