

KPC MINDTRACK

MARITAL RELATION

EDITED AND COMPILED BY Dr. VIMAL KUMAR



Dear Friends

It is said that marriages are made in heaven and celebrated on earth. The popular belief is true to many extent, because it is a special bond shared between two souls, who tie the wedding knot after promising to be companions for a lifetime. It is the physical, mental and spiritual union of two souls. It brings significant stability and substance to human relationships, which is otherwise incomplete. It plays a crucial role in transferring the culture and civilization from one generation to the other, so that the human race is prospered. The institution of marriage is beneficial to the society as a whole, because it is the foundation of the family, which in turn is the fundamental building block of the society.

Marriage is adjusting, growing up, putting the needs of yr spouse and children before your own, of having sleepless nights when the child or the spouse is sick, sasural duties, this applies for the man and the woman.

Marriage is not only about sex. Sex is available dime a dozen outside, pay and smile, just like u eat food in a restaurant. Marriage is about a family, and making sacrifices, of spending less on one self, and spending more on the needs of the kids education, your wife/husband, and saving money for the future. Some consider that romance should just come naturally and if it does not or if the original closeness that existed in a [relationship](#) begins to collapse, it means that something is wrong. Nothing is additional from the truth. Keeping love alive needs time, attention and the readiness to keep things fresh and learn how to continually reconnect.

The current issue of **KPC-MINDTRACK** is about **MARITAL RELATIONSHIPS**, some routine acts/activities to bring the zing' back in the relations/&or to improve upon the existing harmony, hope you find it a useful, & interesting reading. Please do try to share your opinion, experiences about such an important, aspect of human lives.

**WISHING YOU ALL THE BEST &
HAPPY READING**

DR.VIMAL KUMAR

For further information kindly visits us at
Out website - www.delhipsychiatrist.com
E-mail to - dr.vimalkumar@yahoo.com

DISCLAIMER

KPC mind track intends to offer factual up-to-date information on the subject discussed but in no way should it be regarded as complete analysis of these subject matters. Mind track is condensed from journals, books and other sources. No party associated in anyway with this publication assumes liability for any loss or damage resulting from the use or misuse of any information contained herein or any errors or omissions.

Marriage Definitions

Marriage is a sacred bond, whose gifts are the children born out of it, not of lust, but of love. Slowly the relationship is not of husband and wife, but moves to the child and mother, and child and father. Both man and woman have to make adjustments in their life to bring up the children. Gone are the late night parties, and cards with friends. You have to take the child to the circus, park, Zoo, where you don't want to go, but go for the sake of your child. The joy on the child's face is more than the time you could have spent instead with your friends! Kids exams means it is your exams, and his holidays, the whole family takes a happy day during the child's summer vacation. So basically the life revolves around the children.

So if you want to have a career or fun in life, and no responsibilities, don't marry, ever please, and spoil a poor woman's/man's life, and a kid's life. You can keep a maid for food, or eat in the restaurants, have sex with colleagues, live in, have a party every night, in short be wild and sow your oats. Once the man marries, he takes the responsibility not only of his wife, but also of the coming children and the finances.

Women are biologically made by God to bear children, and it is the mother who can bring up the child best. She only can conceive and bear the child. This duty has not been given to the males. But these days, girls don't want to get married, put career before marriage and eventual motherhood. And to bear and bring up a child, means their career goes for a spin. But they don't understand, only they can bear and give birth to a child, not a man, by any chance. The more you delay, the more nature makes it difficult for you to have one.

So marriage is a bonding of love, understanding, begetting children out of love and marriage, of sacrifices of personal and professional nature.

There is no guarantee in a job, nor in your own business, so how can there be a guarantee in marriage. We have to work hard, adjust to each other's differences, and make an effort to make it work.

One liner's

"If you do not have a Girl Friend You are missing something in your life."

"If you have a Girl Friend You are missing every thing in your life."

"Everyone who got to where they are had to begin where they were."

"Facts are many, but the truth is one."

Rabindranath Tagore

"Honesty is something you can't wear out".

Waylon Jennings

Quotes on Marriage

Instead of getting married again, I'm going to find a woman I don't like and give her a house.

Love is the triumph of imagination over intelligence

Marriage is the triumph of imagination over intelligence. Second marriage is the triumph of hope over experience.

- ✦ **The dawn of romance and the commencement of history;**
- ✦ **A word that should be pronounced as "mirage";**
- ✦ **A very good way to promote civilization - if you get a good wife you will be happy, if you get a bad one you will become a philosopher;**
- ✦ **An event which is called "tying the knot" - unfortunately, the knot can be a noose;**
- ✦ **A word which always means commitment - but so does insanity;**
- ✦ **The only permanent cure for love;**
- ✦ **Is only compatible when the man makes a living and his wife makes living worthwhile;**
- ✦ **The only adventure open to the cowardly;**
- ✦ **Something which is called a feast - unfortunately, sometimes the appetizer is better than the main course;**
- ✦ **A group which consists of: a master, a mistress, and two slaves, making in all, two;**
- ✦ **The alliance of two people, one who never remembers birthdays, and the other who never forgets them;**
- ✦ **The process that turns a female from an attraction into a distraction;**
- ✦ **A legal custom which turns a man into the captive audience of his wife;**
- ✦ **A rite where two people, under the influence most violent, most insane, Most delusive, and most transient of passions, are required to swear that they will remain in that excited, abnormal and exhausting condition until death do them part in INDIA, is the only legal method of suppressing freedom of speech;**
- ✦ **A condition where no wife gets what she expected, and no husband expected what he was getting;**
- ✦ **The ceremony which provides a man with something that, sooner or later, he will find he can't blame on the government;**
- ✦ **The continuous process of getting used to things you never expected; A status which depends upon two to be successful but only one to turn into a failure;**
- ✦ **Is a book in which the first chapter is written in poetry and the rest of the pages is prose;**
- ✦ **A delightful form of combat where you get to sleep with the enemy; an investment that pays big dividends if you manage to keep up the interest.**

"Happy marriages begin when we marry the ones we love, and they blossom when we love the ones we marry."

Then comes reality. The couple soon realizes marriage is not an ongoing celebration of celestial dimensions. It's a lifelong process of down-to-earth hard work -- worth every drop of sweat it produces."

My sentiments ...

While the concept of marriage remains the same across the globe, the way of solemnizing it differs extensively. Different laws have been formulated to legalize the ceremony, which proves to be an important turning point in one's life. Apart from the laws of marriages, the rituals following during the ceremony are in total contrast to each other. Something that is seen in the western countries cannot be witnessed in other nations in the developing world, primarily due to the contrast in the lifestyle and religious beliefs. One of the prime reasons for the paramount status of marriage is that it is the license for two individuals to live together in a society, without much limitations.

In India, marriage encompasses a number of meanings, apart from being a legalized way of uniting two people. It bears a lot of social significance. This is primarily because in India, marriage has been considered a way to bring the families of two individuals closer. Since the ancient times, marriages have been celebrated as ceremonious occasions, just like the religious festivals, wherein a number of rituals and customs are followed. A number of ceremonies are observed before, during and after wedding.

The key to successful marriage is love, understanding, mutual respect, trust, commitment and togetherness. While many couples are able to find all the key ingredients in their marital relationships, others find one element or more lacking in their bond. This gives rise to consequences that are not always expected, or desired. This is a reason why a number of couples face adverse consequences, like divorce. One of the visible reasons why married couples find marriage as an intimidating bond is that they face a number of problems, while being in the relationship. Lack of trust, mutual respect, love and understanding contribute to the deterioration of the bond.

Words Of Advice For Newlyweds

Marriage is the start of a new life. It serves as a union of two individuals, who come together, to form a couple and share the bond of love. For newlyweds, marriage seems to be bliss. However, with the passage of time, responsibilities and duties curb the 'magic' of the relationship and the picture gets a little blurred. The couple feels that the essence of the relationship has gone. However, this is not true. Marriage is all about sharing, caring and loving. You should understand that no two people are same and both the partners need to make adjustments, in order to lead a happy and contented life. In the following lines, we have mentioned some tips for newlyweds, which will help them understand each other as well as the relationship in a better way.

Funny But!?

Why love marriage is better than Arranged? B'coz a "known devil" is better than an "unknown ghost".

Marriage Problems

Communication Problem In Marriage

Wedding marks a blissful union of two individuals into oneness. However, this idyllic union is also susceptible to stumble upon tints of dilemma and difficulty. There are a number of problems that a couple might face, right from sexual problem to in-law to even financial troubles. However, the most common and general problem that couples face is communication gap.

In Laws Marriage Problem

Just like a coin, marriage also has two sides. While it may seem extremely blissful and ecstatic on one end, in the other end, it might turn out to be extremely challenging and problematic. Talking about the not-so-good side of marriage, conflict with in-laws is one of the major problems that the couple faces. In laws can either be extremely supportive and close or turn out to be just the opposite.

Financial Problems In Marriage

Financial problems in marriage are becoming one of the apparent causes for strained relationship of married couples. After tying the wedding knot, many couples in the present time are facing problems related to money. They then start the blame game for the lack of financial stability. In fact, the financial problems in marriage need to be tackled wisely, rather than aggressively.

Sexual Problem In Marriage

Although many experts say, marital relationships reach the dead end largely due to financial problems, infidelity and lack of trust, problems with sex and sexuality also rank high. Sexual problem in a marriage can even lead to unfavorable consequences like divorce, if not paid attention to it at the right time.

Present Scenario

People have realized that a successful marriage is not dependent on factors such as same caste and religion. It is on the other hand, built on the aspects of mutual understanding and compatibility. It is how well the two understand each other's need and feel for your partner. It is not necessary that you have to belong to the same community or caste to understand your spouse better. Today, there are ample examples when two people from totally different background and lifestyle come together and spend their entire life happy with each other, thanks to education.

Education has broadened the periphery of thinking and helped people develop analytical powers. It has not only altered their perception about life, but also about social concerns such as marriage and relationship. Inter caste and inter religion marriages serves as a beacon light for social equality. In order to break the perils of caste system, it has become incumbent that there should be inter-caste marriages. Marriage is mostly dependent on

True love and feeling and once this is achieved, caste and religion all becomes secondary issues.

Interesting aspect of mathematical calculation in human life Longevity

Married men live longer than single men do, but married men are a lot more willing to die.

Seniors & Relationships

The rise in senior dating can be attributed to a multitude of factors, including an increase in life expectancy, climbing divorce rates among adults over 50 and earlier retirements. Many seniors experience feelings of loneliness as they age, especially as spouses, siblings and friends die. A return to romance offers a welcome - and healthy - social distraction. Beyond all the "mushy stuff", dating can lead to finding a new friend with whom seniors can share their life experiences of today, from exploring the outdoors to talking about grandchildren or just chatting about current events over cappuccino.

Although many seniors are living on a limited income, thanks to senior discounts available for movies, theater, concerts, restaurants and museums, and even public transportation, dating for seniors is not only fun but affordable. For those looking to get away, special "single seniors only" package getaways and cruises are also offered through various senior organizations, travel agents and several major airlines.

Online Dating

Modern technology has also facilitated the return to dating for many seniors. Internet use among adults is increasing, with 70 percent of seniors who own a personal computer going online in 1998. Twenty-two percent of America Online Internet subscribers are 50 years of age or older. Quite naturally, this has led to the development of more than two-dozen online dating services especially designed for seniors, where visitors can pick and click their way to a new romance or a companion for dinner, golf, a vacation or the movies.

There's another modern way to find a mate. **Speed dating** couples a man and woman for a short time, usually six to nine minutes, and then those two people are introduced to other potential suitors. At the end of the session, each person writes down the names of the people he or she was interested in based on their short conversation, and then if both people pick each other, a match is made and contact information distributed. Speed dating, which was started as an answer to busy people's difficulty finding time to socialize, has transformed into a way for people of all ages to expand their circle of friends and contacts, even if romance is not always the final outcome. Seniors across the U.S., Canada and Europe are registering by the dozens at community centers or religious organizations that offer this rapid approach to matchmaking.

Relationship Tips

Seniors should be careful to decide first what it is they want from any new relationships and what they are willing to risk to get it. If the risk doesn't pay off, it's important to take that lesson and apply it to the next dating decision. It's also

important to trust one's instincts. If it doesn't work, it doesn't work. Walk away and be done with it. They recommend against compromising one's desires or dignity just to be with someone.

I would like to stress the need to learn about oneself to create and enforce dating limits. The more comfortable seniors are with the boundaries they have set for dating, romance and sex, the easier it will be to feel more open and appreciative about the delights of a new relationship.

So get out and rekindle the flames of romance!!

Things To Avoid In Your Relationship

We learn best by making mistakes, but too many mistakes can have negative effects on your relationship. Here are some tips to avoid mistakes:

- ☞ Don't wait, express your love right now
- ☞ Don't worry, be happy
- ☞ Don't gloat when you are right
- ☞ Don't sulk when you don't get your way
- ☞ Don't make the same mistake twice
- ☞ Don't spend your prime time watching TV
- ☞ Don't interrupt when she/he is talking
- ☞ Don't take one another for granted
- ☞ Don't hold grudges
- ☞ Don't let your mind wander during conversations
- ☞ Don't wait for your partner to read your mind
- ☞ Don't be judge mental
- ☞ Don't leave lovemaking until just before sleeping
- ☞ Don't make love the same way every time
- ☞ Don't be afraid to share your feelings
- ☞ Don't try to change your partner

Things You Should Know About Your Partner

The more you know about your partner, the better you can relate...

- * Favorite color
- * Lucky number
- * Favorite flower
- * Favorite saying/proverb
- * Favorite kind of music, musical band, singer, song
- * Favorite food, meal, vegetable, fruit, ice cream, kind of chocolate
- * Favorite restaurant, fast food joint
- * Favorite magazine
- * Favorite actor, actress
- * Favorite animal, breed of cat/dog
- * Favorite sport, sports team, athlete
- * Favorite hobby
- * Favorite sexy outfit (both for ..self and partner)
- * Favorite foreplay activity (both to receive and to perform)
- * Favorite lovemaking position
- * Dream [vacation travel](#) spot
- * Favorite beer, champagne, soft drink, wine
- * Favorite woman's perfume, men's cologne
- * Favorite way to relax
- * Favorite fictional/historical character
- * Favorite brand of make-up
- * Favorite aroma

Love and lovemaking can be improved and made and

sweeter; the more you do it, the better it becomes.

How to avoid irritation

↳ A Man mostly never irritated by A Woman during first and personal encounter.

↳ A Woman mostly shows irritation with modesty even during first and personal encounter.

How to Make Your Marriage Last

Every marriage needs help now and then, both during the good times and when things become difficult. Here are issues that impact marriages and skills to help you deal with those issues and problems in healthy ways. Remember that most problems have solutions. Don't ignore the problems and issues in your marriage. If your marriage is in trouble, get started and make the necessary changes together that will help your marriage be a successful, long lasting union. It helps to have a flexible attitude towards your marriage, a willingness to create a balance in the time you spend together and apart, and an openness to change for your marriage to last many years, it is important that you show your [love](#) for one another on a regular basis. That means daily, weekly, monthly, and yearly, taking a few minutes, even seconds, to put your spouse first on your priority list.

The Echo of Life...

A son and his father were walking on the mountains. Suddenly, the son falls, hurts himself and screams: "AAAhhhhhhhhhh!!!" To his surprise, he hears the voice repeating, somewhere in the mountain: "AAAhhhhhhhhhh!!!" Curious, he yells: "Who are you?" He receives the answer: "Who are you?" Angered at the response, he screams: "Coward!" He receives the answer: "Coward!" He looks to his father and asks: "What's going on?" The father smiles and says: "My son, pay attention." And then he screams to the mountain: "I admire you!" The voice answers: "I admire you!" Again the man screams: "You are a champion!" The voice answers: "You are a champion!" The boy is surprised, but does not understand. Then the father explains: "People call this ECHO, but really this is LIFE. It gives you back everything you say or do. Our life is simply a reflection of our actions. If you want more love in the world, create more love in your heart. If you want more competence in your team, improve your competence. This relationship applies to everything, in all aspects of life. Life will give you back everything you have given to it.

Improve your marriage life

- * Be honest.
- * Support one another's goals and achievements.
- * Respect each other.
- * Take time to share dreams and goals on a regular basis with your spouse.
- * Consider daily dialogue as a means of improving your communication.
- * Laugh together at least once a day.
- * Fight fair.
- * Be willing to forgive.
- * Remember kindness towards each other is a great gift.
- * Share your daily expectations.

- * Make decisions about finances, disciplining the children, chores, vacations, etc., together.
- * Take time to be alone together working on your intimacy. Schedule dates or romantic getaways.

Tips for happy marriage life

In talking with couples who have been married for many years, these aspects of marriage (not listed in any type of priority) are listed as necessary for a long lasting marriage.

- ☞ Continue to build [intimacy](#) - both sexually and emotionally - throughout your marriage.
- ☞ Create [passion](#) for life and for one another.
- ☞ [Forgive](#) one another. Don't hang on to past baggage and past hurts. Be willing to let go and to move forward with your lives.

Marriage Advice

Have you ever wondered "what is the secret to a long and happy marriage?" My collection of tried and true marriage advice tips will help you answer that very question! These secrets to a happy marriage come straight from the horse's mouth - those who are happily married!

Never assume. Compliment more than you criticize. For each time you vent about your husband/wife to your [friends](#), tell three positive stories. Remember that it is ok to do things differently (e.g. there is more than one way to peel a potato or fold the laundry). Always make time for the two of you. Marry someone that you enjoy listening and talking to. Remember that marriage is sometimes a bed of roses and sometimes there are thorns. Remember that the best gift that you can give your children is to love their mother/father. Be fair! Split the housework, spending money, etc evenly. This way you are never resentful of your partners contributions (or lack of) or expenditures. Never go to bed angry. (Unless it's 3a.m. and you're exhausted, angry, and not thinking straight.) Remember that people do fight. It's how you do it that matters. Before starting an argument, consider if it's really worth it.

Fight naked

Agree to disagree. Never, ever mention the "D" word ([divorce](#)). Do you want to be right or do you want to be married? Respect each other's privacy. Remember that "love is like childhood. You need to learn to share." Marriage is not 50/50, it's two people giving 100/100 all of the time. Surprise each other now and then. The secret to a happy marriage is two [TV's](#)! Have date night! Never pass up an opportunity to say "I love you". Hold hands. Hug & kiss every day (several times a day actually!). Always believe that you got better than you deserved. Be quick to say "I'm sorry". Choose the one you love, then love the one you choose. Keep the in-laws out of your marriage! Love isn't always a feeling, it's a decision. Hang in there. It's worth it. Play nice, play often, love much. Never air your dirty laundry as a couple in public. Never keep secrets from each other. Be each other's champion. No matter what, take your husband or wife's side first! Communication is the key! Always respect each other. Never underestimate the power of a good belly-laugh and don't be afraid to laugh at yourself. It's the little things that matter most. Never use the words

'Always' and 'Never' in a fight. It's ok to argue, but never use curse words to express your anger. Never compare your marriage to others. What you see on the outside is not always what it is on the inside. Don't make love in the same place/position everytime. Variety is the spice of life!

Fight Fair

Believe it or not, there are rules to have a healthy and fair fight! These rules help you have a healthy 'discussion' (yes, we don't call it 'fighting' anymore!), and will also help you develop good communication levels between the both of you. Take a look at these rules of fighting,

Never:

- * Use bad language while fighting.
- * Threaten to terminate your relationship, just for the sake of gaining an upper hand.
- * Become judgmental about his character if it has nothing to do with the fight.
- * Use force (hands, feet, vessels, mobile phones) to show power.
- * Quote past experiences. Let bygones be bygones.
- * React! Yes, reaction is an emotional process that could make the situation worse.

Always:

- * Respond! A response is to find a solution to the problem. This can lead to creative handling of future problems.
- * Fight when both of you are calm and composed.
- * Fight in a place where you will not be disturbed.
- * Make sure the kids or a third-party are not around.
- * Make sure that if he begins what he has to say, you allow him to end it. DO NOT interrupt him.
- * Remember to express what you are feeling at that exact same moment. Don't hesitate to say it if you are feeling "sad", rather than "angry" at that point of time.

Making up tips...

Post fighting, both of you need your space to settle your emotions and get back together. Here's what you do:

- * Doing something that is 'not you' can bring relief to the tension in your fights. Surprise him, do something that you would usually never do. Get him flowers, candy, or say things to him that you would normally never say. (Nice things, of course!)
- * Say sorry. If it was your fault and you know it, say sorry.
- * Celebrate! Once a resolution has been reached, celebrate the occasion. A candle light dinner, good sex. In other words, be close to each other.
- * Last but not the least, FORGET about the issues that caused hurt. Rather, concentrate on the solutions that you have come up with.

So, is fighting really good for your relationship? There will always be differing thoughts on the subject. The key is to have open communication so that there is no scope for misunderstanding.

Important laws which the great Newton forgot to state

Law of Encounters

The probability of meeting someone you know increases

when you are with someone you don't want to be seen with.

Law of the Workshop

Any tool, when dropped, will roll to the least accessible corner.

Law of the Result

When you try to prove to someone that a machine won't work, it will!

Marriage and work/life balance

This weekend, I had a million to-dos on my list. In between my daughter's girl scout activities, watching my son play basketball and getting an important package to the post office, I forgot about my wife. Actually, with all the volunteering, work and kid obligations, lately my wife has fallen to the bottom of my priority list. Partly, because after almost 20 years of marriage, I've taken for granted that she's always around. Last night, she reminded me that she deserves attention too. She's right. Whether or not you have children, balancing work, time for yourself, and marriage can be tough. It can be even harder when you work long hours trying to prove yourself on the job, or make extra money. Here are some of the balancing tips:

- * Don't count on your marriage being low maintenance.
- * Create new common interests
- * Don't forget to be polite - kiss each other good night or good bye.
- * Cut down on television and communicate with each other. Be in the moment and really listen to what your spouse is saying.
- * Be positive. It is easier to increase positive behaviour than it is to directly eliminate negative behavior
- * Reach out and touch each other.

Work life balance is a key issue for today's families in this 24/7 technological fast paced society. We are expected to work harder, work longer hours, and still manage to create a life, however, as we dedicate more time to our jobs, our personal lives begin to suffer.

It is paramount to create a healthy work/life balance in order to remain focused on the job as well as focused at home with ourselves, family, and friends. There are companies who can assist with a better balance, for example, errand and concierge firms help to create time, reduce stress, and simplify lives, by managing our To Do list, enabling you to focus on what is important, rather than on what needs to be done.

Seek the help you need and deserve to create your life, not just let it pass you by.

Funny But True!

Wife: Agar main kho gayi to tum kya karoge?

Husband: Main TV aur newspaper mein Ad dunga ki jaha kahin bhi ho.....Khush raho.

Keep your marriage alive

If you find your marriage stagnating, or find that you are too tired to keep the spark of romance alive, you need help. Marriage requires effort to make it vibrant and enduring. Sometimes it means listening to your spouse

When you'd rather go to sleep, hanging up the wet towel once again, and even taking out the garbage. Putting your partner first through little daily acts of kindness, or mounting a concerted effort to replace negative habit patterns with positive ones, will help you treasure your marriage.

How to keep your marriage alive:

- ☞ Choose to really listen to your spouse. Don't just think about how you are going to respond.
- ☞ Look for ways to serve, not be served. Let your spouse choose the movie, have the favorite section of the newspaper, or choose the menu for dinner. Be ready to say, Let's do it your way.
- ☞ Become friends for life. Men value doing things together, while women value talking together. Foster quality time together that combines activity and conversation. Take a cooking class together, walk around the soccer field while your children practice soccer, or run errands together.
- ☞ Go on a date. Dates are really just scheduled time together. Time is more valuable to a marriage than money. Create time in your day by turning off the TV for 24 hours, or getting up a half hour earlier each day to talk and pray. Let your children know that you need time for just the two of you.
- ☞ Be silly. Write each other notes or poems, buy little gifts, call just to say I love you, give lots of hugs and kisses, and consistently encourage one another.
- ☞ Make a prayer date. Start by reading Scriptures together. This will help you get in tune with each other. Talk about how God has answered prayers in the past and how He has led you in your life, your family, and your marriage. Make a prayer list and write down specific requests. Later, write in the answers to your prayers. If you don't think your spouse would consider doing this, take the risk and suggest it. Let your relationship with God foster closeness with your mate.
- ☞ Adopt a daily sharing time. Set a regular time each day when the two of you can spend 10 minutes and talk about these four questions:
 1. How are you feeling since we last talked?
 2. Is anything troubling you?
 3. What plans do you have for the next 24 hours?
 4. Are you aware of any issue in our relationship that we need to talk about? Ideally, this would be the first thing in the morning, before you start your day.

Ask for help. If you are dealing with extreme health issues or a difficult spouse, Marriage help can come in many forms and the internet can be an incredible resource for help.

Improving your relationships can be difficult if you do not have the strength to deal with the issues that surface. Some things that happen in relationships such as an affair can cause one not to trust the other partner. This may be a good reason not to trust your partner. However, if you want the relationship to improve, you must forgive and forget whatever caused the relationship to erode. This is not an easy thing to do, but is necessary if you want to work on the problem and move on. It takes the two persons in a relationship to make it work. Each person should be involved

100 percent, and both must agree to work on the relationship.
Can one person improve a relationship?

It is difficult for one person to make changes to a relationship alone. As previously mentioned, it takes two to make a relationship work. However, it is possible for one person to make changes to the relationship. It has been done before, but it is not easy. If you have the strength and will power, you can make it though any obstacle. What you have to do is improve your own personal life. You must make your life better. Some people try to change others hoping that this will fix the relationship. You cannot change anyone - the only person, you can change is yourself. When you improve your life, your partner may take interest and start to improve his or her own personal life.

After setting your goals, work the plan, and stick to it to improve your personal life. Maybe your partner will take some interest and join with you to improve your relationship and lives.

"Power will go to the hands of rascals, rogues, freebooters; all Indian leaders will be of low caliber and men of straw. They will have sweet tongues and silly hearts. They will fight amongst themselves for power and India will be lost in political squabbles. A day would come when even air & water would be taxed in India."

[Sir Winston Churchill wrote this 64 years ago]

We are incredible; we have worked very hard to prove him right..... "Success is getting what you want; happiness is wanting what you get."

the best "protect environment" slogan i have heard:
earth ko bacha lo, warna "un-earth" ho jayega...

Funny but true !!

Smile: A curve that can set a lot of things straight. Patience strengthens the spirit, sweetens the temper, stifles anger, extinguishes envy, subdues pride, bridles the tongue.

-- George Horne

"The way to get started is to quit talking and begin doing."

"The only thing that overcomes hard luck is hard work."

"Never become so much of an expert that you stop gaining expertise. View life as a continuous learning experience."

No Overpowering*

Many relationships fail because one party tries to overpower another, or demands too much. People in love tend to think that love will conquer all and their spouses will change the bad habits after marriage. Actually, this is not the case. There is a Chinese saying which carries the meaning that "It is easier to reshape a mountain or a river than a person's character." It is not easy to change. Thus, having high expectation on changing the spouse character will cause disappointment and unpleasantness.

It would be less painful to change ourselves and lower our expectations..

"Luck is the sense to recognize an opportunity and the ability to take advantage of it."

Published by:

DR. VIMAL KUMAR, MBBS MD (Psychiatry)

KOCHHAR PSYCHIATRY CENTRE
ED-7B, PITAMPURA, DELHI-110088.
TEL : 91-11-27314488, 27314489
FAX : 91-11-27314488

For further information kindly visits us at our

website- www.delhipsychiatrist.com or write
E-mail to dr.vimalkumar@yahoo.com



SIRRUS PHARMACEUTICALS PVT. LTD
2, LAKSHMI THILEGAM STREET,
RAJAJI NAGAR, VILLIVAKAM,
CHENNAI - 600049.

KOCHHAR PSYCHIATRY CENTRE (KPC)

Apart from routine psychiatric consultation other facilities offered:

- ◆ Counseling for Marital and Relationship Problems
- ◆ Online Consultation Services
- ◆ Sleep Disorder Clinic
- ◆ De-addiction Clinic
- ◆ Child Guidance Clinic
- ◆ Adolescent Counseling
- ◆ Crisis Intervention
- ◆ Management for Stress related Disorders

SELF HELP GROUPS

- ◆ Depression
- ◆ Drug & Alcohol Addiction
- ◆ Care Givers of Schizophrenia
- ◆ Care Givers of Alzheimer's/Dementia

For participation in Self Help Groups contact

At: 91-11-27314488/89, 91-9990914244

KPC-EDUCATION

Partnering for better youth

COMMITTED TO HEALTHY, STRESS-FREE EDUCATION FOR OUR CHILDREN

For details contact Dr. Varuna / Poonam / Ravi
Tel:-01127314488, 01127314489, Mob: 91-9810047186
Email: dr.vimalkumar@yahoo.com