

# Trapped in the 'Friend Zone'

BY ANDREW SZEKERES

**SHE MET ME IN A SILKY, BLUE NIGHTIE AND INVITED ME TO HER BED. WHAT DO YOU THINK HAPPENED NEXT?**

**W**e were lying on her bed watching *(500) Days of Summer*. She snuggled up to me, as I placed my arm around her. She then threw one of her arms around my waist; our eyes met each other. She gave a cute little smirk and proceeded to say, "You're an awesome friend."

Boom! There goes the dynamite. Libido gone and out the door.

So you try to start a relationship with someone, but for some reason or another either she doesn't want a relationship or you just don't have the nerve to ask her out. By then you have become great 'friends,' despite what you might perceive as 'sexual tension.' At this point you are stuck in a friend relationship.

Congratulations, you've just been 'friend-zoned.'

Laci Green, a University of California Berkeley-trained sex therapist covered the topic in a Youtube video posted in 2010.

"The friend zone is a dark, lonely corner of relationships, where romantic potential comes to die," said Green, 22.

This is where almost any chance of becoming romantic is squashed. It is a platonic relationship, where one half is the lovelorn loser, and the other half views the relationship as just 'friends.'

I was caught in this situation with a young woman I met at school.

She was an image made from glory. She had beautiful light brown hair that looked blonde in the summer. She was just a little shorter than me, athletic and petite at the same time.

When we first met, we discovered we were similar to each other in many ways.

At first we would meet after classes, enjoy some coffee and head back to one of our homes to spend time with each other. We spent hours listening to our favourite music.

---

**"The friend zone is a dark, lonely corner of relationships, where romantic potential comes to die"**

---

Before long, we were inseparable and spent almost every day together.

I wanted a relationship, but it became harder to pursue one. Friends said I was over analyzing the situation, and I just needed to dive in.

But at this point I had become worried that if I asked her out on a date, she might say no and

I'd never see her again.

When I confronted my friends with my predicament, I was usually given the response "find someone else."

I'm not going to lie; these were not the best or most comforting responses I had hoped for.

However, one day in March things changed.

## **The Punch**

She called me around 11 p.m. She was crying nonstop and struggled to piece together words without falling into another crying fit.

She wanted to talk to me, and asked if I would come over.

I drove the half-hour drive to her house and called her when I turned onto her street. She said her parents were still up so I'd have to sneak in to her room. Thankfully, her room was on the first floor and I could easily slip in through the window she left open for me.

There she was in her silky baby blue satin nightie. Balls of used tissue paper covered her bed and partially her floor.

Apparently there was another guy she had been interested in and they had slept together recently. However, he decided to go back to his ex-girlfriend.

This is where I, the 'good guy friend' came in.

I was choked that she was sexually interested in someone else, but I tried to not let the knots



The author, left, ponders being relegated to the friend zone.

Photo illustration by Andrew J. Szekeres



Photo illustration by Eva Colmenero

**“I brought my boyfriend along, if that’s okay.”  
My heart sunk faster than a boat made out of rocks.**

in my stomach show.

I comforted her, gave her hugs, and told her how amazing she was. When she finally calmed down from crying, she plopped in *(500) Days of Summer* into her DVD player to get her mind off the situation.

When women watch *(500) Days of Summer*, they see the movie as a cute, romantic flick that stars the ever loveable Zoey Deschanel. When guys see this movie, they see the emotionless Zoey Deschanel string along Joseph Gordon-Levitt’s heart, while he gets caught in the friend zone before finally starting a relationship...then gets dumped.

So there we were under her soft and silky blanket, arms embraced with each other. In my mind, I was still hoping this would lead to a romantic relationship. But then she’d said ‘we’re good friends’, and all hope was seemingly lost.

At least that was what I thought.

A few days later, we bought a bottle of Kim Crawford Sauvignon Blanc wine. We spent the night drinking from the bottle and watching *Yes Man* starring, who else but Zoey Deschanel, as well as Jim Carrey. Once again, we found ourselves in her bed.

Maybe we were just drunk and our emotions were vulnerable, but we hooked up. At first I was in my glory, but the days to follow would prove otherwise.

### ***She Missed Me***

Every time I called her, she either didn’t answer or told me she was busy. When I finally saw her in person, she pretended that night never happened.

It wasn’t until the summertime when she called me. She told me that she missed me, and wanted to meet me at a bar for a couple of drinks to show me something important.

I put on my best Chuck Taylor shoes, and wore my trusty fedora. I walked into the bar and

spotted her immediately.

She saw me and came running towards me with trails of her purple dress fluttering behind her.

She threw out her hands and hugged me, exclaiming how much she missed me. She then grabbed my hand and started to lead me to another part in the bar.

I was thinking that she and I might finally be a couple, but that was until she proceeded to speak.

“We’re sitting over here,” she smiled.

“We’re?” I asked. “I thought it was just us.”

“I brought my boyfriend along if that’s okay,” she said as her lips fell into a natural heart shape.

My heart sunk faster than boat made out of rocks.

It was that day I realized that we were never meant to be. It felt like no matter what I did, I was always going to bear that label of ‘friend’ to her. I learned a valuable lesson to never fall into that dark area of relationships again.

### ***Stay Away from The Friend Zone***

So how can you avoid that horrid place of romance?

Rob Cribb, of the Toronto Star, wrote that people need to “grow a pair, take the rejection if it comes, and understand that it frees you from the torment of braiding her hair while talking about boys.”

However, if that answer is still vague, then Laci Green identified five actions that her friends did, that led to ending up in the friend zone:

1. They told too much about themselves right away.
2. They became a ‘personal’ therapist and seem to always have time to listen to her problems.
3. They weren’t flirtatious or create any sexual tension.
4. They were too clingy.
5. They became overtly awkward to their friends

and were too open about their inexperience in relationships.

Laci Green has listed five reasons on how to avoid the friend zone:

1. Be more mysterious and don’t include so much information about yourself at first.
2. Don’t volunteer to be there emotionally, let them come to you.
3. Subtle acknowledgement of interest, be flirtatious, and inadvertently let them know of your interest.
4. Make yourself ‘mildly’ unavailable.
5. Don’t be clingy; go easy on the texts and phone calls.

So as you can see, there are ways to avoid and get out of the friend zone. You just have to play cool in the pursuit of happiness.

And if you’re wondering whatever happened to “us”, she went on to date that guy. Even though she was promoted in her job, he used her financially by quitting his job and letting her support his drug habit. She eventually kicked him out, but we still don’t see each other anymore.

I still think about her, and the memory hurts. However, I use this emotional pain as a reminder of how to treat the people you want to be in a relationship with.

I now know I should have realized that we weren’t going to be more than friends after we saw *(500) Days of Summer*.

My story didn’t have a happy ending, but it should show that the friend zone can be extremely avoidable.

There is hope for love out there, we just have to make the most of our chances and not let them slip through our hands. In our lifetime, we will encounter many friends, so don’t be afraid to burn some bridges before you find the one for you.

If there is someone out there you like, then break all barriers and see if she likes you back. It’s better than ‘what if?’