

# Three questions with Dolly

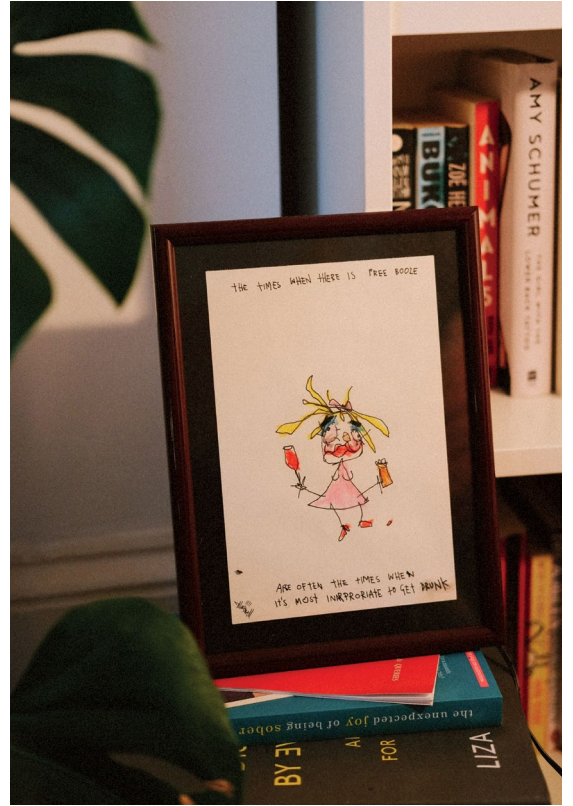
---

words *bre graham*  
portraits *sophie davidson*

Dolly Alderton is the kind of woman we all wish we had in our lives for those nights when we need honest advice and a well-made martini. Her words are warm and witty and always relatable. A true triple threat, she's a writer, director and podcaster, as well as an expert on false eyelash application. We spent a cosy evening with Dolly to chat about relationships, growing up and her new book *Everything I Know About Love*

***Everything I Know About Love is brilliant and deals with every aspect of love, from friendships and family to the boyfriends of your twenties. Did writing about your real-life relationships reveal anything?***

Writing a book affords you a great retrospective awareness of the patterns in your life. It's definitely a movement and journey. I knew when I started writing that my friends were relationships that were incredibly important to me, but I hadn't been aware that in my twenties they had been my great loves. It's affirmed the strength and bond that we have, for sure. Writing a book is an act of total vulnerability. It was horrible to write certain bits of it. It felt like the next stage of becoming a woman, before that it just felt like a lot of bravado and accommodating other people. There's a world now in which who I am is okay, it's great to be vulnerable. →





***The last pages of your book tell the story of you moving into your gorgeous apartment, in which we're now sitting. As your first time living alone, how are you finding solo living?***

I love it, mostly I think because it's so different from what I know. I've always lived with other women, from boarding school days to living with my best friends when I moved to London. I do miss the hysteria of living with women though, the energy was always really high. Coming home from nights out and dancing round the kitchen and always having someone to chat to. But I love that when you live alone, you can't avoid your own thoughts and feelings. You just have to set up mental boundaries in your head. There's no one there to make you a cup of tea or tell you to shut up. When you can feel yourself going down rabbit holes of thoughts you have to set up bollards in your mind or else you will go mad. You have to be your own housemate, keep the house tidy, make sure you're sleeping enough because at the end of the day it's only you watching out for you.

***As adults juggling every aspect of our lives, I feel like sometimes it's our friendships that are the first things that are compromised. What's your best tip for keeping friendships strong?***

I'm going to borrow something I heard Jo Brand say on a podcast the other day; she said that if she could tell her younger self something, she'd say maintain her friendships. Children grow up, parents pass away and boyfriends can leave but if you bank and invest in your friendships, they'll be there for life. The best thing you can do for each other is cut them some slack, we have high standards for our friends but, if you can, cut them slack as life gets difficult. Pick your battles and be on their side. ♦

*Dolly's book Everything I Know About Love is on sale now. To keep updated on things such as The High Low, her podcast co-hosted with Pandora Sykes, her dreams about Rod Stewart and interiors inspiration, follow her on Instagram @dollyalderton*