

I didn't have it, so I never did, but I want to tell you that no matter how daunting it is to stand up for yourself at times, getting away from toxicity is always for the best. You needn't be worried about the fact that you don't have as many friends because on this planet with billions of people, a new friend could walk right by you every second. Coming back with renewed self-assurance makes that process of starting over much easier. Being in a toxic friend group, I know the level of confidence needed to break free of them. Trust me, it's all worth it in the end. I know that after leaving a group it could be hard to put yourself out there and make new friends, which is why taking out that time to let yourself be alone is so important. I know that it may be hard for a while, but as all things do, they change. And they do it for the better.