

Psychologists Define What The Term 'Frenemy' Really Means

Dr. Abetz and her team found that many of the interviewees shared similar feelings about frenemy relationships, leading the researchers to land on the following definition: "Relationships, often negative, steeped in situational ties and shared social connections that outwardly appear friendly but are fraught with underlying competition, jealousy, or distrust." The dynamic was described by some interviewees as 'hot and cold,' with the frenemy repeatedly giving mixed signals as they shifted between friend-like and foe-like mentalities. While many of these relationships were found embedded in unavoidable social circles and networks like family, school, and work, some participants stated that frenemy relationships evolved from seemingly true friendships that became pressured due to external circumstances.

Interestingly, having a frenemy was more of a 'felt' experience than a verbally-defined label. This is not to say that frenemy relationships don't come with their own silver linings. Some interviewees shared positive outcomes amidst the dark cloud of a frenemy relationship. "For some, the outcome of having a frenemy was better awareness of what they wanted and deserved in a true friendship," explains Abetz. "Others reflected on those teachable life lessons — and that having a frenemy highlighted future relational red flags for them." Experience with frenemies or frenemy-like relationships underscores the importance of learning what a good friendship looks and feels like by having experience with a wide range of social relationships. This is especially important for children and adolescents to understand as they learn how to navigate the social world. (Forbes)

☑ 單字片語大補帖 ▶

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|-----------------|--------|-------|------------------|---------|--------|
| 1. interviewee | (n.) | 受訪者 | 16. participant | (n.) | 參與者 |
| 2. definition | (n.) | 定義 | 17. evolve | (v.) | 進化 |
| 3. negative | (adj.) | 負面的 | 18. external | (adj.) | 外界的 |
| 4. steep | (v.) | 沉浸 | 19. circumstance | (n.) | 情況 |
| 5. outwardly | (adv.) | 表面上 | 20. verbally | (adv.) | 口頭上 |
| 6. underlying | (adj.) | 隱含的 | 21. label | (n.) | 稱號 |
| 7. competition | (n.) | 競爭 | 22. positive | (adj.) | 正向的 |
| 8. jealousy | (n.) | 妒忌 | 23. outcome | (n.) | 結果 |
| 9. dynamic | (n.) | 動態；動力 | 24. amidst | (prep.) | 在...當中 |
| 10. signal | (n.) | 信號 | 25. awareness | (n.) | 意識 |
| 11. shift | (v.) | 轉換 | 26. deserve | (v.) | 應得 |
| 12. foe | (n.) | 敵人 | 27. relational | (adj.) | 有關聯的 |
| 13. mentality | (n.) | 心態 | 28. underscore | (v.) | 強調 |
| 14. embed | (v.) | 牢牢嵌入 | 29. adolescent | (n.) | 青少年 |
| 15. unavoidable | (adj.) | 不可避免的 | 30. navigate | (v.) | 航行 |

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| ★ be fraught with | 充滿 |
| ★ due to | 由於 |
| ★ more (of) A than B | 與其 B 不如 A |
| ★ silver lining | 一線希望 |
| ★ reflect on | 反思 |
| ★ a wide <u>range/variety</u> of | 各式各樣的... |