

Mind the Gap

Smart choices for a bright future!

PRIYA EMAILED TO ASK HOW SHE CAN COPE BETTER WITH A LONG-DISTANCE RELATIONSHIP WITH HER HUSBAND. HE LIVES AND WORKS IN DUBAI WHILE SHE LIVES IN INDIA WITH HER DAUGHTER.

The stress of a long-distance relationship can be hard to take if it is stretched over a long period of time. Here are some ways you can stay on top.

■ **Take stock of your finances**

Discuss your financial needs with your husband. List all the major investments you need to make and the debts you need to clear. Assess revenues from the business you have mentioned in your mail. If both of you believe that your enterprise and your husband's earnings in India (in a job or your business) can meet your financial needs, then ask him to look at options in India.

■ **Prioritise** Ask yourself what your priorities were when you decided to move back to India. List them down. Prepare a new list of priorities, taking into account yours and your family's emotional, mental, spiritual and physical needs. Keep in mind that as the situations in your life change, priorities also change with them and you may need to reconsider your decisions.

■ **Develop coping skills** Tell yourself that this is a temporary phenomenon and this too shall pass. The more you focus on how bad the situation is, the more depressed you will feel.

Spend more time with your child, help her develop the right personality.

■ **Create a support group**

Surround yourself with people who can help you cope better.

Tell your relatives that you have made this decision for a reason and that you want to stick to it. Speak to a professional counselor who will help you make the right decision.

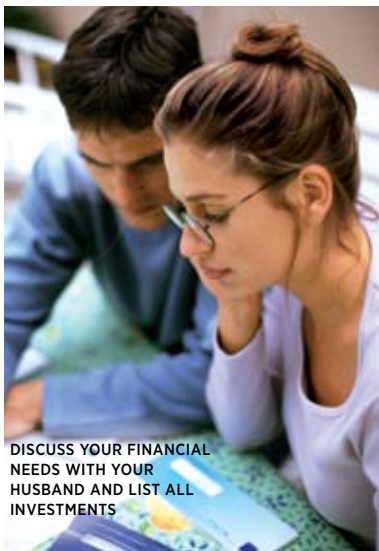
■ **Spend more time together**

Look out for opportunities to spend time with your husband more often. Remember, our destinies are shaped in the moments in which we make our choices. If you choose differently, you can also change your destiny. Be clear about what your needs are as a woman, mother and a wife, and then make your choice. All the best! ■



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DISCUSS YOUR FINANCIAL NEEDS WITH YOUR HUSBAND AND LIST ALL INVESTMENTS