

Stuck in the middle

What happens when your BFFs are at war—and you're caught between them? Here's how to smooth things over.



Two of your friends are feuding, and you're feeling like a referee. Anything can spark an all-out battle between your BFFs—and even if you stay neutral, it can screw up your social life and totally stress you out. But don't freak yet. Help is here....

LET 'EM VENT

The only thing on your friends' minds is The Big Fight, so let each of them come to you and spill the dirty details. Letting them get their ya-ya's out to you keeps them from saying all those nasty things to each other—and making things worse. While they're raging, keep your lips zipped...and your ears open. You just might discover their blowout is based on a silly misunderstanding.

PUT A STOP TO GOSSIP

Now that you've heard the word from both sides, your friends might think

you're the go-to girl for poop-scoops on the enemy. But *do not* repeat the things they've shared with you. Your friends have said things about each other they don't totally mean, so *don't* pass it on.

When they dig for info or ask you to deliver snotty messages, let them know you're not willing to leak. Politely say, "I'm friends with both of you, and I don't want to be in the middle of this. You should just e-mail her."

She did **WHAT?!?**

"My two BFFs fight all the time. So much that one has a special calendar just to record their feuds! It's so awkward when I'm with them because they totally fight for my attention (more fighting!), so I hang with other people until they work it out. One fight was at a birthday party. They were going in on a pair of Uggs for the b-day girl, but they each thought the other was picking up the prezzy. So they both showed up with no gift! They spent the whole time fighting through note-passing." —Holly, 12

BRING ON THE NOSTALGIA

Even if they won't admit it, your friends probably miss each other. When one friend's name pops up, steer the convo somewhere positive. Drum up warm feelings by saying, "She's not quite herself since you two stopped speaking." Then remind her of their crazy inside jokes and when they've had each other's backs. In the midst of their fuming, they may have forgotten about all the fab times. Help 'em remember.

PLAY PEACEMAKER

The battle still hasn't blown over? Break the cardinal rule by planting yourself smack dab in the middle of the storm. Invite them both to your place for a heart-to-heart. Let them know they don't have to be best friends again, but it's important that they talk it out. Your job is to keep things chill. Be sure there's no screaming or name-calling, but stay out of it and let them go at it.

MASTER A BALANCING ACT

If they've talked it over but still can't make amends, you might have to accept the fact that you won't be hanging as a trio anymore. If that's the case, let them know you're remaining impartial and need them to respect that. Remember—this is their drama, not yours. As long as you don't play favorites, you get snaps for being a fine friend! ✨

