

LOST LOVES, FOUND FRIENDS

Sometimes life feels like one big romantic comedy -- with a touch of tragedy -- complete with awkward reunions, rogue letters, friend requests from not-so-stealthy accounts, and you face that moment when you must decide: Do I ignore it and turn away?

Age, time, and wisdom, change people.

But, if it's toxic, it must be avoided at all cost.

Reconnecting with a lost love as a friend can feel familiar and safe, with nostalgia pulling at your heart strings. You remember ~~the~~ the "good" and look past the drama. You already know each other's habits, likes, and dislikes. A reconnect might present itself minus all the past dramas and pressure of romance. What's left is a possible friend who is ... deeply loved and appreciated. Some can be friends, most cannot, and unfortunately there's also the influence of outsiders within each circle of friends. People who may not understand.

The romantic sparks may very well still be there; and in addition to that, there is now a fun "remember-when" banter. You can tease each other about bad dates, swap life advice, or maybe even talk about each other current spouses -- innocently of course. Just to vent if need be, or share funny stories. The trick of course, is boundaries. YOU can't change the past, if they were the villain (or villainess) of your past -- you have to keep that in mind.

Forgive but not forget.

But, sometimes your split was without a fault to either of you. Those are the most painful. You always have the "what if" question in your heart. What if we had ... not, been pulled apart? And now, there you are years later, talking, and getting along. It's refreshing in a world of ghosting and half-hearted messages, having someone from your past return as a cheerleader in your present feels like a plot twist worth keeping. Lost loves don't always have to stay lost, they can come back wearing a new label: friend.

And, we need all the "friends" we can get.

One ex returned into my life, discovered my situation, and said something to me that reached the depths of my soul: that no matter what, she would always talk to me, and would be my "constant" (even though her family and friends did not understand); having that said, meant more than she will ever know.

You can't always punish a person for the past.

It's why every state except South Carolina offers parole.

Some things in the past, are just that -- past.

But some of the people from out past, are worth being present.