

Problems need solutions. And if you can't find one, all you have to do is tell us. Our experts will find you a solution

Q I got married three years ago. Things looked good initially. But later, she started telling me about a cousin who took her for movies, bike rides. One day when I took her to a park, the first thing she recollected was her visit to the park with her cousin. I get irritated whenever she mentions him. She is possessive about her brother and parents. She told relatives that I am crazy and my mother tortures her. She does not understand me. She expects me to do things immediately. Please help.

DISTRESSED MAN

MEERA RAVI, Relationship counsellor

I have a sense of your confusion, the mixed emotions, the different relationships and family connections both in your family and with your wife's parents. The degree of intimacy she has with her brother and male cousins seem to bother you. It seems like you do not like her closeness with them and wish she would do activities such as going to a park, movies etc with only



you. It irritates you when she remembers being at these places with others. I wonder if you feel your romantic gestures are not getting acknowledged and you feel frustrated.

Also, it seems to me that you and your wife come from quite different family systems and have different ideas of what is *your* family, that is you, your wife and child, and how you interact with your mother and sisters, her parents, brother, cousins etc. I wonder if these family lifestyle/cultural differences are impacting how you and your wife are adjusting to each other.

Lastly, it sounds like your way of approaching her and asking for change

is being seen as aggressiveness on your part. Your wife is scared and is reacting by pushing you away with the support of her male relatives.

Perhaps you could try to talk about these concerns in a way that you can both relate to. Try talking about how you thought your family would look like, your wishes and desires, what you feel when she talks about her cousin/brother like that, rather than ask her "Why?" this or that, or demand she change in some ways. If she understands how her actions are impacting you and your feelings, and they seem reasonable, she might be more interested in changing.

Do you have a query pertaining to relationship, family, children, career or anything under the sun? Write to us at bmfeatures@gmail.com