

## 84-Behaviour Therapy for would be Bridegroom:

### 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 later 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 **compromises** on her marriage. She leaves her house, her near and dear ones with whom she has stayed for years together and joins the husband's family **unknown to her**. 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 cannot discuss this with anyone openly. Even her parents will try and blame her.
- 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 side as well. You need two hands for '**Clapping**' but need only one hand for '**Chutki**.'
- 7 If your relationship gets clicked **spontaneously**, then nothing like it. But there is no guarantee that it would so happen. Hence, you must try to establish the 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 head?
- 8 We don't like every person around us but still for the sake of **formality** we tolerate him /her 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 'Bridegroom' but 'Any Bridegroom' **can start following** this therapy depending upon the intention to redevelop, mould, reconcile relationship with wife. **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.** **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. You should discuss this issue with your would-be wife and seek her opinion. **(How many of you will be ready to change your name 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.)** Let me suggest that both of you should **pay attention** to the rituals and try to **understand** the meaning of it. **This will be the investment for your happy married life.** If you are getting married according to old religious rituals without paying attention, then I would say that you are not only deceiving your parents but you are **deceiving**

yourself.

- 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' or not understanding the word 'Freedom'?)
- 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. **You should encourage your wife to call & give due importance to widows in such function.**
- 7 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 parents? **You should definitely reciprocate and take due care of your In-Laws in case of need.**
- 8 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.) **You should allow your wife to give financial assistance to her parents in case of need at least.**
- 9 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.) You should also request your In-Laws to warn you whenever you make mistake.**

C **Anomalies of Family matters:**

- 1 **It is also necessary to have insight of 'Anomalies of human behaviour' in respect of Family matters.**
- 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. **If your Mother tries to do this, then you should stand by your wife.**
- 3 Mother-in-law applies different **measuring rods** for daughter & daughter-in-law. **If you come across any such incident, you should be bold enough to discuss it out with your Mother and should not sit on the fence.**
- 4 Man talks about equality in rights and duties but does not like to assist his wife in **household chores. It is absolutely necessary to offer helping hand to your wife irrespective of the fact she is employed or not.**
- 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?)** Becoming victim of bad habits is not the solution for any problem or tension in Life. **Instead you should share the tension with your wife.** Have confidence in your wife. She will definitely offer solution to the problem. **Please remember that your problem is her problem and her problem is your problem.**
- 6 A husband expects his wife to **adjust with family** members when he himself has spent good time in adjusting with his own family members. **You must help your wife to adjust with your family members.** In fact you can give feedback of each member about their likes, mindset, preferences, food habits etc.
- 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.) **In case your father or mother gives such advice to your wife and she is upset, then you should convince your wife as to how the advice is correct and is for her / our good.**
- 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?) In fact your concept should be clear from the day one. **You should discuss frankly with would be wife before marriage to avoid her disappointment by dictating your decision.**

- 9 A young man wearing spectacles or contact lens wants to marry a girl with good **eye sight. You should think as to how far you are right in your expectation.**
- 10 We get restless on getting fat electricity bill and shout on 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. **Are you disciplined? If not start the exercise from your end before you try to put somebody in a witness box.**
- 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?) **You should encourage your wife to think on this aspect.**
- 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](http://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](http://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 59 - Happy Man's shirt

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 a **space** 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 Nobody is **perfect**.
- 10 When you are angry, **criticize the behavior**, not the person.
- 11 Human being is a social '**ANIMAL**.'

## **G Tips- Relationship with Wife:**

### **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.
- Your relationship with Wife does not start after marriage is fixed and engagement takes place. **Ideally the relationship would start after 1<sup>st</sup> round of talks. You should frankly discuss your opinions, expectations from wife.** You must bear in mind that she would also have her opinion and choice of Life partner. The lady should also put forth her views in this regard. But please remember that in a '**Male Dominated Society,**' seldom she would get the right to express herself openly or even to exercise the option to reject the boy. **Hence, it is necessary for you to take the lead and open the discussion. Sorting of points of agreements and disagreements before conveying final 'Yes' for the marriage will lay the strong foundation for a long and happy married life.**

**I have prepared the checklist of various points on which you should express your expectations, opinions & extent of adjustment. (Refer schedule attached at end)**

### **G-2 Specific Tips- Relationship with Wife:**

- 1 Let there be a **space** 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** at various levels to fill the gap in his life. Many times we face such situations which cannot 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 wife as your 'best friend' with whom you should be in a position to discuss anything & everything.**

#### **H 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 wife.
- 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 Make it a point to **visit** them regularly, talk on **telephone** preferably at a fixed time etc. **It is your duty not only to keep your wife happy but to convince them that she is really happy.**
- 8 **If you disagree** with them on current issue then make them aware **politely** of same.

#### **I 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)
- 23 **You should measure the success by not what you have achieved but by what you had to leave to achieve the same.**

**J-1 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 or spouse 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 so that you can take care of yourself when you go abroad on deputation or when your wife goes to your In-Laws residence either for delivery or otherwise.
- 3 Update your **telephone diary** with addresses, telephone numbers etc. of your wife's relatives.
- 4 You need not make **hurry** in changing nomination on LIC policies, TDRs etc. in favour of wife. The same may be done after a year. Observe whether she is initiating such steps?
- 5 Request your wife to **open bank account** jointly with you. You should also open another bank account in your name jointly with wife. Account should be operated E/S. **Safe deposit Locker** in a bank should also be hired to keep your gold ornaments etc.
- 6 Make an attempt to **avoid conflict. (Refer Para D)**
- 7 Make Strength, Weakness, Opportunities & Threats (**SWOT**) Analysis of your self, wife, parents and In-Laws. **You may refer Books section → Sub-section Management of [www.spandane.com](http://www.spandane.com).**
- 8 Seek **permission** to call Mother-in-law as 'Mom'. Similarly seek permission to call 'Father-in-Law' as 'Papa'.
- 9 If you wish that **wife's name** should not be changed after marriage, then speak well in advance with In-Laws and wife in respect of same.
- 10 In case you prefer to **change wife's name**, then take initiative to suggest the new name of your choice or seek suggestion from your 'would be wife.' **In my opinion, you should not change wife's name for the sake of exercising your right.** Discuss this point with would be wife.
- 11 Prepare a **Table** of Birthdays, Marriage anniversaries, Death anniversaries etc. of near relatives of your wife along with contact numbers, mobile numbers, Email IDs etc.
- 12 **Identify weak/sensitive points of your wife & In-Laws. Relationship gets developed very fast when you pamper the person on his weak / sensitive points.**
- 13 GOD has given 2 Eyes, 2 Ears but only 1 Mouth. Obviously **I am suggesting that initially you should talk less with In-Laws.**
- 14 Diplomatically **enquire** with In-Laws about your wife's childhood days, her 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 her personality over the years. You should **cross verify** this information **diplomatically** with wife.
- 15 Diplomatically **enquire** with your wife about In-Laws. (Their likes, dislikes, preferences, friends, hobbies, relatives etc.) You should **cross verify** this information diplomatically with In-Laws.
  - 16 Ascertain the **relationship between** Father-in-Law and Mother-in-Law and with your wife. **Whether wife is under their influence or vice versa?**
  - 17 Make all out efforts to create **Goodwill**.
  - 18 Keep optimum **Transparency** in your dealings and speech.
  - 19 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 you including your wife.
  - 20 You should have **sense of proportion** in every respect. You should always know what is call of the hour/day?
  - 21 If your relationship with In-Laws 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**' tips mentioned in this Article.
  - 22 Create '**Back up**'. Any talk with In-Laws should be informed to wife before she gets to know the same from In-Laws and vice versa. **Develop cordial relationship with wife's brother, sister as back up.**
  - 23 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**.
  - 24 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 wife and /in-Laws.**
  - 25 **Respect** the person irrespective of age to get respect.
  - 26 **Do not lie or tell half truth. Don't lie** on her behalf. **Do not justify** wife if she is wrong.
  - 27 **Inform wife** before you wish to discuss controversial matters with In-Laws. Ask her to speak to her parents. If she does not oblige, then you get moral right to talk directly and she **can not blame you** for that.
  - 28 **Seek opinions as a formality**. You will experience that generally you will not be confronted and hence you can use this as a shield in case future problems /contradictory remark is passed on you.

- 29 **Motivate** In-Laws, wife to pursue hobbies, dreams etc. Help them to achieve the same. Your goodwill will get generated permanently.
- 30 **Share anything good.** Say a good book, good article in a magazine/ newspaper, tasty food, good entertainment programme etc.
- 31 **Spend some time** with In-Laws specifically.
- 32 **Don't argue.** You will only land up hurting feelings. **You must agree to disagree.**
- 33 Be **polite** in your talk. **Avoid Gossip** and loose talk.
- 34 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 wife)**
- 35 Any problem in Life should be **accepted** first, then if possible **justify** and finally you may **blame** some body or your fate.
- 36 Any thing is possible in '**Theory**'. But it is also necessary to look into the '**Technical**' feasibility and finally '**Practical**' possibility.
- 37 Do not **compare** People, Luck, Wealth etc.
- 38 Do not be **jealous**.
- 39 **Do Time Management.** Spend time judiciously keeping in mind your goals. Keep certain time for relaxation, hobbies, reading, meditation, exercise etc.
- 40 **Do not compare** your wife with your sisters, lady friends etc. **No body is perfect.**
- 41 **You should master the Art of deriving 100 % satisfaction in 50 % inputs.**
- 42 **Think positively** in case your wife desires to change / modify some routine in your house. First analyze the reasons for new pattern of routine, keep open mind, discuss frankly and then change the routine by mutual discussion.
- 43 You should manage your '**Financial Matters**'. You may inform wife about it but refrain from seeking her advice unless she is professionally qualified to give advice.
- 44 **Assist** your wife in looking after her Financial matters such payment of LIC, PPF etc. You will automatically get her financial info.
- 45 **Discuss** about Financial Goals, views about addition to family etc. in clear terms with your wife.
- 46 You should be able to identify '**Primary**' (i.e. direct) and '**Collateral**' (i.e. indirect) responsibility in relation with your In-Laws.
- 47 Do not go out of your way to **impress** In-Laws and wife.
- 48 **Any discussion with wife should be done when her stomach is full.** You will get better response. Do not open controversial topics at night. Just seek her appointment. She will insist to discuss right away. **But refrain yourself.** If she starts guessing your

mood & the matter, then be assured that you have won half the battle.

- 49 **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.**
- 50 Initially you should **telephone your In-Laws** in presence of your wife. This will create confidence in her mind that you are happy and not complaining about her to her parents. Subsequently you may telephone from mobile in case you really want to complain.
- 51 You should inform about taste preference of your family members to your wife. You should not force your food habits on her. She should be encouraged to cook dishes of her choice.
- 52 Do not give out of the way impression of happiness openly. It is difficult to judge persons in very few days.

**J-2 Additional 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.**

I am aware that few Tips have been deliberately repeated to drive the importance.

- 1 Are you aware that ladies undergo mood swings more than men? If yes, then are you aware of the reasons for the same? I leave this matter for you to guess. **If you are successful in searching the answer then you have already won half the battle.**
- 2 Whenever you send any email to her relatives and then do not forget to mark **BCC** to your wife.
- 3 **Always offer helping hand to spouse.** There are many household chores you can do independently. e.g. arranging dining table, putting utensils, plates etc. in washing area after lunch/dinner, making monthly list of household purchases to be made, house cleaning etc.
- 4 **Giving feedback** regarding preferences, likes, dislikes of parents, brothers, sisters on various issues to spouse. This would certainly help her to chalk out her relationship path with them.
- 5 **Spend some time** with spouse during the day to share the day's experience.
- 6 **Make it a point** to have Sunday dinner in a good hotel. Underlying idea is to give well deserved break to your spouse from kitchen work.
- 7 Make breakfast at least fortnightly for spouse and kids. **Let me assure you that cooking is not all that difficult.**

- 8 Make bed tea or first tea or afternoon tea for the family at least on few days in a month.
- 9 **Don't ever forget** the birthday of your spouse. Make the necessary planning to celebrate the same.
- 10 Bring **small gifts** on regular basis for spouse **at least initially**. Frequency can be adjusted depending on her reaction, expectations etc.
- 11 You should be **clear about the strategy** (Such as to dictate, listen and give opinion, not giving any reaction, reserving the opinion etc.) you would adopt in various situations.
- 12 Maintain utmost **transparency** in your opinion on various issues pertaining to wife such as job, dress code etc. **Discuss out such issues openly and clearly to avoid the dispute.**
- 13 **Seek her opinion** on all important issues directly affecting the family life. **Do not take her for granted.**
- 14 **Stand by her** in case of dispute if she is right.
- 15 You should master the '**Art & Science of Equilibrium**' in relationship between your wife and Mother.
- 16 Make it a point to have dinner together. **Do not discuss any disputed points at the time of Dinner.**
- 17 Decide on convenient Lunch / Dinner menu in case wife is employed. **Do not demand your favorite dish at eleventh hour.**
- 18 Learn the art of restricting / restructuring your likes such as hot rotis, fresh food etc. Also **refrain** from bad habits such as smoking, drinks etc.
- 19 In case you happen to **reach home early** in the evening, try to start on the preparation for the dinner such as preparing cooker, boiling milk etc.
- 20 **Greet her** on her return. Take the bag etc. from her hand. Offer water, show willingness to prepare tea for wife in case she returns late.
- 21 Small **household chores** such as opening door, attending telephone calls, taking home work of kids, telling stories to kids, filling up of water storage tank, arranging bedroom, operating washing machine at times should be undertaken with a smiling face irrespective of fact whether your wife is working or not.
- 22 See to it that your right should not be at the cost of somebody's right. **Try to do your jobs** such as washing own clothes, shopping of your essentials/clothes, ironing, etc.
- 23 You should be **capable** of doing practically every job done by your wife such as minimum cooking, cleaning home etc.
- 24 **Clarify your expectations** regarding dress code, religious rituals well in advance.

- Try to find out her opinions on the subject before any decision is taken.
- 25 In case you are staying separately, then make it a point **to visit** your parents, your in-laws at periodic intervals. You should also telephone them regularly. However the frequency needs to be defined depending on circumstances such as age, their dependence on you and your wife etc.
- 26 **It is generally observed that wife likes to get her opinion seconded by the husband. You should encourage wife to take independent decisions.** If need be she should be motivated to discuss the process of decision making with you. You should prompt her to consider pros and cons of each action. This will certainly help you in long run when you need 'Third party opinion' for the decision being taken by you.
- 27 **Express the gratitude** for the efforts taken by wife for the family.
- 28 **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.**
- 29 **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 her worth.**
- 30 Try to create **respect** in her mind. Give respect to get respect.
- 31 Are you aware about wife's expectations from Husband? Let me throw some light. **Housing, Understanding, Sharing, Buying And Never Demanding. **Try to come up to her expectations.****
- 32 Study her handwriting, body language and make judgments about her personality. Refer Miscellaneous section of [www. Spandane.com](http://www.Spandane.com).
- 33 Also refer Astrology section of [www. Spandane.com](http://www.Spandane.com) for studying 'Numerology, Rashi, Nakshatra' etc. **This will offer good help to judge her in advance.**
- 34 Offer some **pocket money** even if she is a working lady.
- 35 See to it that she gives proper **Gifts** to her parents on various occasions such as birthday, wedding anniversary etc.
- 36 Take LIC policy in her name for a duration of 25 years. Premiums should be paid by you. **LIC proceeds on maturity should be gifted at the time of celebrating silver jubilee of your marriage.**
- 37 Encourage her to **save money** in case she is a working lady.
- 38 Give your **family details** about birthdays, wedding anniversary, telephone numbers,

email id etc. of your relatives to wife.

- 39 Various **delicate issues** such as her job, purchasing flat, renovation, household expense budget, expanding the family etc. should be frankly discussed with wife.
- 40 Make **SWOT** Analysis of wife, her Parents.
- 41 **Telephone wife** before leaving office.
- 42 If your wife is facing some problem in reconciling with your parents, then take the lead to **bridge the communication gap** between them.
- 43 **Have you read 'Behaviour Therapy for would be Brides'? If not, then do read it. Do not allow wife to score a point on you.**

**K 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 parents 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 parents can not complain afterwards. Your wife will learn this message and she would also start this practice. **Trifle matter of dispute would get avoided.**
- 2 In case you decide to go for the movie / shopping, request your wife to inform your parents. Even then, next day just enquire casually as to whether your wife has informed them of movie / shopping programme? **You are indirectly displaying to wife as to how disciplined you are.**
- 3 **Wish your wife'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 wife is not particular in this respect, your goodwill value will double. You may either telephone, send SMS or email.
- 4 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.
- 5 In case you have gone on a week end trip. Then make it a point to inform about safe reaching to your parents and In-Laws. (Old aged parents always worry about their kids.) Do telephone once or twice a day; enquire about their lunch, sleep, health etc.
- 6 **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 boost that you have carried out every duty and you are not ready to accept any trifle allegations.**

- 7 **You will realize that underlying principle I wish to highlight is of Professional / determined approach for developing relationships. If you are good natured boy by birth, then you don't even have to read these Tips. But just compare your behaviour with your parents. Can you change overnight? Reply would be obviously 'No' and hence you must develop a systematic approach for developing relationship.**
- 8 We don't like every person around us but still for the sake formality we tolerate them 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.)**

**L 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.

**M 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](mailto:spandane2008@gmail.com).

**Compiled by Spandane (www.spandane.com) Saturday, September 19, 2009**

**G-1 / Schedule of Checklist of Expectations from Spouse & Own Opinions:**

<b>Sr. No.</b>		<b>Expectations &amp; Opinions</b>	<b>Adjustment</b>
1	Dress Code, matching, hair style etc.		
2	Finishing of incomplete education		
3	Further advanced studies		
4	Minimum Job tenure		
5	Readiness to leave job after marriage		
6	Professional responsibilities (if not serving)		
7	Permission for carrying out Performing Art such as singing, dance etc.		
8	Priorities in Life (home, education, kids, career)		
9	Financial Liabilities of would be wife.		
10	How loans taken by would be wife will be repaid?		
11	If housing loan is taken after marriage, whether she is ready to offer helping hand for loan repayment /meet household expenses.		
12	Investments made by would be wife.		
13	Whether Passport has been taken?		
14	Willingness to go abroad for few years.		
15	Willingness to go abroad permanently.		
16	Willingness to stay alone in case husband has to go abroad on deputation for say 6 months etc.		
17	Willingness to stay in a joint family.		
18	Willingness to take responsibility of Parents.		
19	Financial assistance to her parents.		
20	Your expectations from wife - Friendship, 'Yes' attitude, critical analyst etc.		
21	Life Style		
22	Her Unmet wants & dreams.		
23	What is Entertainment / Relaxation?		
24	Whether she likes travelling, trekking etc.		
25	Addiction of TV, Movies, Drama, Singing concerts, reading etc.		
26	Whether she knows Household jobs /routine?		
27	Willingness to do household chores.		
28	Her Habits not liked by others.(ask her)		
29	Her Food preference - Veg. / Non Veg.		
30	Whether she knows cooking?		
31	Whether she likes cooking?		
32	Whether she is religious? Atmosphere at your residence.		
33	Whether she knows driving? If not whether she would learn driving?		
34	Whether she has male friends? How is her relationship with them?		
35	Whether any affair in the past?		
36	Her Idea of Freedom.		
37	Her Decision making ability.		
	<b>The list is illustrative.</b>		

