



Feta cheese is mentioned by Homer in the *Odyssey*. It is high in calcium and vitamin B12



Goat's cheese is a good source of the amino acid tryptophan, protein, phosphorus, vitamin B2 and potas

Don't fall, rise in love!

Relationship expert Meera Ravi gives tips on how to stay in love when in a relationship

Bangalore Mirror Bureau
bangaloremirror@timesofindia.com

There are a number of reasons why people fall in love. Some people fall in love for the right reasons while some others may do it for want of right reasons. As far as falling in love is concerned what feels right at one point may turn out as wrong after some time. Some may fall out of love, just as they fall in love. Let's look at some of the aspects which would help a couple 'rise' in love after they have 'fallen' in love.

1 OPEN COMMUNICATION

Open communication is the basic building block of any romantic relationship. You can't have a real relationship, if you don't communicate with each other. This communication is more than a casual chat. Communication means sharing of each other's feelings, breaking down differences and walls. Think about what you really need the other person to do or not do in each of your relationships and express it. All too often relationship needs are unstated, keeping others guessing. Or we express our needs in terms, too vague to act on. "I need respect," means entirely different things to different people.

2 RESOLVE IF THERE ARE ANY TRUST ISSUES

Nobody likes to be fighting with a loved one, but loss of trust causes serious problems. Trust issues are hard to overcome and often keep popping up. You and your partner must resolve your trust issues if you are to move toward a more healthy relationship. By practicing con-

stant communication and keeping it open and honest, trust can be slowly built, or rebuilt.

3 MAKE TIME FOR YOUR BELOVED

Another key to achieve that happiness in your relationship is the ability to always make time for your beloved. Married couples who have been together for years understand the importance of togetherness. Your partner should not just be the person you go to bed with. He or she should also be someone you can laugh, cry and debate with. Your partner should be the person with whom you explore new places and try new experiences. When it comes rising in love, you certainly need to make time to hang out with the person you love.

4 INVEST EMOTIONS

Relationships involve investing emotions, not just a mere list of "To Do". You have to put your feelings in it. Passion is like added spice to a bland dish, and so is shared intimacy. Giving flowers or cards just because it is a scheduled task on your organiser can only get you superficial gestures in return. To accept the other person into your life, you have to open yourself up to that person. You have to meet and interact with that person. Living in your own emotional ivory tower simply isn't going to work.

5 GEAR YOURSELF UP FOR COMPROMISE

Being in a relationship does require you to both compromise sometimes. You will have to adjust to each other, making time and taking in differing viewpoints. Each individual will end up shaping the other. Our life experiences and character will be infused within the lifestyle of the other. If no compromise is made, then it will be like a rock ramping against a brick. Never expect to be unchanged by someone you truly love.

6 ACCEPT EACH OTHER'S VALUES

To make it work long term, your values and

» CONTINUED FROM PAGE 21

beliefs must be accepted or the least, appreciated by each other. Otherwise, the relationship will have lot of turmoil. A simple flutter of life's waving hands and it will crumble.

7 BE READY TO TAKE RISK

Relationships involve changes and hence incur risk. Understand that everybody changes and nothing will always be the same. But you have to accept the risk as part of life.

8 TRY THE 10-MINUTE RULE

- » If you and your partner are struggling to discuss the things that matter to you both, it's a good idea to deploy the 10-minute rule.
- » One partner has his or her say for 10 minutes. During this time the other partner listens and does not interrupt.
- » After 10 minutes, the second partner takes the floor for 10 minutes. Men, in particular, appreciate the chance to have their say without interruption and with the guarantee that the conversation will not go on all night.
- » After both of you have had your say, have a further 10 minutes between you.
- » The whole discussion should be over in 30 minutes.
- » If both parties agree to carry on with the conversation, that's fine, but it should never go on for more than an hour.



- » If you both know that you have limited time, you will be more concise, and hopefully spare each other any histrionic behaviour.

9 FIND TIME TO WORK ON YOUR RELATIONSHIP

In today's busy, modern world, you need to find time for each other. This is not easy if both have hectic careers, and becomes even more difficult when you have children. But if you have established a will to make things better, then you need to look at your joint schedules and find time to be together. If you don't find time, improvement will be slow or non-existent.

As a therapist, I often take calls from couples who want to come for therapy to improve aspects of their relationship, but are not able to find a mutually convenient time to fit in an appointment. It suggests both the relationship and the work needed on it is a low priority. If you can make time to talk and to be together, you may keep rising in love.