

Sometimes I get upset and my friends ask me if I'm okay, then I say I'm fine because there's some reasons why that are just better left unsaid because it's very personal. But now, they think I'm attention seeking whenever I say I'm okay! What should I do? I don't know how to deal with it without upsetting anyone, my friends say they still love me but I'm not so sure if they hate me at the same time. Help!

Firstly, I would advise you to talk to someone about the reasons why you're upset. Keeping your issues bottled up or brushing them off only makes them worse and they definitely shouldn't be affecting your friendships. Talk to a parent or family member, a teacher you trust or, if it's really serious, a councillor or therapist. Keep in mind, if your friends are reassuring you that they are there for you, it probably means that they are. Try not to over think it! However, if they are showing signs of being unkind make sure they know how you feel and seek new friends if it continues. Focusing on dealing with the reasons why you're not okay so that you and your friends can have fun and be happy.

Hope this helped!

I made my friend upset without even knowing it, and although she and my other friends are always very forgiving, loving and kind, I'm still really worried about what they think of me now. I'm scared. Please help me.

Although you may feel like your friends will never forgive you, trust me, they'll get over whatever happened and as long as you try and talk to them and are friendly they will eventually get over it. I'm assuming you've apologised but maybe try and explain your side of what has happened and make it clear to your friend that you did not intentionally try to upset them and you didn't realise you were upsetting them. If you tell them that then they may be more understanding and forgive you easier. Of course I don't know the situation and what has happened but if your friends are forgiving and loving like you said then you should also tell them how you feel and just let them know that you're worried about what they think of you because it is better to know whether they like you or not rather than worrying because you don't know.