

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 proposed to a girl I've loved since childhood, but she was still in love with a guy who had dumped her. She accepted me the second time I proposed but dumped me for her colleague. Now, she's back again. Why did she do this to me?

Arun S V

Meera Ravi  
Relationship  
counsellor

**D**ear Arun, on the one hand I acknowledge your loneliness. On the other, I would like you to define 'love' for yourself. Every relationship is built on mutual respect, trust, open communication and a sense of commitment. If any of these ingredients are missing, the relationship would cease to exist. Ask yourself what it is about her that you love so much? For a loving relationship to survive, both individuals must have similar feelings towards each other. Do you feel your



love is/was being reciprocated at any point? Instead of blaming yourself, remember that no relationship is a failure if you learn something about yourself from that experience. You've been hurt and it's time to heal. Instead of

bottling up, write down your feelings without editing it. As your grieving lessens, you may begin to discover your behaviour patterns. If/when you are emotionally ready, have a talk with her to get some answers for yourself.

but she should look for other reasons behind this inconsistency in her periods. You should use a condom in the future as you both may not be so lucky the next time.

**4** I am 21 years old. For four years, I've been experiencing a strong itch under my testicles. I think it is fungus because when I scratch, a white layer of dead skin gets scraped. I feel uncomfortable to visit a doctor. Please help. When do you think is the right time to visit the doctor and have it treated? Continue to feel uncomfortable unless you pick up courage.

SEND YOUR QUERIES TO:

Ask the Sexpert,

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Do you have a query pertaining to relationship, family, children, career or anything under the sun? Write to us at [bmfeatures@indiatimes.com](mailto:bmfeatures@indiatimes.com)