



BE FREE WITH MIZZB



SINGLE? DON'T STRESS!

FEBRUARY, the month of love and affection, has arrived!

Although love is often associated with people dating, love is also shared between families and friends. At this time of year, feelings of loneliness and of being unloved may increase among the single, divorced or separated. The surge in images of loving couples on cards and in the media intensify these feelings.

If you are single it is important to remember you are as good as someone in a relationship. Being single also means you can pursue your interests and be the best you can be.

It's best to spend time with people who care about you, such as family and friends, to gain a sense of joy and completeness. Embrace the inner strengths and qualities that make you unique. Whether you are single or in a relationship, the greatest love of all is loving yourself.

Self-love needs to be encouraged among kids from an early age. Your self-worth is not measured by how much other people love and appreciate you, but by the extent to which you are content with yourself. Love you. Loving yourself allows you to lift up your life and be in a better position to pass love onto others.

She wants a break until June

Dear MizzB

I am 43 and in love with a 35-year-old woman. Our relationship started out well, but things have changed.

I suspect she is seeing someone. She asked for a break, telling me her daughter's father died and she needs to perform rituals until June. She doesn't answer her phone, especially on Wednesdays and Sundays.

■ Anonymous

Dear Anonymous

You sound upset. Finding out your partner is unfaithful cannot be easy.

People interpret breaks in a relationship differently, so it will be helpful for you to ask her to explain why she wants her space. You also need to ask what she expects during the break.

It would also be useful to get insight into her culture so that you can support her.

My boyfriend read my messages!

Dear MizzB

I'm 25 years old and my boyfriend is 29. Things were fine between us but tension began after he looked through my phone and read my WhatsApp conversations. I think he doesn't trust me and I don't know how to get things back to normal. He ignores my calls and messages. I need help because I love him.

■ Hurting

Dear Hurting

Honesty and openness are the best way to keep a relationship going. It's vital to talk to your partner about the importance of respecting boundaries between the two of you. Talking openly will give both the chance to decide on a way forward. Consider going for couples' counselling and send a Please Call Me to 083 323 1023 to talk to a counsellor.

Will my boyfriend pay lobola?

Dear MizzB

I'm a 24-year-old woman and my boyfriend is 25. We've dated for six months. Last week we had a misunderstanding. He said I'll only believe he loves me once he has paid lobola for me, but now he doesn't call me.

■ Stressed Out

Dear Stressed Out

Misunderstandings are part of every relationship, and the best way to resolve them is through communication.

While a person can say they love you, what matters most is their actions to support what they're saying.