

Men's Health

WHY SHE FLIRTS WITH YOUR BEST FRIEND

5 Reasons She's Attracted to Your Best Friend

She's always flirting with your bud. Is that a bad thing?

BY SARAH JACOBSSON PUREWAL, IMAGE FROM THINKSTOCK

The last person you think you have to worry about poaching your girlfriend is your best friend—the guy you've known forever, who has seen you at all your highest (and lowest) points. Right?

So you're probably wondering why your girlfriend is always flirting with him. Okay, maybe not always flirting, but she does seem to like him an awful lot. And why wouldn't she? "Your girlfriend adores you," says relationship expert Kailen Rosenberg. "It's the 'birds of a feather' concept. You are like your friends and your friends many times are a lot like you—fun, charming, cute. It only makes sense that she would connect with a few of those guys, too."

However, Rosenberg explains, if she's your girlfriend, the flirting will likely only be for fun—on both sides of the equation. So while you may not have to worry about your two favorite people running off together, it can't hurt to figure out a little more about what makes your best friend so weirdly attractive. Here are five reasons she might be attracted to—or at least acting like she's attracted to—your go-to guy.

He's a lot like her

You choose your relationships based on compatibility, so it shouldn't be surprising to find out that your best friend and your girlfriend are shockingly similar. "Your best friend is likely to have some of the same qualities and behavior patterns as

your girlfriend,” says relationship expert Carole Lieberman, M.D., author of *Bad Girls: Why Men Love Them & How Good Girls Can Learn Their Secrets*. “For example, you might be extroverted, but feel more comfortable around friends who are introverted.”

If your girlfriend is also more of an introvert, she’ll understand and relate to your best friend on a different level. But that doesn’t mean she’s about to jump ship—remember, she’s with you because you complement those qualities in a way he can’t.

It’s easier for her to relax around him

When she’s with you, she’s on her best behavior (most of the time), because she wants you to see her as a perfect, sexy, awesome girlfriend. But when she’s around your best friend, the pressure’s off. “Face it—relationships aren’t easy. They’re risky. They’re challenging. And they’re not all good times,” says April Masini, founder of AskApril.com. “If she’s into your best friend, it’s because she’s not dating him—she’s merely attracted. It’s a lot easier to feel attraction, flirt, and consider the possibilities than it is to dive in and actually be with someone for real.”

Making her see that he’s not all he’s cracked up to be means taking a chance, Masini says. “Let him spend time with her, and you’ll see if, and how much, she misses you. He’s the object of her attraction because he feels safe, but if she’s forced to hang out with him because you’re late to dinner, she’ll realize he’s not you!”

She’s trying to impress you

She’s smart—she knows that if she wins over your friends, they’ll be her champions forever (especially in risky situations, like when you’re drunk at a bachelor party). Plus, she knows that you don’t want to hear her bashing your lifelong basketball buddy, says behavioral economist Michal Ann Strahilevitz, Ph.D. “She knows that one way to get closer to you is to acknowledge that you have great taste in friends,” Strahilevitz

says. “Seriously, would you be happier if she repeatedly told you how much she hated your best friend?”

Because he is your best friend, it’s possible that you’re playing him up a lot—especially if you have a long history together. “You may not realize that you’re creating an award-winning ad campaign for him simply by singing his praises and including him whenever possible,” Masini says. “Start opting out of his invitations every now and then, bringing other friends around, and sing the praises of others in addition to him.”

He’s mysterious

Models, movie stars, and public figures are super attractive because you’re only given a shallow image of them to covet, Masini explains. Chances are, she thinks your best friend is pretty darn perfect, because she’s never seen him at his worst. And, well, let’s just say she probably doesn’t always see you at your best. So what she sees is a guy who’s a lot like her awesome boyfriend, but without all of her boyfriend’s flaws. Oops.

This one’s easy to fix: Expose him for who he really is. Take her over to his apartment once in awhile, so she can see the stacks of dirty dishes and the refrigerator full of beer and protein bars. Give her an accurate description of him—tell her a funny story or two from your past—so she’s not *only* hearing about what a great guy he is. Just make sure you’re exposing his real-person-ness, not divulging his dirty secrets or openly bashing him. You want her to see him as a regular guy, not a loser.

She’s trying to make you jealous

Some people think a little jealousy will keep a guy on his toes, Strahilevitz notes, and she may be exaggerating her attraction to him to keep you working to win her over. Because she doesn’t actually care about whether he’s attracted to her, it’s much easier for her to flirt and engage with him. Trying to make you jealous isn’t a deal-breaker, but that doesn’t mean you should engage, Lieberman says. “The best thing you can do

is to not become jealous and possessive,” she says. “You can all enjoy doing some things together. But if she gives you reason to worry that she likes him as more than a friend, try arranging a date for him so you can double and nip those feelings in the bud.”

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