

Should you stay friends with you ex?

Yes

By: Autumn Poston @_autumnposton_

Being friends with an ex tends to be a controversial topic. Some people don't know if they can get over the feelings they shared with the person, others just can't stand them. However, staying friends with an ex has many layers. It all depends on the person, situation, and even maturity levels. Staying friends can be a good thing and worth all of the pain of the breakup.

The person and your past with them has a major effect on the decision of staying friends or not. You may have been great friends before or new friends that felt an automatic connection but just didn't work out in a romantic sense. If you had a good friendship with someone before, a breakup shouldn't change that connection. If anything, it is something that you two can laugh about in the future and have funny stories to share with mutual friends. Friendship can be stronger than romantic feelings in the long run.

The situation of the breakup also plays a role in the future of your relationship. Sometimes it may just be bad timing, other times it may not be the right person for you specifically. That doesn't mean that this person isn't good to be friends with in the next step of your lives. Sometimes people also tend to not be in the right mindset to take on a relationship at a certain time but they may see potential in a person for a future

relationship. In this type of situation, it is crucial to stay friends so that when you're ready, it is possible for you to take that next

step.

Maturity levels are one of the most important if not the most important factor in the overall decision. It takes a certain level of maturity to put the past behind you and move on with your life. Forgiving the person that broke your heart is a large show of maturity. Every relationship starts with some kind of friendship, so why not return to that state? Why not put your differences aside and be civil? It's a simple task that proves to be extremely difficult for some. Holding grudges against somebody is no way to live your life.

In the end, it's always your decision. However, if you want to stay friends with an ex, make sure your intentions are clear. Don't lead anyone on, and don't be lead on. Just because it didn't work out for them doesn't mean it won't work out for you. It's your life and your relationship, not anyone else's.

No

By: Ally Sara @allysara05

"Let's stay friends, okay?" I cannot be the only one whose ex said something along the lines of that to me after we broke up.

When someone gets hurt by another person, why should they keep them in their life? You and I both know that they shouldn't, yet quite often we still do. If y'all broke up, there has to be a reason and most often it is because someone was hurt by the other person or they just over all weren't good for you. Overall what I am saying here is that if someone is toxic to their partner while in a relationship they're still gonna be toxic when they aren't.

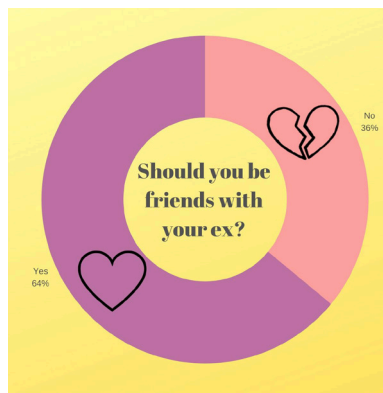
You were a huge part of their life while you were in a relationship, so why can't you be when you aren't together anymore? Well to start an ex is an ex for a reason. Next, you will mentally be attached to them. I know this because after my ex and I broke up she continued to call me and treat me as if we were still dating, which lead me to still think there was a chance for us. Talking to them right after breaking up just isn't a very smart idea. They're part

of your routine and in order for you to heal and get over them you need to take a step back and not have your life revolve around them for awhile.

Being civil is a very important thing during this process. Some of us may have to see our ex on a daily basis, and while that may be hard and upset one we have to keep our head held high. Being friends isn't always a good option for us, but that doesn't mean we have to be unprofessional and make a scene whenever we see them. A smile won't kill anybody and it'll show them that you are doing just fine without them.

Each relationship is different; sometimes being friends actually works out but we all need to know when to cut ties. Some relationships were so long and felt so amazing that when it's over you felt lost without them. During those situations we try to be friends but just end up hurting ourselves as we watch the other person move on without us. Once the point of pain is reached we aren't doing ourselves any good by staying friends with the other person. We are always told not to be selfish, but there are certain occasions where it's necessary. Taking care of your own mental health is the most important thing. Once a friendship with them causes your heart to hurt, you need to do what's best for yourself and exit the friendship.

Overall, each situation is different and we all need to do what's best for ourselves even if that means removing a once important person from your life.



In a poll of 50 students 64% said you can stay friends with your ex.

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Editorial Policy

The Vox is a public forum student-run newspaper dedicated to informing and entertaining the students of Marion High School since 1934.

It's published four times a year by Tri-Co printing company and is distributed during the final block of the school day by the journalism staff.

The staff will report as accurately, fairly, and objectively as possible. All activities will be covered by the staff to the best of their abilities, without showing favoritism to any group.

Letters to the editor will be printed from anyone in the community.

However, The Vox staff retains the right to edit articles

without changing the writer's intent.

There is a limit of two hundred words per article and all letters must be signed in order for them to be published.

The decision to include them rests solely on the staff and the advisor.

Turn letters in to room 26 or any staff member.