

83-Behaviour Therapy for would be Brides:

A Why such Behaviour Therapy was developed?

- 1 'Relationship' is **born** simultaneously with our birth. Relationship is a **complex** phenomenon. Our entry in this world **creates** various relationships whether we like them or not at a latter stage in our life.
- 2 If we wish to have cordial relationship with others, it is necessary to cultivate the relationship on same **footing.(equality complex)** e.g. We must forget our education, designation, status while dealing with spouse, children, parents, friends, In-laws etc.
- 3 One should remember that we are all **Guests** in this world. We don't know our last moment in this world. Then why not try and develop cordial relationship with others.
- 4 Every girl makes all **compromises** on her marriage. She leaves her house, her near and dear ones with whom she has stayed for years together and joins husband's family of **unknown species**. She takes this bold decision purely **trusting** her 'would be husband.' In fact he is the only person to whom she claims that she knows a bit and if her expectations and assumptions are not met, she gets mentally depressed. Husband's status/value literally falls in her mind though again she can not discuss this with anyone openly. Even her parents will try and blame her only.
- 5 I am aware that developing any relationship is a long drawn **process**. You can vouch for this statement from the fact that how our relationship with parents has taken '**swings**' over the years and it will be a bold statement to make that relationship has now settled.
- 6 As stated earlier that Relationship is a **complex phenomena** and any number of laid down principles may still fail because after all each person is **unique**. Moreover building cordial relationship you need similar thinking from opposite camp as well. You need two hands for '**Clapping**' but need only one hand for '**Chutki**.'
- 7 If your relationship gets clicked **spontaneously**, then nothing likes it. But there is no guarantee that it would so happen. Hence you must try to establishment relationship by adhering to various Tips listed below. Why not make an attempt to **develop relationship professionally** instead of relying on your mood /ringing of bells in your mind?
- 8 We don't like every person around us but still for the sake **formality** we tolerate him up to the point. You will agree that in office we wish our boss, colleagues etc. though

we may not like them. We do it under the tag 'Job compromise'. If that is the case, why not apply the same **formality** in dealing with In-Laws. (An irreversible decision with your marriage.)

- 9 Although this Therapy has been prescribed to would be 'Brides' but **any daughter-in-law can start following** this therapy depending upon the circumstances to redevelop, mould, reconcile relationship with In-laws. In fact many of the above Tips can be successfully used to improve relationships with people.
- 10 These Tips have been prepared based on my experience as counsellor and observations of people from childhood. It was my good fortune that I came across many people who taught 'How **not to behave.**' I express my sincere thanks to them.
- 11 I am aware that few Tips have been deliberately repeated to drive the importance.
- 12 **This Article has been dedicated to the fond memory of my Late Aai Smt. Shantabai M. Vaidya (Born on 19-09-1919 & expired on 26-10-2004. She would have completed 90 years today.)**

B Anomalies of Marriage and Social Customs:

- 1 Human being is considered as most intellectual '**Animal**' in the universe. He can use his brain, can think from various angles, knows the risk factors, can analyze cost-benefits of his actions etc. If it is so, his behaviour is supposed to be consistent, rational etc. But we observe in day to day life that it is not so. **It is necessary to have insight of 'Anomalies of human behaviour' in respect of Marriage & social customs. There is no point in nursing the grudge in respect of same at a later date.** I cast upon you the duty to change / mould these customs in your personal life. I have already broken many in my Life.
- 2 **Bride's name** given by her parents is changed by her husband. (How many husbands will be ready to change their name after marriage?) (However Ladies with established social career before marriage rightly use both names after marriage.)
- 3 Marriage is usually performed by adhering to Age **old religious rituals** without taking pains to understand the logic behind such Age old rituals. (In fact it is the prestige point for parents of both sides that their '**so called educated kids**' agreed to get married traditionally.) (I feel that One should always do what one believes.)
- 4 Why the proportion of **divorce** has increased over the years in spite of getting married traditionally? (Is it because that no attention is given to Mantras and expected behaviour of a couple after marriage / marriage oath explained by 'Guruji'?)

- 5 Why even daily '**Puja**' (worship of GOD) is not performed after marriage? (Daily routine Puja may not take more than 15 minutes in the morning. Understandable, because the subject of 'Time management' is not given its due importance by young generation.)
- 6 Husband can perform any religious rituals even after death of his beloved wife. But why widow is not given similar right openly to perform religious rituals such as marriage of her kids, Satyanarayan Puja etc.) **Widow** is not invited to Married Ladies get together. Is it that lady has **no social value** after death of her husband? At the same time she has a social value even if her husband is not looking after the family and is a victim of bad habits.
- 7 **Remarriage** by a widow is looked down upon by the 'Society' but the 'Society encourages remarriage of a husband after death of his wife. (Obviously you need somebody to take care of his kids.) When the same need arises for a widow, then why different opinion?
- 8 Suffix to the girl's name always suggests her **marital status**. (e.g. Miss, Mrs., Smt.) Why no such facility for knowing his marital status? (e.g. Master, Mr. does not indicate his married status.)
- 9 Married lady is supposed to wear '**Mangalsutra**' to indicate to the world at large that her husband is alive. Why no such compulsion of wearing 'Chain' after marriage to indicate that he is married and his wife is alive. (How many husbands would be ready to follow this?)
- 10 Husband expects that wife should take **care of his parents**. Whether wife gets the same right to expect that husband should also take care of her own parents?
- 11 Husband can give **financial help** to his parents but wife has no such open right to offer financial assistance to her parents. (In fact parents from both sides have not left any stone unturned to offer best of every thing to their kids.)
- 12 There is an age old tussle between '**Mother-in-law**' (**Sasu**) & '**Daughter-in-law**' (**Sun**). I will unfold the secret that 'Sasu' means 'Sarakhya suchana' (Continuous instructions) and 'Sun' means 'Suchana nakota.' (Instructions should not be given.) (It is expected that both should perform balancing act in giving and listening instructions.) (**In fact nobody becomes small by following useful instructions given for their own betterment.**)

C **Anomalies of Family matters:**

- 1 **It is also necessary to have insight of 'Anomalies of human behaviour' in respect of Family matters. There is no point in nursing the grudge in respect of same at a later date.**
- 2 Mother-in-law looking after **household work** till day of marriage expects her daughter-in-law to take over the said responsibilities from the very next day after marriage.
- 3 Mother-in-law applies different **measuring rods** for daughter & daughter-in-law.
- 4 Man talks about equality in rights and duties but does not like to assist his wife in **household chores**.
- 5 To avoid / run away from tension, a man resorts to **bad habits** such as tobacco, smoking or drinking, but does not like if his spouse acquires these bad habits. **(When husband becomes prey of bad habits, how wife should counter her tension due to this?)**
- 6 A husband expects his wife to **adjust with family** members when he himself had spent good time in adjustment with his own family members.
- 7 Head of the family talking '**Shreya**' matters is not liked by junior members. (Shreya means what is good for the person. Such advice is usually bitter.) Every one likes to listen '**Preya**' or 'Sweet' advice.)
- 8 A well educated person wants to marry qualified and earning girl. But on getting married, wife is expected to **leave the job** to look after the house. (Or home?)
- 9 A young man wearing spectacles or contact lens wants to marry a girl with good **eye sight**.
- 10 We get restless on getting fat electricity bill and shout on our kids for waste of electricity by watching TV for long hours, playing computer games, taking printouts and throwing them in dust bin etc; but we ourselves forget to switch off the fan, tube light, AC etc. on moving out of the room.
- 11 In many communities Puja is not complete without **offering** milk, coconuts, food grains etc. to **GOD** (by whatever name called). (Is it not possible to give these offerings to a needy person?)
- 12 God does not stay in temple but stays /hides himself in every person. (We seldom try to recognize this GOD and spend our time and energy in offering prayer to the God in the temple.) (Kindly excuse me if somebody's sentiments are hurt.)
- 13 Young generation do not think while making '**mistakes**' **before marriage** but thereafter

keep thinking all the time as to how to hide the same from the Life partner. **(It is needless to say that husband-wife relationship should be transparent.)**

D How to avoid conflict?

1 I am aware that **developing any relationship is a long drawn process**. You can vouch for this statement from the fact that how our relationship with parents has taken 'swings' over the years and it will be a bold statement to make that relationship has now settled. **In view of this reality, if you are successful in avoiding the Conflict to start with, I would say that half the battle is won.**

2 Hence I intend to touch upon '**Conflict Management.**' **Conflict is part of our LIFE.** We may not be fortunate to avoid all conflicts but we can certainly try to manage them well in time. Understanding **reasons** of conflict & **acceptance** of conflict etc. are most essential for its management.

3 **We must first understand the main reasons for conflict:**

- 3.1 **Unmet** needs and wants. (Unmet wants could be physical, mental etc.)
- 3.2 **Values:** Our values drive our behavior. Our values may differ about time, work, health, relationship, spending habits etc.
- 3.3 **Perceptions:** There are always three sides to any matter/ problem.
- 3.4 **Knowledge:** The information or knowledge given or not given may cause conflict.
- 3.5 **Assumptions:** We make assumptions on what we know. Conflict may take place when assumptions are not checked for accuracy or are not updated periodically.
- 3.6 **Expectations:** Conflict may occur when we do not know each other's expectations. Expectations should be made known in clear terms to each other. Sooner the better.
- 3.7 **Growing up differently:** Each generation views life and work differently.
- 3.8 Willingness and **ability** to deal with conflicts.
- 3.9 Three personalities are hidden in every individual, namely **Parent, Adult and Child.** These personalities keep changing from time to time and from situation to situation. When two persons happen to be in similar personalities say Adult while dealing, then the chances of conflict are remote.

E Recommended Reading from www.spandane.com → Spandane Articles.

1 **In fact all Spandane Articles will enrich your LIFE but you should at least read the following Spandane Articles from www.spandane.com.**

Article 18 - Shivamuth

Article 36 - Consultant

Article 44 - PERT / CPM

Article 51 - MOL - DIL

Article 53 - Communication Skills

Article 55 - Time Management

Article 61 - Anger Management

Article 70 - Conflict Management

Article 71 - ABJ / TTP Technique

Article 79 - Spandane The Art of Living

Article 83 - Change yourself, not the world

Article 84 - Anomalies of Human behaviour

Article 10 - Marriage expectations -Opinions & checklist (Event Management section)

F Common Tips:

- 1 Let there be **spaces** in your relationship.
- 2 Give **respect** to get respect. **Due respect has to be given without any expectations.**
- 3 All **fingers** are not alike.
- 4 Each person **inherits** good and bad qualities.
- 5 Your behavior with any one should be the **replica** of your expectation of their behavior with you.
- 6 Respect **individuality**.
- 7 Always remember that our **opinions change** from time to time.
- 8 We all **need** each other.
- 9 No body is **perfect**.
- 10 When you are angry, **criticize the behavior**, not the person.
- 11 Human being is a social '**ANIMAL.**'

G Tips- Relationship with Husband:

G-1 Introduction:

- **Marriage** is the most **difficult decision** which most of the persons take relying solely on **fate. Decision is tougher for the lady.**
- **Marriage is like a 'Ladoo'**. Whosoever eats also repents as much as who doesn't eat.

G-2 Specific Tips- Relationship with Husband:

- 1 Let there be **spaces** in your relationship.
- 2 When you are angry, **criticize the behavior**, not the person.
- 3 Feel free to **discuss** your problem.
- 4 **Spend time** with each other in the capacity of a **Friend**.
- 5 **Expectations** from spouse should be **realistic**.
- 6 Never take each other for **granted**.
- 7 **Good points** of the spouse should be remembered.
- 8 Think of the two as a **TEAM**.
- 9 Every person should have **friends** of various levels to fill the gap in his life. Many times we face such situations which can not be discussed with parents, spouse, colleagues etc. as each one of them have some stake in you and hence you may be deprived from getting correct advice. Friendship shows the road ahead in such situations. **Make your husband as your 'best friend' with whom you should be in a position to discuss anything & everything.**

H Before you make an attempt to establish relationship with In-Laws:

- **Before you make an attempt to establish relationship with In-Laws, it is not of place to consider your graph of relationship with your own parents. Please remember that you can change overnight.**
- 1 Our relationship with parents **varies** as we grow.
 - 2 We all carry **high opinion** about our parents when we are small.
 - 3 We soon **dislike our parents** as more restrictions are placed on us as we grow old.
 - 4 When we get married and become parents, we start realizing the challenges faced by our parents and real meaning of their **behavior** those days gets **unfolded**.
 - 5 **When we grow old, our original childhood belief gets confirmed that our parents are really great.**

I Specific Tips- Relationship with In-Laws:

- 1 You should **stand by** your In-Laws in periods of transition such as retirement, death, illness etc.
- 2 **Share** your feelings with your In-Laws.
- 3 Be **sensitive & understanding** towards your In-Laws and their needs.

- 4 Express & show **your gratitude** for all that they have done for your husband & You.
- 5 Make them feel that they are **special** and they matter to you.
- 6 **Forgive** your In-Laws for their shortcomings as you also forgive your parents.
- 7 If your In-Laws are living with you then **spend some time** with them every day.
- 8 Even if they are not staying with you, make it a point to **visit** them regularly, talk on **telephone** preferably at a fixed time etc.
- 9 **If you disagree** with them on current issue then make them aware **politely** of same.

J What views / perceptions you should carry about LIFE?: (My Recommendations)

- I am aware that you also must be having views and perceptions about LIFE but might not have documented the same. I suggest that you must make an attempt to list them for your good. Some of the time tested views, perceptions and realities of Life have been listed below for your ready reference. These views in fact give reply to our strange behaviour at times.
- 1 You **may not get what you want** in Life but you can certainly **love what you get** in Life.
 - 2 You should **not carry any complex** either inferior or superior. You should carry **equality** complex.
 - 3 You should **'mean'** what you say but you may not **'say'** what you mean unless called for.
 - 4 You should believe in **individuality**.
 - 5 You should **honour** every person's ideas and skills.
 - 6 You should always try to do what is **right**.
 - 7 You should constantly **exchange** information and knowledge and keep optimum amount of **transparency** in your dealings.
 - 8 You should constantly look for every **opportunity to learn**.
 - 9 You should look at every thing first from **brain** and subsequently from **heart**.
 - 10 You should consider **Saving** as first charge on income.
 - 11 You should not ignore **signals**. (Take macro meaning)
 - 12 Happiness lies in **MIND**.
 - 13 You should constantly practice that our mind should **rule** our body and intelligence should rule our mind.
 - 14 You should try to break **outdated barriers** in life.
 - 15 You should exercise **control** over 'Hurry' 'Worry' and 'Curry'.

- 16 You should take **pride** in doing household chores.
- 17 You should try to do **Right** thing at a Right time and in Right proportion.
- 18 You should do **retrospection** at periodic intervals.
- 19 You should try to **balance** cost and benefits in every matter.
- 20 You should either don't carry **EGO** or try to keep the EGO under control.
- 21 You should believe that you owe some **obligations to society**.
- 22 You should always do **PLANNING** before taking any action, decision etc. (Take macro meaning)

K Tips: (Not necessarily in the order of importance). In fact all Tips are important. You may have to make some variation according to the situation.

- 1 If you happen to dislike the person, do not cross him out. Instead try to develop relationship by adhering to the following principles based on new technique of **'One Tick and Two Cross' and of creating 'Goodwill'**. Kindly read these Tips carefully and simultaneously think as how you would generate 'Goodwill / achieving One Tick and use it for double crossing'. Please remember that I am not trying to instigate you against your In-Laws but having landed with the new relationship, I am trying to guide as to how you can still swim against the Tide. **Always consider as to how you would react before you march towards establishing relationship / applying these Tips.**
- 2 You must learn **minimum cooking** from mother well before marriage.
- 3 Carry your **telephone diary** containing addresses, telephone numbers etc. of your relatives.
- 4 Your **personal important papers** (such as passing certificates, degrees, school leaving certificate, passport, and financial investments) need not be carried immediately after marriage but should be left with Parents.
- 5 You need not make **hurry** in changing nomination on LIC policies, TDRs etc. in favour of husband. The same may be done after a year. Observe whether he is initiating such steps?
- 6 Request your husband to **open bank account** jointly with you. You should also open another bank account in your name jointly with husband. Account should be operated E/S. **Safe deposit Locker** in a bank should also be hired to keep your gold ornaments etc.
- 7 Make an attempt to **avoid conflict**.

- 8 Make Strength, Weakness, Opportunities & Threats (**SWOT**) Analysis of your self, husband and In-Laws. You may refer Books section→sub-section Management of www.spandane.com.
- 9 Seek **permission** to call Mother-in-law as 'Mom'. Similarly seek permission to call 'Father-in-Law' as 'Papa'. Ascertain whether In-Laws have any objection if you wish to call your husband by name. Of course you also need to seek permission from your husband to call him by name.
- 10 If you wish that **your name** should not be changed after marriage, then speak well in advance with In-Laws and husband in respect of same.
- 11 In case you have no objection to **change of name**, then take initiative to suggest the new name of your choice.
- 12 Prepare a **Table** of Birthdays, Marriage anniversaries, Death anniversaries etc. of near relatives of your husband along with contact numbers, mobile numbers, Email IDs etc.
- 13 **Identify** weak / sensitive points of your husband, In-Laws. Relationship gets developed very fast when you pamper the person on his weak / sensitive point.
- 14 GOD has given 2 eyes. 2 ears but only 1 mouth. Obviously I am suggesting that initially you should **talk less**.
- 15 Diplomatically **enquire** with In-Laws about your husband's childhood days, his likes, dislikes, preferences, friends, hobbies etc. You can make use of this information to win over or control. You may also request them to show childhood snaps if available to judge the development in his personality over the years. You should **cross verify** this information diplomatically with husband.
- 16 Diplomatically **enquire** with your husband about In-Laws. (Their likes, dislikes, preferences, friends, hobbies, relatives etc.) You should **cross verify** this information diplomatically with In-Laws.
- 17 Ascertain the **relationship between** Father-in-Law and Mother-in-Law and with your husband. Whether husband is under **their influence** or vice versa?
- 18 Make all out efforts to create **Goodwill**.
- 19 Keep optimum **Transparency** in your dealings and speech.
- 20 Develop ability to say '**NO**'. But 'No' approach should be resorted as a last resort. Don't allow any one to take **undue advantage** of yours including your husband.
- 21 You should have **sense of proportion** in every respect. You should always know what is call of the hour / day?
- 22 If your relationship gets clicked spontaneously, then nothing like it. But there is no

guarantee that it would happen. Hence you must try to establishment relationship by following '**Formality**'.

- 23 Create '**Back up**'. Any talk with In-Laws should be informed to husband before he gets to know the same from In-Laws and vice versa. Develop cordial relationship with husband's brother, sister as back up.
- 24 Have you studied '**Gobels Principle**? Any false information hammered repeatedly is believed. **Do not follow this**. Use the principle to tell the '**Truth**' because many people find it difficult to digest even the Truth in one go and Truth needs to be hammered.
- 25 Are you aware of the story of '**Monkey and her kids**' told and proved by 'Birbal' to 'Badshah'? **Do not go out of the way to provide service** even to your husband.
- 26 **Respect** the person irrespective of age to get respect.
- 27 **Do not lie or tell half truth. Do not cover** your husband. **Don't lie** on his behalf. **Do not justify** husband if he is wrong.
- 28 **Inform husband** before you wish to discuss controversial matter with In-Laws. Ask him to speak to his parents. If he does not oblige, then you get moral right to talk directly and he **can not blame you** for that.
- 29 **Seek opinions as a formality**. You will experience that generally you will not be confronted on face and hence you can use this as a shield in case future problems /contradictory remark is passed on you.
- 30 **Motivate** In-Laws, husband to pursue hobbies, dreams etc. Help them to achieve the same. Your goodwill will get generated permanently.
- 31 **Share anything good**. Say a good book, good article in a magazine/ newspaper, tasty food, good entertainment programme etc.
- 32 **Spend some time** with In-Laws specifically.
- 33 **Don't argue**. You will only land up hurting feelings. You must agree to disagree.
- 34 Be **polite** in your talk. **Avoid Gossip** and loose talk.
- 35 Discuss your **dress code** before hand with In-Laws and husband.
- 36 Every one is right in his own way but please remember that **your right should not be at the cost of some body's right (not even your husband)**.
- 37 Any problem in Life should be **accepted** first, then if possible **justify** and finally you may **blame** some body or your fate.
- 38 Any thing is possible in '**Theory**'. But it is also necessary to look into the '**Technical**' feasibility and finally '**Practical**' possibility.
- 39 Do not **compare** People, Luck, Wealth etc.

- 40 Do not be **jealous**.
- 41 **Do Time Management.** Spend time judiciously keeping in mind your goals. Keep certain time for relaxation, hobbies, reading, meditation, exercise etc.
- 42 **Do not compare** your husband with your brothers, friends etc. No body is perfect.
- 43 **You should master the Art of deriving 100 % satisfaction in 50 % inputs.**
- 44 **Do not try to change** the routine on your own. First analyze the reasons for adopting that pattern of routine, discuss the same with In-Laws.
- 45 You should manage your '**Financial Matters**'. You may inform husband about it but refrain from seeking his advice unless he is professionally qualified to give advice.
- 46 **Assist** your husband in looking after his Financial matters such payment of LIC, PPF etc. You will automatically get his financial info.
- 47 **Discuss** about Financial Goals, views about addition to family etc. in clear terms with your husband.
- 48 You should be able to identify '**Primary**' (i.e. direct) and '**Collateral**' (i.e. indirect) responsibility.
- 49 Do not go out of your way to **impress** In-Laws and husband.
- 50 **Any discussion with husband should be done when his stomach is full.** You will get better response. Do not open controversial topics at night. Just seek his appointment. He will insist to discuss right away. **But refrain yourself.** If he starts guessing your mood & the matter, then be assured that you have won half the battle.
- 51 **Relationship is like a rubber band.** You must know the limit up to which the same should be strained. After all we need each other. Dispute should not be carried too far. **There should be an escape route to reconcile.**
- 52 Initially you should **telephone your parents** in presence of your In-Laws. This will create confidence in their mind that you are happy and not complaining about them to your parents. Subsequently you may telephone from mobile in case you really want to complain.
- 53 Please remember that you can **win your husband** if his stomach is made happy to start with.
- 54 Discuss about **Lunch/Dinner programme** openly with Mother-in-law to avoid dispute later. You may enquire about taste preference etc. You can definitely prepare your choice dish on a small scale. You may offer sample for testing. The movement they realize that new dish is not thrust on them, their response will be positive.
- 55 Do not give out of the way impression of happiness openly. It is difficult to judge

persons in very few days.

56 **Please remember that 'Silence' and 'smile' are two powerful tools. One tries to avoid the problem and one tries to solve the problem. Master the timing for its use.**

57 Do not lose sight of 'Woman Power.' She can handle trouble and carry heavy burdens. She holds happiness, love, and opinions. She smiles when she feels like screaming. She sings when she feels like crying. She cries when she is happy and laughs when she is afraid. Her love is unconditional. There is only one thing wrong with her. **She sometimes forgets what she is worth. Don't forget your worth.**

L I have already given few practical examples in above Tips. Now let me demonstrate the concept of 'Goodwill' & 'One Tick Two Cross' specifically. I am sure that readers would have already understood / thought over the concept, but for the sake of completeness, I am giving few Live examples to drive my point.

- 1 You should tell In-laws when you leave house (or home) and also inform by what time you would come and where you are going. (Unless you going to office). Your in-laws can not complain afterwards that you do not have discipline. You can not be blamed for late coming because you have already told expected time of returning and there can always be delay in commuting.
- 2 Enquire as to which vegetables are preferred before doing kitchen shopping. You can not be blamed for forcing the change in food habits and preferences. You can always purchase one-two vegetables of your choice, for which no body would object.
- 3 In case you decide to go for the movie / shopping, request your husband to inform /seek permission from his parents. Even then, next day just enquire casually as to whether your husband has informed them of movie / shopping programme? Your in-laws may not blame their son for not informing but would comment on you for not informing. If your husband has a problem of keeping liaison with his parents, then he would have sigh of relief. You are indirectly displaying to in-Laws as to how disciplined you are.
- 4 Wish your husband's close relatives such as brothers, sisters, uncle, Aatya (father-in-law's sister) etc. on their birthdays, wedding anniversary etc. It will be to their surprise but you would create Goodwill. If your husband is not particular in this respect, your goodwill value will double. You may either telephone, send SMS or email.
- 5 Whenever you do shopping, make it a point to purchase something for your In-laws. They will be very happy because of your remembrance. Your cost of shopping for them

would be your investment in Goodwill.

- 6 In case your In-laws are old, then they might have fear for operating electronic gadgets such as washing machine, oven, mixer, food processor, mobile, TV remote etc. Just impart this knowledge as a friend and see how excited they would be. They would realize that it is not very difficult. Human being by very nature likes to learn. Who knows that they might start helping you whenever you use these equipments? Even otherwise you have already scored the point.
- 7 Similarly share with them the excitement of Internet. Show them the various locations, snaps etc., explain the advantage of internet and its search engine. I am sure they will be very excited and it quite likely that their son would have never shared this information.
- 8 If they are fond of reading, please suggest the names of good books. If possible, start library for them and offer service of changing books etc. This will give you an opportunity to have evening walk (in case you are not serving.) Let me remind you that List of books worth reading is also available on my website 'www.spandane.com'. I am sure that In-Laws will be impressed.
- 9 In case you are not serving and your husband returns late from the office, then take mother-in-law for a walk say 2-3 days in a week. She will be very excited. Her health will also improve. (Long term advantage for you.) You will also get opportunity to comment on good health habits and propose some changes in food habits. You can refer Medical section of www.spandane.com for such Tips.
- 10 In case you have gone on a week end trip. Then make it a point to inform about safe reaching. (Old aged parents always worry about their kids.) Do telephone once or twice a day; enquire about their lunch, sleep, health etc. See for yourself how you will be welcomed on your arrival.
- 11 Wish Goodnight to In-laws. Keep pain balm, hot water, usual medicines etc. near their bed. They won't disturb you at night. Look at it as a goodwill measure.
- 12 **The above list is only illustrative.** I request you to keep this 'Goodwill aspect' in your dealings. This goodwill can be used at a later date for marking 'Two crosses' in case of dispute. You can boast that you have carried out every duty and you are not ready to accept any trifle allegations.
- 13 **You will realize that underlying principle I wish to highlight is of Professional /determined approach for developing relationships. If you are good natured lady by birth, then you don't even have to read these Tips. But just compare your behaviour**

with your parents. Can you change overnight on reaching In-Laws residence? Reply would be obviously 'No' and hence you must develop a systematic approach for developing relationship.

- 14 We don't like every person around us but still for the sake formality we tolerate him up to the point. You will agree that in office we wish our Boss, colleagues etc. though we may not like them. We do it under the tag 'Job compromise'. If that is the case, why not apply the same formality in dealing with In-Laws. (An irreversible decision with your marriage.)

M How to avoid Family Stress:

- 1 Jagi sarva sukhi asa kon ahe vichari mana tuchi shodhoni pahe....Ramdas Swami. (There is no body in this world who is happy in all respects)
 - 2 Every one carries/ faces stress. Nature of stress varies from person to person. It is born with your birth & continues till your death. Every happiness & luxury has element of inbuilt stress. Today this subject has acquired great importance. World has changed over the years. New inventions have resulted in saving of human energy and time. Now the question is whether the man and his sentiments have changed? The answer is NO. Man's basic nature is of happiness and every one makes all out efforts to seek happiness but the problem is that he does not know as to where he will get happiness.
 - 3 Most people find it difficult to define stress, yet they experience it often. Stress can be defined as an excessive demand on physical and mental energy, often leading to anger, anxiety, distress, fear, irritability and frustration.
- **In the light of this background, I intend to give few Tips to avoid Family Stress.**
- 4 You must acquire skill to stay at home as a Guest.
 - 5 Please remember that Every person has an Ego.
 - 6 Please remember that Every person has Individuality.
 - 7 Do your own work.
 - 8 Help other family members.
 - 9 Cultivate Apathy.
 - 10 Give respect to get Respect.
 - 11 Forget your office designation at home.
 - 12 Forget your educational achievements at home while dealing with family members.

N Disclaimer:

- 1 I do not claim that this Article is full proof but I am confident that careful reading can certainly assist you as a Torch in exploring unknown jungle of new relationship.
- 2 Relationship is a complex phenomena and any number of laid down principles may still fail because after all each person is unique. Moreover building cordial relationship you need similar thinking from opposite camp as well. You need two hands for 'Clapping' but need only one hand for 'Chutki.'
- 3 Why not make an attempt to develop relationship professionally instead of relying on your mood /ringing of bells in your mind?
- 4 In fact many of the above Tips can be successfully used to improve relationships with people.
- 5 Best of Luck. I request the readers to share their experiences to make this Article as elaborative as possible. Email may be sent to spandane2008@gmail.com.

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