I’ve just realised I’ve been in love with my best guy friend this whole time, and now I can’t stop thinking about him. I’m worried he doesn’t like me the same way, though.

DOLLY DOCTOR SAYS: This can be a really tough situation, especially considering you’re such close friends; you don’t want to risk ruining your friendship for feelings that may not be there. You also don’t want to risk never finding out if he feels the same way about you.

**MARY**

I like this boy at school who smiles at me a lot. When I told my friends, a girl in my group said I’m too ugly for him and that I’ll never get him to like me. Ever since then I’ve been worried about what he thinks of me. **What should I do?**

DOLLY DOCTOR SAYS: It can sometimes be difficult to tell who’s just being kind and who’s actually giving you their attention because it gives him the chance to be closer to you without making it obvious. He might not like anyone and could just be enjoying the attention your friend is giving him. Relationships aren’t about winning or losing, all you can do is be yourself and try not to let your friend stop you from chatting to him. Find the confidence within to speak up and show him who you are. The worst thing that could happen is that he won’t like you that way, but you’ll feel much happier knowing you did something about it. No matter it’s in the shadows – if you want someone to notice you, you have to make the effort.

DOLLY DOCTOR SAYS: There are lots of reasons girls get overwhelmed by the attention from their guy friends. Sometimes, other girls might start getting attention from other guys or they start liking someone. It can make us feel like things we didn’t feel before. Take a moment to work out where your feelings are coming from. Are they real or have they just been triggered by something like this? Before you risk your friendship, you’re going to want to make sure your feelings are real. Change how you tell him how you feel and he doesn’t feel the same, it’s going to be hard to get back to being just friends, so take some time to really think about why your feelings have changed.

Me and my BFF like the same guy. All my friends know I like him, but they’re helping her get with him, so she’s most likely gonna win. I’m shy around him and can hardly get a word in because my BFF is always flirting with him. Is there anything I can do to get him to notice me, or should I just give up?

**SELENE**

DOLLY DOCTOR SAYS: It can be a really tough situation, especially considering you’re such close friends; you don’t want to risk ruining your friendship for feelings that may not be there. You also don’t want to risk never finding out if he feels the same way about you. The worst thing that could happen is that you end up with someone else. **What should I do?**

DOLLY DOCTOR SAYS: The tough thing about dating a shy guy is that it can be difficult to know how he feels and where you stand. It sounds like he doesn’t like you, but maybe he just wants to take things slower (not all guys want to rush). If that’s the case, you have a great guy here and you might want to try to be a little more open with him. Next time you see him, let him know how much you like him and that you would like to see more of him during the week. He might be thinking you’re happy with the way things are at the moment, so if you don’t tell him he’ll never know. This could be a great opportunity if he likes you. It’s usually because of their own insecurities, and the easiest way to make him feel better is to make someone else feel better. It sounds like you’re stuck with a girl in your friend group who’s a little bit of a shy guy. Stop paying attention to her and start paying attention to the guy you like. Don’t let this girl change the way you act around him – just be yourself and let your amazingness shine through. The thing about guys is that they are more confident if they didn’t like you, he wouldn’t smile at you. Stop being self-conscious and start thinking about what you’re going to say to him the next time he smiles at you.

I’ve been seeing a guy for about two months. We’ve done sexual things and he said he likes me, but recently he’s been acting distant. When he’s drunk he Snapchats me telling me he loves me, that he’s waiting and he wants to hang out with me, but at school he doesn’t come near me. Sometimes I find him trying to catch my eye and we smile, but other times we can go a whole week without talking, until I start a conversation. I invited him to my house today and we literally just watched a movie – we didn’t even kiss. On the way home he said we’re more like friends. Should I let him go or keep persisting?

**FIONA**

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I have an amazing boyfriend but recently I’ve developed feelings for my best friend’s ex-boyfriend! **I LOVE my boyfriend but those feelings are getting in the way.**

**MAIA**

DOLLY DOCTOR SAYS: It sounds like you have a case of “the grass is greener on the other side,” what you don’t have looks better than what you do have. You said your boyfriend is amazing and that you love him – that says it all. Don’t risk losing him for the thrill of something different.

The other big issue here is that the other guy is your best friend’s ex. If you let these new feelings take over, you’ll risk losing both your boyfriend AND your best friend. It might really be losing a solid friendship and steady relationship over.

To get him out of your head, try doing something exciting with your boyfriend; bring some fun back into your relationship. Try to focus on everything you love about the guy who’s already in your life. Start putting your energy back into the two people who mean the most to you: your boyfriend and your bestie.

No boys ever like me and it hurts to think that maybe I’m not pretty. All my friends are in relationships and I can’t help but feel left out. Now I’m looking at myself differently and pointing out reasons boys don’t like me. What should I do?

**CATHERINE**

DOLLY DOCTOR SAYS: It can be really upsetting when everyone else has a boyfriend and you feel like the odd one out, but this is not a bad thing! Everything will happen at the right time, with the right person, and we just have to be patient. For now, focus on you – just don’t put yourself down or start thinking something is wrong with you. Relationships might look great from the outside, but they take a lot of work, so enjoy your freedom while you have it. Now’s the time to do things that make you feel good. Try not to focus on not having a guy – this will happen when you least expect it.

I can pretty much guarantee that if you meet someone special the moment you start enjoying being single and having fun on your own. There is nothing more attractive than a girl who is loving life and is confident in herself the way she is. So it’s time to stop looking at yourself negatively and start celebrating all the things that make you special just as you are, without a guy.

I want to have my questions answered any time, day or night? Send your questions to doctorme@mediacom.au. Anything we’ve missed? Keep your eye out for our DOLLY Doctor repeats in future issues.

MET DOLLY DOCTOR

Meet Dolly doctor Kim Smith

Health and wellness expert and author of Standing Strong

GirlsStandingStrong.com

GOT A PROBLEM?

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