

# Arrange your love marriage



Looking for your soulmate? Here are tips to help you find the life partner you've been seeking

Bhavya.Thimmaiah  
@timesgroup.com

**Y**ou love your man – he's smart, he's exciting, he's mesmerising. He fits your idea of a perfect man – the ideal you've been searching for all your life. But before you make up your mind in a hurry, it helps to introspect and reflect on whether he's really The One. Meera Ravi, counsellor and author of *Arrange Your Love Marriage*, suggests tips to keep in mind when searching for your life partner.

## 1 THINK OF AN IDEAL COUPLE

Shut your eyes and think of a couple you have always admired. We might not openly admire the couple but we do in our subconscious mind. Ask yourself what aspects of their relationship you admire.

## 2 DEFINE WHAT MARRIAGE MEANS TO YOU

Every person may have a different view about marriage. For some, marriage means companionship, nurturing, raising a family, while for some others it may be fun where no children are involved. Our parents' marriage is one of the major influences in this regard. People tend to look at the institution of marriage vis-à-vis their parents'. One needs to be clear about what one wants from a marriage.

## 3 VISUALISE THE PERSON

What physical attributes are you looking for? Do you want someone tall, handsome, bearded etc? Maybe physical appearance is important for you? For some others, traits like honesty, financial stability and being caring may be more important.

## 4 WHO AM I?

Ask yourself who you are. What kind of person are you? If you are assertive, would an assertive person be a good match? You need to recognise your traits so that you can look for traits that will complement yours. For instance, if you are impulsive, then a level-headed partner would be a better option.

## 5 LET GO OF THE PAST

A lot of people carry emotional baggage like hurt, resentment etc from their past love life when they enter into a new relationship. Resolve those issues before you decide to get into a new relationship.

## 6 IDENTIFY THE PATTERNS IN OLD RELATIONSHIPS

When something has not worked in a relationship, look at yourself to find out if you could have contributed to the situation too. Reflect on what you could have done to amend it. Without this autopsy, it is hard to choose the right person for the right reasons.

## 7 RECOGNISE YOUR NEEDS

Every individual has certain emo-

tional needs – to be loved, appreciated, understood, respected etc. In case you have unmet needs, a vacuum is created. It is highly possible that the actions of some people may fill those vacuums momentar-

## 8 Before committing yourself, check if the other person respects your boundaries

ily and you may infer it as love. That could be dangerous. All this is a subconscious process. You need to ask yourself what attracts you to the other person? What is the foundation of that attraction? Don't commit yourself only because some needs have been met temporarily.

## 8 NEED TO HONOUR THE BOUNDARIES

Before committing yourself, assess how much the other person respects your boundaries. Imposing one's views or blackmailing someone emotionally to get one's way is very unhealthy for a relationship. Drawing appropriate boundaries and ensuring that your partner respects them is an essential ingredient for a relationship. For eg, you do not want to have sex while your boyfriend does. He keeps insisting and gets upset when you say no. If

you don't draw the line, others will draw it for you and you can be emotionally hurt or be a victim of abuse. If the person does not respect your ideals, then you need to make a choice. Ask yourself if your values are more important or if being in a relationship is.

## 9 DEFINE AN IDEAL RELATIONSHIP

What is it that you will not tolerate in a relationship? Is it physical abuse, disrespect towards your parents or infidelity...? Each individual may have to define the ideal relationship for himself. Define it for yourself and then evaluate your relationship.

## 10 CAUTION: ANALYSE THE REASON BEHIND THE CHOICE

Some couples tend to make choices and commit themselves because of obligations. I have heard people say things like, 'We were living together for two years, everyone around us knew about us, how could we face the world if we broke up?'

One does not have to get married to someone just because they have been in a physical relationship. One need not succumb to peer pressure also (All cousins of my age are already married). Sometimes, people get married because of parental pressure or because their biological clock is ticking. When getting into a relationship, step back and ask yourself, 'What is the actual reason for me to be getting into this relationship?'