



why you

hate

her

When you catch a glimpse of this girl, it ruins your whole day. Simply hearing her name makes you cringe. Have you been a victim of this chick's evil ways, or is there another reason you two can't see eye-to-eye? Life coach Amy Applebaum, creator of bootcampforyourmind.com, shows you how to tell if you're destined to detest her forever, or if you can figure out a way to be friendly.

she's a boy-stealer

The crush-napper is a particularly selfish breed, a rebel to the girl code and firm believer in every chick for herself, right? In actuality, "there is always something else going on," says Applebaum. "Underneath it all, it's usually because she's not confident and it makes her feel better to act out and do behavior like that."

can it be resolved? **no**

Reconciliation is unlikely because of this girl's lack of concern or consideration for your feelings. Having a nonaggressive relationship is possible by distancing yourself from her. If she is genuinely sorry, "accept the apology, but know internally this is not somebody who is going to be one of your best friends," says Applebaum. As far as the heartbreaker himself, try not to waste your time and tears. Instead, find a new relationship with a guy who is equally into you.

she's my biggest competition

A competitive clone is next in line after your audition for a big choir solo or at tryouts for the volleyball team. You always crush on the same guys and have similar fashion styles. What's really annoying is that she may do things better than you.

can it be resolved? **yes**

This sitch calls for you to do a little investigation of yourself. Are you feeling jealous, insecure or threatened? When you confront the real issue, you may find your hatred isn't about your competitor at all, but it's all about your own insecurities. Combat those negative feelings by recognizing how talented and great you are, and stop comparing yourself with this chick! It also helps to remember there's enough to go around for both of you. She's not the enemy. The coolest part is "you can actually have a great friendship because you have so much in common and there are so many things you both like," says Applebaum.

she's "miss perfect"

The princess struts down the halls at school with ease and confidence, smiling big with her bright, nonbraced teeth, wearing a pair of designer jeans and holding hands with her hot boyfriend. Rumor has it she auditioned for a reality TV show and is in the final stages before its taping!

can it be resolved? **maybe**

Has she ever actually been rude, ignored your hello or acted snooty? If that's her attitude, reconciliation is unlikely. "Friendship isn't about being nasty to people. It's about having fun and being supportive of each other," says Applebaum. On the other hand, if this chick has never been aloof or mean, then what's the deal? "Why would you not like somebody who's a stellar person, who's popular and adorable?" she asks. Truthfully? You're probably jealous of her. Try to get over it and get to know her—someone with great qualities, whom you can learn from and become a better person with is a great friend to have.

she's a two-faced gossip

This evil-angel is a great friend to your face, but when you glance around the corner, she's trashing your new hairstyle. The writers of *Gossip Girl* should cast her—as herself! What's up with this girl? "She's trying to look good for everybody," explains Applebaum.

can it be resolved? **maybe**

Pick a place and time to meet—alone—that's comfortable for both of you. Ask her if you've done anything to upset her. Try to put yourself in her shoes, and apologize and clear up misunderstandings if necessary. Then it's your turn to tell her how you feel. You can say, "When you did _____, I felt like you didn't respect me. I felt like you didn't like me. It hurt my feelings," says Applebaum. Most importantly, discuss what it will take to become or remain friends.

she's changing my best friend (for the worse)

Miss Uninvited is crashing your party for two and ruining everything. Since she came onto the scene, your best friend is developing a bad attitude, bad habits and has distanced herself from you.

can it be resolved? **yes**

First, the girl you think you hate isn't really responsible—it's your bff who made the decision to change. If you're angry with someone, it's her, not the new girl. "You wanna fight for the people you love, but you can't change them," says Applebaum. Your pal decided on her own to befriend and act like that girl. What you can do is tell your bff how amazing she is and remind her of the qualities you love or admire in her. Express that you're worried about recent changes and see if the sitch can be fixed.

rethink your stink

Be cautious when using the word "hate" toward another person. Your enemy might seem horrible to you, but you may only be seeing one side of her. "You don't get to see her at home when she's being adorable with her little sister or fabulous with her dog or volunteering on the weekends with her family," Applebaum reminds us.