



BE FREE WITH MIZZB

ASK A
loveLife
COUNSELLOR



loveLife

KEEPING RELATIONSHIPS HEALTHY

Finding a life partner who respects, loves and cares for you is an ideal way to find comfort and feel appreciated. Relationships are challenging and require constant maintenance to survive and thrive.

Once a person keeps in mind that nobody is perfect, it is easier to gain an understanding of a partner and find ways to approach irritations peacefully.

Couples need to have realistic expectations rather than engage in wishful thinking. Expectations around the

perfect kind of partner are just a fantasy. Most of the time, happy times in relationships come and go but it needn't affect the love that exists between partners.

Loving someone while feeling like the spark is no longer there can be frustrating. It's important for couples not to lose focus and find new and interesting ways to keep their love alive. Spending time together and sharing your dreams is a great way to enjoy each other's company.

I WANT TO END MY LIFE

Dear MizzB

I'm a 31-year-old man. My lover is three years older than me and we have two daughters. I started cheating on her. Now she's moved to Limpopo and taken the kids with her. I think of killing her, myself and the kids. I love them and can't live without them.

■ Suicidal

Dear Suicidal

Being cheated on can be tolerated for a certain time, but once the patience is gone, it can lead a person to taking a decision they feel suits them best. Trust can take a while to rebuild. Killing yourself and your family isn't a solution, so face the consequences of your actions and try to find a way forward.

HE IS WEALTHY AND I AM POOR

Dear MizzB

I'm a 23-year-old student dating a celebrity. He has proposed to me, but my parents don't want me to see him because we're poor. They say I'm not on his level.

■ Confused

Dear Confused

Although we think fortunate people

prefer to date in the same circles, this isn't always so. People can make their own choices.

Talk to your boyfriend and find out his views on your different positions. Love knows no boundaries.

Once the two of you reach an agreement, speak to your parents to help them understand how you see things.

I don't want to live with my baby mama

Dear MizzB

My girlfriend lives with me because we have a child, but I'm not ready to live with a woman.

■ Frustrated

Dear Frustrated

Communication is the best way to clear up misunderstandings or wrong perceptions.

Be honest with your girlfriend about how you feel.

Kindly explain where you stand with your relationship. Living with someone only because you have a child together could lead to frustration and hatred.

Be true to yourself and stand up for what you believe needs to be done.