



# BE FREE WITH MIZZB

ASK A  
loveLife  
COUNSELLOR



loveLife

## THE GREATEST LOVE OF ALL

"You must love yourself, just find it within yourself." How often have you heard this statement? Many times, I suppose, but do we really understand what it means to love oneself?

Often this is confused with acquiring material wealth or having the ideal partner. When material items and other people are used as a measure for how loved you are, it's often never enough; there will always be a need to have more or better things.

This leads to destructive relationships

that aren't fulfilling. When you find yourself consistently doing things to please others more than yourself, you need to press pause...and think about what drives you.

Loving yourself means being consciously aware of your feelings, thought processes, behaviour patterns and the decisions you take.

Loving yourself means practising self-care daily and surrounding yourself with the right people who treat you with kindness and respect.

## My man has two baby mamas

Dear MizzB

*I'm 23 and I'm dating a 29-year-old guy. He has a child and I don't. He says he broke up with the baby mama long ago. Yesterday he told me that he also has another child with another girl.*

*I want to know whether I should continue or let him go?*

■ *Anonymous*

Dear Anonymous

Your boyfriend has already started to open up about his two kids. How do you feel about him having two kids, when you don't have one? Will you be able to be involved with a man who has two children? Talk to him so you can explore the issue and decide on the best solution for both of you.

## My wife shouts when I say she's wrong!

Dear MizzB

*I am 27 and my wife is 24. When I notice that she's done something wrong and ask her about it, she shouts at me. I don't know what to do. Please help me.*

■ *Frustrated*

Dear Frustrated

It's common for newlyweds to have challenges regarding communica-

tion, particularly in the early years of marriage. The way you approach various issues is critical because it can either bring you closer or force you apart.

You need to find a way to communicate with your partner in a way she doesn't mind when you think she has done something wrong. She also needs to do the same for you.

## Struggling like this seems too hard

Dear MizzB

*I am 24. I dropped out of varsity twice due to financial problems. I've been struggling to get a bursary and a job since then. Life seems too hard.*

■ *Distressed*

Dear Distressed

When we don't achieve our goals

in a certain time, we feel as if we've failed and there aren't other options. The way to success isn't easy but it helps us discover our strengths.

Find a student counsellor to help you to explore bursaries, student loans, scholarships or government help. Search the internet for opportunities and think of other options.



## NEED HELP?

email: [mizzb@lovelife.org.za](mailto:mizzb@lovelife.org.za) or send a PLZ CALL ME to

083 323 1023 or Twitter: @loveLifeNGO /

Facebook: [www.facebook.com/loveLifeNGO](http://www.facebook.com/loveLifeNGO),

Website: [www.lovelife.org.za/youth](http://www.lovelife.org.za/youth), loveLife Mxit at loveLifeMX



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