



Dear Barry,

Why do people get so bent out of shape if you are friendly with someone that you once had a relationship with? My girlfriend cannot handle the fact that I still have a great relationship with a woman I was in a relationship with for 5 years. We are still close and I consider her one of my best friends. The relationship ended over 10 years ago and she has been living with her current partner for the last 8 years. Since the relationship was over, I have had one other relationship and we all got along and were very social together.

I am a 45 year old woman and very successful. My current girlfriend and I have been going out for 9 months. I like her a lot, but she is starting to try and break up my long term friendship. She says that she has never stayed friends with her ex's. She tells me that if I keep my friendship with my ex and her partner, that the relationship will not work.

What do I do? I have not met someone I liked in a long time, and am tired of being alone. We get along great, and as long as I don't share that I got together with my ex or talked to her, everything is fine. I asked her why she is so bothered by it, and the answer I get, is that if your friends still, you're still in love with her.

Signed Do I Have to Choose

Dear Do I have to Choose?

I admire that you and your ex are such good friends. It is obvious that her partner is not threatened by your past relationship. Many people do not realize that just because a relationship is over, does not mean that you both don't get along and care for one another. Some relationships were better as friendships, and the fact that you and your ex consider each other family, nobody should ask you to choose.

If you give up the friendship to be in this relationship, I cannot imagine what else this woman will ask you to give up over time. She is obviously insecure, and projecting out her own feelings about what someone does when a relationship is over. The fact that she can cut off anyone she has dated or had a relationship with when it is over, tells you that that the relationships are not friendships and that you can expect the same if this does not work out.

I would never let go of your friends, even if they are your ex. These are the people who will always be there for you. My guess is, is that this relationship if you look at it from the outside is not healthy. If I had to choose, I would leave this relationship and find someone who respects your friendships.

Barry

