



★ Man, I feel like a **wingwoman**

If your best friend is as cool as Cara D., this story is for you.

Feeling like the less-amazing version of your effortlessly-amazing BFF can suck. Her personality is major, she's next-level smart, and don't get started on her strobing game (basically 100). You obv's think she's incredible – that's why you're friends – but at the same time, you can't help but see yourself as a bit of a sidekick (*awkwardly waves from corner*).

Being a bit quieter and more reserved than your bestie is so OK (you do you), just as long as she's giving you the opportunity to shine in your own way as well. So we hit up friendship expert Dana Kerford at URSTRONG (urstrong.com) for tips on dealing with a best friend with a BIG personality.

Riff on the diff

Fact: Being exactly the same as your BFF wouldn't be as fun as you'd think. You'd both crush on the same peeps (awks), send the same snaps (also awks) and eat all the same snacks (RIP your fave food). So if one of you is louder, more out-there and assertive that's totally cool.

"People with big energy might be drawn to a friend with an easy-going, go-with-the-flow personality," Dana says. "They don't feel they have to compete for air time and can be their bold, spirited selves."

Same goes for you. Maybe the fact that she's a little louder balances out the quieter tendencies in you. And that's friendship right there.

Feel the (friendship) force

Sure, she's more outgoing than you, but your BFF shouldn't be calling ALL the shots. Dana stresses the importance of paying attention to how you feel when you're hanging out.

"A healthy friendship will make you feel good and give you energy," she says. "While a friend with a big personality can have its pluses, it's important you still feel respected and heard."

If your bestie is always dragging you to parties and choosing what movies to watch, and you're cool with that, OK. If you're not? Tell her.

"Try words like 'I feel' rather than 'you're being'," suggests Dana. So something like, "When we were deciding where to go with our group after school and I felt like you didn't listen to my suggestion."

"If they care about your feelings and value your friendship, they'll understand," Dana adds.

Own your vibe

She might be louder and have a million more friends than you, but that doesn't mean that you're not JUST as cool – if not cooler.

"Embrace your quiet, gentle nature," reassures Dana. "The world needs you."

And once you stop comparing yourself to her, we bet you'll agree.

Sidekick appreciation

These guys are as cool as their more famous other halves:

Elizabeth Olsen

Her sisters (Mary-Kate and Ashley) are mega famous, but are they in the *Avengers* movies? Answer: No.

Sprinkle of Glitter

Her YouTube channel is as fire as Zoella's (but with more makeup).

Ron and Hermione

We always heart Harry, but fangirl just as much over his two under-the-radar besties.



WORDS: CASE STEEL PHOTOGRAPHY: GETTY IMAGES