

The Genius of Relationships

By Kelly Green

The Genius of Relationships is designed to help people improve, and establish positive relationships. From the trials, and tribulations of finding the right mate, to controversial issues, such as child marriages, and dealing with divorce. These issues are examined to help those, who are enduring these situations. As future owners of this ebook, it is your responsibility to choose, or modify the ebook according to your needs. If you are publishing your own book: purchasing this e-book will be your first step to success in marketing your business. It might even provide you with advice, and techniques for building, and working on the relationships that all of us experience in our daily lives. This unbiased e-book will also help you examine sides of situations that may provide you with a better understanding of human nature, while giving you the status of telling others that you are the writer of this informative book. As a customer, and owner of these e-books, you must provide us with topics, so we can continue to help you in improving, or increasing your revenue, and success.

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Introduction: Dr. Arthur

The rustling of trees is heard as I continue walking down the winding path. I stop to listen to the murmur of branches as they move gracefully in the warm wind, making the sound that demands the attention of those who are willing to listen. Swish swish swish, murmurs the sounds of multiple branches on trees that are unseen to the eye, but noticeable to the mind. The rhythmic peaceful song softens, then disappears with an instrumental interlude of crashing waves and gentle rain fall. I refrain from thinking of the peaceful sounds and concentrate on finding my destination, which is unknown to me. Continuously looking for the location of the sounds played each moment by the natural orchestra of the chorus of moving branches on trees, the instrumental rise and fall of waves, and the verses of rainfall, I conclude that it is all a sensory illusion. As I walk along the damp, mysterious path of intrigue, I feel the end of the song approaching with the singing of the trees, the rain fall desperately competing with the harmonies of the trees, and then the base drum of the waves rising and crashing into the lake where they remain until the next song is naturally played.

Sounds of the harmonious waves, trees and rain arrangement is replaced with the monotone buzzing of the alarm. My body jolts out of the illusion of a peaceful, endless journey by the shrill off pitch sound that is buzzing loudly on the nightstand. My wife moans peacefully as she rolls over; reluctant to get out of bed. I did the same, and then we roll in unison onto our backs, where we lie for several minutes in tired silence.

"Doctor Arthur," she says in a playful, yet proud voice. I force my eyes to open again. Hoping that they will stay open for the rest of the day.

"You got a lecture this morning," she reminds me, as she pushes herself out of the warm bed, and onto her feet, where she begins to shiver from the shock that we all experience when leaving warm pillows and blankets to start the day.

"Yes," I groan, as I sit up, wrap the comforter around me for one last time, and jump out of the bed to force the energy to rush through my body.

Wearily, I descend the stairs, and sit down at the kitchen table to try and motivate myself to make coffee.

"No, don't worry. I'll make the coffee," says my wife. Reading my mind.

"Thanks," I manage to say before yawning.

The aroma of coffee fills the room as she begins making breakfast. The smell of eggs, bacon, coffee, and warm biscuits, encourages my mind and body to rejuvenate and awaken. She sits down beside me and smiles.

"Well, it's been a year since I've taught anything, so what is your lecture on today?"

"You know, the book I wrote."

"Yes, but what part are you doing?," she asks. Pouring some coffee for herself.

"Actually, Alexandra, I'm going to have them do an assignment. It will probably take most of the course for them to finish, but I think it will be an intellectually developing and fun experience."

She sips her coffee, and I turn my head as if I can see the coffee turn white after she pours a large amount of milk into the cup and stirs it in to insure a subtle flavour. I know that I am unable to send the image of the whiteness from my eyes to the visual elements in my brain, but I believe it is enjoyable to imagine it all the same.

"Remember that it's their first year. They might lose interest, and become angry with you if

they all receive failing or poor marks."

"Now I understand why you are glad that you are not teaching," I reply with a playful smile.

"No, that's not the reason. I'm just saying that you know by now, not to give assignments that are masters level of academia to first year brats, I mean, students."

She laughs, walks over to turn off the stove, and leaves the room to wake our son, David in the small bedroom upstairs. I decide to wait to eat, but continue drinking my coffee. David is only ten, and it motivates me to proceed with my daily tasks when we all eat together. I have studied many families during my years as a graduate student. My research was on human behaviour in relationships. I wanted to learn and understand the dynamics of relationships in this ever changing world. The need to interact with others and build relationships is what establishes strong, and successful societies. Where would humanity be, if we were unable to build friendships, marriages, and family bonds? My thesis stated that we would not be able to survive. If you look at evolution for example, this is how other species of animals flourished, and remain a key element of nature today. Unfortunately, relationships in nature, and in human societies some times need help to mend and succeed. Many relationships that I studied didn't have strong bonds. Blame it on the socio-economic climate that is forced on people or government powers who force the masses to work sixty or more hours each week, I have heard it all. I understand these claims, but I concluded that they are not a legitimate excuse. Moreover, I believe that no matter how many hours you work or what your ambitions are in life, relationships are the key element for healthy survival of the human race. My studies proved that ninety percent of people want to have strong and loving relationships with their children, spouse, boyfriend, girlfriend, colleagues, and friends. They need to learn methodologies and techniques to fulfil this innate desire. This is what I base a lot of my lectures on with my first year

psychology students. The reason is because I want to emphasize that psychology is important. For those, who wish to council others, they need to learn and comprehend human behaviour with its complexities and dynamic variations in relationships. For this semester, however, I am going to involve my students in the process of counselling others regarding this issue. I don't think it will be difficult for them to accomplish. I am going to be fare and have them work in groups of five, or more, depending on my class size for this term. I hope it is small. I enjoy teaching smaller groups because I can get to know their individual needs, goals, and set the rest of the course accordingly. The wonderful thing about this assignment is that it is interactive, and can be completed with any number of students.

"Boo!," yells my son, who playfully puts his hands on my shoulders. I jump, and my thoughts return to the smell of bacon, eggs, and small biscuits that my wife puts on a plate in the centre of the table.

"Did I scare you, dad?," asks my son, with a proud smile on his face.

"No, not really."

"Yes I did, but you don't want to admit it, do you?" He laughs, and my wife walks into the kitchen and we sit down to eat. She reaches over me and pours some hot eggs onto my plate for me, which she has done for quite awhile now without any thought.

"I put the eggs at twelve o'clock. The biscuits are beside David," informs my wife, as she begins eating after placing the eggs onto my plate.

"No dad, there's no more biscuits left," says my son sarcastically.

"You ate them all?"

"Yep." He laughs and my wife, Alexandra places her hand firmly on the table.

"You want to leave the table David?"

"No," he answers sheepishly.

"Then I suggest you stop disrespecting your father and apologize!"

"I was only joking," retorts David defensively.

"It doesn't matter! Apologize now, or leave the table and get ready for school without
breakfast!"

"Sorry dad," submits David.

"It's all right buddy. I know you were just playing with me for fun.

"Arthur, don't say that to him or he'll do it again!," yells my wife."

"Look Alexandra, he's a kid, and not only that, he's a ten year old boy who was just trying to
have a good laugh. He wouldn't trip me or move an object for malice enjoyment, but one has to
have a little bit of fun in life, so let it go and lets finish eating."

David finishes quickly and quietly leaves the table.

"Make sure you're ready for school when I'm done," commands Alexandra, as he rushes up the
stairs to avoid further confrontation with her.

"I really don't want anymore children," she confides with a sigh, and takes my empty plate with
hers to wash in the sink.

"Why? Kids are great. Especially when they're David's age. You just need to listen and
realize that you were that age once." "Yes, well that was a long time ago," she explains as she
turns on the water and begins washing the plates, cups and frying pans.

"Alexandra, let me help you."

"Why? You'll make more work for me in the end, so just do what you have to do and
everything will be fine."

"Alexandra, what is your problem? When we woke up this morning, you were happy and at

peace with everything in the world. Now you are starting arguments that are unnecessary, and you know it if you stop and think about your behaviour."

"I really don't know what is wrong Arthur. I'm just tired of our son disrespecting his father just because he knows he can without consequence."

"He wasn't. I told you this earlier. Alexandra, you have to get over the past, or the future will be grim for you and our family."

She sighs and says nothing.

"Alexandra, please sit down for a moment."

I rise from my chair and hug her as a gesture of conciliation and resolve. She loosens her tense shoulders and sits in the chair next to mine again.

"Alexandra, I don't want to go into work with an argument unresolved. I have to show my students how to behave and interact properly with others in their lives, so I want to come to a solution with you before I leave.

"All right. How?"

"Well first of all, what is wrong? You awoke in an agreeable mood and now it has changed.

Why?"

"I told you Arthur, so please don't ask the same question!"

"I'm not asking the same question. I'm wanting to know what you think David has done that is disrespectful to me? I know that you disliked his actions this morning at the table, but what else has he done?"

"Nothing, but I don't want other incidents of disrespect to develop."

"Alexandra, they won't develop. He's a good kid, but you need to understand that he is a human being and not a robot. He enjoys laughing and playing practical jokes with others, especially

me and that's healthy for children and adults as you know."

She grabs my arm and begins to cry. I hold her for what seems like minutes and her crying stops.

"Everything has been so hard lately," she confesses, wiping her eyes with a napkin that she grabbed from the front end of the large, varnished wooden table.

"I know it has, but it's getting better. I'm back at work, and I'm feeling good about everything again. I know it's been hard. I've had to learn everything over again and differently from how I learned in the past, but life is becoming normal again."

"Normal? Normal will never be a reality for us Arthur."

"Alexandra, why?"

"I have to be a servant to you now. Not only with intimate matters, but with domestic tasks and everything. When I woke up this morning, I saw you and thought that our nightmare was fiction and not real. I wanted to believe that the crash of the car and since then, nothing has been the same."

"I know, but if you look past that tragedy, things are beginning to get better. I've learned how to read again, even though most of my vision is gone, but I can still read normally if the text is large enough, and David has really accepted the new changes."

"I don't know if I can accept them Arthur."

"Alexandra, what do you mean?"

I suddenly feel my heart racing and a chill of fear rushing through my body.

"I mean, we need to separate for awhile to find out if this is the life we really want."

"No no Alexandra. No, please don't leave. Think about David and how he'll feel. You know he's at a vulnerable age, so why are you thinking this way?"

Calls from his mother are heard from upstairs.

"David, your father and I are talking, so please wait for a few more minutes and then I'll take you to school."

He says nothing and she turns to me to finish her negative, life-changing thoughts.

"I just feel it's the best for everyone if we do this so that we can appreciate what we have and had previously."

"Alexandra, please think about this before you make a mistake."

"I have thought about it Arthur. I think about it every day."

"No you don't Alexandra. The only person you think about every day is yourself!"

I let all of my training in human behaviour management disappear and enable my mind and body to embrace raw emotions of anger and frustration.

"We have to go now. If you want, I'll drive you to work," she offers coldly.

"No, and you're not driving David to school! I'll take him!"

"Arthur, please let me do this just for today."

"No! You want life to be normal again, so now you can have normalcy! I'll take him before I go to the college."

She sits in silence as I rush up the steps into the bathroom and slam the door. I feel my face turning hot with anger. Trembling all over, I try to compose myself to survive the day. I lift my head to the mirror and sigh deeply before shaving and brushing my teeth. Showering is not a concern at the moment, so I spray cologne onto the collar of my suit and call for David.

"Mom isn't taking you. I'm going to do it for today."

"Why?"

"She isn't feeling well, so lets go now."

He grabs his school bag and I grab my briefcase and we leave, as Alexandra remains seated in her chair and says nothing.

Walking outside and feeling the fresh air provides me with solace. David is reluctant to walk to school with his dad, but accepts his obligation to attend classes and walks at a quick pace with me.

"Dad, what would you say if I want to be a scientist when I grow up?"

"I'd say that's a cool career you want Dave."

"Ah, you call me Dave and mom calls me David like I'm still four years old."

"Yes, well your mom has some issues that's for sure."

"You know dad, I heard from Tommy Jacobson in the fifth grade that women have times each month where they're completely miserable, so maybe that's why mom is so grumpy."

"Don't listen to Tommy Dave. When learning about women, don't listen to another guy, because we're clueless in their feelings, emotions and behaviours."

He says nothing more as we continue walking down the quiet street to Highlands elementary school. We arrive at the school grounds and David or Dave as I call him, leaves me to meet his friends after hitting me on the shoulder affectionately.

"Take care dad."

I watch his friends as they shout and attempt to establish a rhythm of battle screams and boyish cheering for reasons that only children who are involved in friendships can explain and understand to the fullest of their cognitive abilities. I don't think of Alexandra and our difficulties right now because it is painful and I am unable to deal with it at this moment. I walk to the bus to take it downtown to Jamison College where I teach.

Chapter two: Jamison College

Jamison College was established in 1970 in a progressive attempt to integrate men and women of ethnicity and those who are considered to be white together. I remember when students first set foot onto the new, modern campus. Protests from groups who were considered by many to be well established and respectable were unleashing the tension and anger of their members outside of the campus that was designed to resolve the tensions that were brewing for many decades. Shouting uncomprehensive words could be heard from two streets away from Jamison College. As I walked closer, I could see some people throwing rocks in every direction. I was walking with my friend, who is now a trusted colleague, Ryan McNally into the death zone, as many students and professors called it back then. Ryan laughed, as a man threw a rock, but missed his head and was shouting profanities at us and shouting racial slurs in our direction. We walked as far as we could before we saw and heard the rest of the angry protesters. As we moved closer, we could see hundreds of young and old men and women of all religious and racial backgrounds, shouting and causing chaos outside of the campus doors. "What the hell is this bloody madness?," said Ryan, with a slight Irish accent, which he still has today.

"Oh my God. The war of the bigots," he observed. His expression and voice showing a rise of

anger and disgust.

"They're gonna kill us all."

The angry roar from the protesters increased as students tried pushing their way through the neolithic mob to defy the protest but they were out numbered and knew it as they were pushed away from the doors by some anonymous men and women. It became a mix of students who were terrified of getting beaten, trampled or killed, and others who were compelled by some inner force that we all feel at one time in our lives, to get involved with the protest. I could see another young student push a woman aside in the hopes that this would suddenly make the crowd cease the fury they created, and leave. Unfortunately, that didn't happen. The mob moved closer to the door. Trampling, or pushing those, who wouldn't let them past. Ryan's face began to turn pale with fear. Even his short, well groomed, blond hair seemed to turn white.

"Oh, my God. I don't think I'll be going home today."

I said nothing, but mumbled something that even I couldn't hear or understand, but I think he knew that I understood his prediction and fear. We stood together. Frozen to the ground, as students continued walking into the battle zone.

"What the hell is going on?," asked a young student who had clearly just arrived and was appalled by the barbaric nature of everything that was happening on the steps of what was hoped to be a step towards equality for everyone. We were suddenly making a line ourselves, but most of us, including Ryan and I, were too scared to even think of challenging the mob of protesters, who had successfully used physical and verbal tactics to submit the rebelling and brave students. The line of students and other onlookers grew behind Ryan and I, as we watched in horror. We suddenly saw a young, dark-skinned woman place a chain around the door handles of the campus.

"Brothers, and sisters!," she shouted, after the chain was tightly latched to the two main campus doors. She stays near the doors, and her eyes remain fixed on the mob in front of her.

"We are not here out of hatred! We have come here today to insure the cycle of oppression and poverty stops!"

The protesters and visibly battered and shaken students fall silent. Obediently, or fearfully listening to her every word. She adjusted her shoulders before continuing her rhetoric.

"Now, I understand that people are trying to erase the past. This college was built on the principle that black, brown, white: no matter what you are, you can come to this college and work together. The question that I have for those of us, who are of non-white descent, is how can we trust our fellow students, who have never experienced poverty or had to flee their country due to the slaughter of family members because of the colour of their skin? How can we trust them? The unfortunate answer is that we can't trust them."

Ryan, and I stared at each other in disbelief. Although the protesters had submitted most of the students, who were courageous enough to challenge them, more people came. The line behind Ryan, and I was branching into two, and three lines along the sidewalk, but no one moved. Ryan, and I returned our curious eyes to the young woman, and the flock of protesters, and frightened, yet defiant students.

"I ask the question again! How can we trust those, who are mindless, and idealistic? It is possible, my friends, that those, who built this sanctuary for equality, that there is another agenda. The agenda to re-establish slavery for those of us, who are Indian, black, Arabian, and others! I leave you with this final question to those, who oppose this ideal, and secret agenda. I want to know if you are willing to rid yourselves of this agenda? In other words, are you willing to insure that the seed for this tragedy never grows again? If you are a person of good

conscience, then you will make sure that this seed of idealism, and secret agenda, or also called,
JamisonCollege, is forever destroyed!"

The crowd of protesters, and students, who were able to stand, and speak, erupted in a roar of battle, and renewed defiance. Others, who were too afraid to defy the growing mob, simply stood watching, like Ryan, and myself, as large, and small rocks, stones, and pop bottles were hurled at the glass windows, and chained doors. It seemed as though nothing was being done to stop the madness.

"Where the hell are the cops, when you need them?," said Ryan with a small chuckle.

"They come running, when a small group of students protests against the invasion of our neoliberal ideas in other countries, but when a mob of bigots, and fascists start challenging the idea of equality, which the bureaucrats, and teachers preach, they are nowhere to be found."

My throat was too raw to even try uttering a reply, but I gently slapped him on his slender shoulder in agreement.

"Look at that, A," he said with disgust, and pity for those, who tried to stop this madness from becoming a war.

Glass was flying in every direction, as people, including teachers tried to dodge the flying particles. One woman, who I soon had as my introduction to psychology teacher, was hit with a large, sharp piece from one of the protesters, who managed to obliterate the main window. Screams could be heard from those, who were hit, and those who were terrified. It was chaos that I had never seen before. The lines that were formed on the sidewalk, began disappearing, as students, and onlookers walked away in fear, or with the conclusion that nothing could be done to stop those, who had a visible agenda to create war.

"Oh, here come the saviours of the day," said Ryan in a quiet, yet defiant voice.

Two policemen approached us, and asked us what was going on.

I must admit, I was reluctant to speak to them, but knew that I had to, so those, who were physically injured could get medical help.

"My friend, and I were walking towards the campus, and there was this mob that had formed ahead of us. All I remember is shouting, the growing mob at the campus, and students being physically, and emotionally intimidated."

The officer was writing on his notepad, while the other was observing the situation, and calling on his radio for back-up, which I knew, from television shows, to mean more policemen are needed.

After carefully examining the officer for signs of insincerity, or a reason to not trust him, Ryan told him that there was a woman, who he assumed to be the leader of this madness.

"I don't know sir. She looks like she could be a student, or something."

Sensing Ryan's willingness to provide information, the officer leaned in, and asked for details.

"What does she look like, son?," inquired the observant officer, who had requested back-up.

"She is dark-skinned. Brown, you know? She's standing near the chained doors. She has her hair tied back, and is wearing some weird uniform. You see her?"

Both officers nod, as five more police cars blare their sirens, and approach the rioting scene.

The doors that lead into the university were almost brought down to the ground. Some people were so caught up in the hysteria, that they began tearing the door frame off with their bare hands, while others continued smashing the windows, and glass plated door. Another person had enough adrenolin inside of him to take the remaining glass off the door, and stomp on it with his shoe. The young woman, who was considered to be the leader of this looting, was apprehended, as she tried removing the chain from the enduring door handles.

"This is an injustice!," she screamed, as the two cops, who spoke to Ryan and I, placed handcuffs on her small wrists.

"Now do you see? They had an agenda all along!"

The crowd continued shouting, screaming, punching, pushing, and smashing the institution into a heap of rubble, but most found themselves arrested, blinded by pepper spray, or running for their lives, and freedom from the cops. The students, teachers, and even the policemen, who we learned could some times serve to protect those, who want change, looked for a long time at the building, which was still standing, but needed repairs. Parents, who heard about the incident were soon arriving on the scene in mobs as big as the protesters, and students. Some were crying, while others screamed, as they saw their battered, and shaking children. My future instructor in my first year of psychology, was rushed to the hospital for stiches, and some students were admitted into the emergency room. Ryan, and the lines of people, who were too afraid to disobey the wishes of the protesters, or be involved in the riot, escaped with minimal physical bruises, but the memory of my first day as a student on this campus, will stay in my memory, until I die.

I arrive at my office to pick up my lecture materials for my first class. Relieved to find them, I say a friendly hello to my research assistant, and then leave to go to lecture hall, 105A.

The young faces flood into their seats. My wish for a small class has been granted. The shy demeanour of some, and others, who are getting acquainted with their peers, convinces me that this project will be an excellent experience for everyone. The bustle of searching for notebooks, asking for permission to share notebooks, and the general noise of others who are talking and laughing, suddenly stops, as I face them to begin.

"Hello. Welcome to Introduction to Psychology. I'm Doctor Arthur. For those of you who

enjoy psychology, and read about the various aspects of human development, this is probably the right course for you. For others, this will be a learning experience. I focus this course on the emotional and behavioural aspects, which might be disappointing to those, who want to focus on the mechanical aspect of psychology. I earned my doctorate in psychology eleven years ago. I worked alongside people who in my opinion, revolutionized the study of human behaviour.

Now, can anyone tell me what constitutes the study of human behaviour?"

No one answers. Papers begin rattling, as people desperately try to look in their notebooks for the answer.

"No. Please, don't look at your notebooks for the answer. In my opinion, some times it is better to arrive at your own conclusion by thinking of your own experiences. What do you think constitutes the reason for studying not only the mechanics of psychology, but human behaviour that you see, and experience every day?"

Suddenly, a young woman nervously raises her hand to speak.

"Yes, what is your name?"

"My name is Anne."

"Well, Anne, what do you think constitutes the need to learn and study human behaviour in this noble field of psychology?"

She closes her book and looks at me with a confident expression, spreading across her face.

"The reason is because we need to understand how people interact and relate to each other."

She sighs, and returns her eyes to her desk.

"Why?," I encourage.

Some people begin to become interested in the question. The murmur of people asking their peers sitting next to them, and others asking themselves the question. Hoping they can find an

intelligent answer.

"Psychology needs to study human behaviour because we all have to build relationships with others," replies another woman who seems much older than Ann.

"Yes! We need to learn about human behaviour, so we can help others and ourselves, learn ways to build, and improve relationships with family, friends and others who we meet on a daily basis."

I begin writing on the board while pens and pencils move earnestly in the hands of every student.

"We need to learn methods, and strategies to help us develop, strengthen or even end relationships. Now, what types of relationships do we experience?"

Pens, and pencils fall onto papers with this question.

"Friendships," answers a young man who is sitting in the front row.

"Correct and name others. I want to hear from some one else," I instruct.

"Relationships with children?," asks a woman, who is sitting beside Ann.

"Yes, that is correct as well. Any other types?"

Sighs of irritation is audible from some, who wish to move onto the next topic, while others remain interested and are busily writing down each answer to help them remember.

"Relationships with teachers, doctors and just people in general who we rely on every day," affirms a middle age man. Hoping that this synopsis will allow us to move onto something else.

"Yes, correct," I conclude.

"All right. I will explain to all of you why I asked that question."

Pens, and pencils revive their usefulness as students prepare to write once again.

"I won't be giving you tests, or exams."

Murmurs of joy erupts in every row.

"Yes, there are no tests, or exams, but there is an assignment that will most likely take the entire course to finish."

Silence resumes, as the idea of this large assignment settles into the minds of the sleep deprived row, and the students, who thought that their only obligation is to write essays.

"All right. The assignment is not difficult, but it will take a lot of research and writing. The objective is to write about relationships. As most of you know, relationships are complex. The reason is because human behaviour is unique and complicated. On the other hand, relationships are necessary for all of us to build. Why are relationships so important in our lives?"

Hearing no answer, I continue.

"Relationships are important for the survival of everything we acquire in society and as individuals. If we didn't establish relationships with others, nothing would be established. We need to build companionships, partnerships, friendships, parental relationships, and alliances with each other for our own survival. I know that the class is small, so you can form groups of three, four or maybe five people to get this assignment done. The good news is that each group member will be responsible for writing between fifteen, and twenty articles on various issues that will help people, including yourselves, learn ways to solve problems that arise in every relationship. In addition, you will be providing me, the reader, and person who will be grading your assignments, with therapeutic advice on dealing with relationships. Think of the different types of relationships that you described to me in class today to help you write your methods for improving, or adjusting to relationships that have ended, or are in the process of ending. Your grade will depend on creativity, and the different types of relationships that you discuss. You don't have to write about the types of relationships that all of you told me about today. Remember, all of this is based on your personal experiences, so think of the different

relationships that all of you have, and then read your textbook to find methods to help others, and yourselves build, or end them."

Groaning, and muttering can be heard in almost every row, as people busily write the instructions in their notebooks.

"Now, for the good news!," I continue. Trying to silence the stir of displeased voices.

"The good news is that you do not need to write thesis statements. This assignment is designed to help those of you, who wish to enter into the noble profession of psychology, and counselling by developing skills to use, when you will eventually interact, and help patients. I know this is a

first year group, but you all have relationships of some kind in your lives, so that is why this should not be an impossible task. The research element should not be hard for any of you. We all have relationships within our families, circles of friends, colleagues, or committed relationships, such as marriage. Maybe some of you are parents. Each group must divide tasks accordingly. I will leave the responsibility of dividing the issues, and research up to all of you. The rough draft of your assignment must be submitted to me in two weeks time. The final copy of the assignment is due at the end of the course. I wish you a lot of luck, and I look forward to

reading your papers."

The familiar sounds of people talking about the assignment, sorting out group members, and preparing themselves for their next classes, gives me a feeling of assurance that the assignment that all psychology student should tackle, will be very successful.

Chapter two: Assignment Critiques

My office is located in the second wing on the Health Sciences campus at Jamison University. I bury my head in the papers that I have just received from all of the groups. I wish to be anywhere, but sitting at my processed wooden desk. The lack of office space that I call my own, often gives me a feeling of complete isolation, and claustrophobia. I continue trying to read, but am unable to think, or even critique the pile of papers. Staring at the plain, unpainted walls, and then down at the dusty floor, I feel the need to leave, and grab a cup of coffee. I wait for the elevator, and go down to the small café downstairs called Publiquez.

The usually crowded Publiquez is rather empty. The brightly coloured, and decorated walls, inspires me to resume my critiques. I dread going back to my office. I have always hated that space. The plain walls, the mouldy smell that no one wants to admit exists, hard tile floor, and lack of external stimulation, often gives me the feeling of a prisoner in the workplace. I conducted a study, several years ago, on prisoners, who were paroled, and employed. They had different stories about their time in prison, but all said that they were having difficulty in interacting, and communicating with people around them, when they were released. Intrigued, I asked one of them, who I still remain in friendly contact with, why he was having this difficulty.

He placed his hands on his face, as if this question angered him, and said, "Professor! How would you like to be in a room that is smaller than a living room for two, or more years? I don't know, but the whole experience of listening to the light buzzing, and lack of colour, or anything that is bright, can make a person lose their mind, if they are not careful. Suddenly, one day, you're set free, and you are supposedly able to socialize, and cooperate with people in your neighbourhood, or family, as if you have been doing it, since you were born. It doesn't work that way. I am trying to get along with others, but some days, I feel the need to be alone, and crawl back into the hole that I swore I would never crawl back into again." Some of

the prisoners, who I interviewed, were able to build healthy relationships with colleagues, family, and friends, while others withdrew, and remained antisocial. Although I am not in prison, I understand how they must feel, and how the human psyche can be damaged, if people are isolated in small, dark rooms. Unable to communicate, or bond with others. As I told my students two weeks ago, and in most of my lectures: if people do not learn, and improve their interaction skills, then hardly anyone would survive. Sipping on my black coffee, I decide to go back to my office to bring the papers to a more suitable setting, such as Publiquez. As I leave, I inform the waitress that I will return in a few minutes.

"Hey, Professor Arthur!," she calls after me. I turn to answer her, and she runs out of the café to talk.

"How did my group do on the rough draft?"

I smile.

"I don't know. I have been trying to read through them, but it's just not a good night. Actually, I'm going to my office to bring them down. It's a lot nicer to mark them where there are people, good food, and drinks."

"Oh, thank you," she says with relief.

"I hope they are all right."

"Well, keep in mind that it's the rough draft, so whatever comments, or changes I tell each of you to make, I expect them to be done, when the final draft is due."

"Yes. No problem."

She quickly runs back into the café to serve a patient customer, who has just walked in, and is waiting at the counter.

Opening the door to my office, I quickly grab the papers, and hurry downstairs to start my

critiques. I want to be home before David goes to bed. I decide to mark the first two groups at Publiquez, and stay at home tomorrow to finish the rest.

I stapled the papers together earlier, and categorized each group into five Groups. Spreading each booklet onto the table, and then placing the booklets from the three groups that will be looked at tomorrow, into my briefcase, I walk back to Publiquez to begin.

Group One: The Generalities of Relationships

Relationships are formed in families, and with friends in every society. They are necessary, because they help us develop social skills, and resources for survival. If we were unable to interact with each other, how would we be able to form economies, nations, and technological devices? Relationships are diverse, so everyone must examine relationships around us, and our own, in order to improve, and thrive in our diverse societies. From logging onto websites, to the conventional meeting some one in a café, or through friends. We all use different techniques to interact, and gain the emotional, and social acceptance with others. This is how relationships are established.

Building Relationships with Online Students

Talking, and building relationships with someone on another continent happens every day around the world. The information highway has been improved by Internet communication.

Large companies such as Yahoo, MSN, and many more dominate our daily interaction with others. In addition to this universal method of communication, educational institutions, such as Universities and Colleges encourage their students to communicate, and build online relationships for the purpose of learning, and socializing. Most faculty members feel it improves the students' intellectual perspective, due to the ability to exchange ideas with international students from other academic institutions. Online relationships can vary. It depends on your course material, and what the professors want you to ask, and learn from other students. If you are not used to having these intense online discussions, and building relationships for your studies, you might find yourself nervous. Consequently, you will not be able to learn, or develop your academic abilities or ideas with your online peers. How do you discuss, and build relationships with people at another University halfway around the world?

It is important for those who are studying some online courses, or earning their degree through an online university, to know how to talk to others, listen, learn and exchange ideas using the Internet for relationships to develop for the betterment of academic, and social success. When you are given an assignment that involves online discussion and establishing an academic relationship with others, research the issues, so you are prepared to answer and ask questions. This will strengthen your relationships with your online peers, because you will all be able to share, and work together in an interactive, team environment. Debating is inevitable, so enjoy yourself. This is not conflict, but a way to exchange ideas and develop new thoughts. Ask your fellow students questions about the issue being discussed and debated. Speak politely, and assertive when necessary. Remember, you may be discussing the issue through a cable modems, but you are still talking with people. Show consideration to your online classmates.

Contribute your ideas, comments and other opinions when the discussion becomes tedious. Explain to them that you wish to talk about other subjects, such as where they are from, interests, and even exchanging e-mail addresses with some of your peers. If you disconnect from the conversation, apologize to those who were trying to speak to you, and explain why you were unable to respond. In addition to class discussion, You can also develop relationships with your online classmates by giving each other advice on how to improve assignments, and essays. The ideas you learn from each other can be used to help prove a thesis statement, or answer an assignment question.

Online relationships can be an enjoyable, stimulating, and social experience. Establishing these relationships is the future of academia, and will improve your professional, and social success. Establishing online relationships for academic purposes can also help students grow, acquire knowledge, and skills that you will be able to use in your daily relationships with family, friends, and colleagues.

Honesty in an Online Relationship

Meeting a potential mate online is an excellent strategy, or option for those who can't find their mate in their own circle of family, or friends. Success stories about people finding their husband, or wife on the Internet, have been circulating for several years. If you are a person who wishes to meet your potential spouse, or friend on the internet, remember that you are talking to a person on the computer; thus oblivious to his or her real identity, or life problems.

Online dating is also a blessing for people with disabilities, due to easy access to computers, and software devices that insure equal access. Persons with disabilities often find it difficult to meet, and date people in public establishments, such as bars. The reasons, and difficulties vary from a complete inability to meet, and date others, to moderate. Consequently, finding love online might be his or her only hope, if the disability is severe. This doesn't eliminate every obstacle. Some people don't wish to tell their online partner about his or her disability. When the two people meet, it can lead to distrust, anger, or heart-break. The moral is to be honest with each other. If a person is not comfortable educating, and explaining to others, especially a potential spouse about his or her disability, it is impossible to have an equal, loving, and committed relationship, or marriage. What should a person with a disability look for when entering an online relationship?

If your online companion is unable to accept your disability, it is time to look for another potential mate on the Internet dating scene. Use the popular search engines to look for websites that specialize in online relationships for persons with disabilities. This is just one option, and is not intended to segregate those from having online relationships with able-bodied people. It is just a friendly suggestion for those who are wanting to know where to start looking. When you find a legitimate, and reputable online dating website, write your profile outlining your interests, abilities, and achievements. Only write one, or two sentences explaining your disability. This way, people who are interested, or familiar with persons with disabilities will e-mail you; thus eliminating people who will taunt, or harass you. When that special online partner e-mails you for the first time, send a short, friendly e-mail to him or her. Schedule a time to chat online. Various chat programs are available, and accessible for persons with various disabilities. Try

different ones to find the program that is most accessible for you. Don't stay on the subject of your disability for the entire conversation. If you can both share past experiences, and engage in an intelligent, and informative conversation, you have both succeeded in communicating honestly, and openly in your first conversation. The same rules apply if both you, and your online partner have unique disabilities.

Continue your correspondence online for several months to be sure the person doesn't have an ulterior motive. It is important to understand, however, that the person may appear to be sincere, but you will not know until you meet him or her in person. Moreover, do not provide him or her with any financial information, such as bank account numbers, or credit information.

When you feel comfortable meeting the other person, make sure you have your meeting in a public place, and bring a trusted friend to make sure no harm will come to you.

Online dating is an excellent weapon in fighting isolation, and loneliness for persons with disabilities. If you are honest, careful, and know what you are looking for in your potential spouse or friend, you will be able to discuss your life, and disability with your online partner with honesty, pride, and confidence. If you are not ashamed, and are able to look past your disability, you will have a better chance in finding, and maintaining an open, loving, honest, and committed relationship from logging onto the online dating scene.

How to have an Online Multicultural Relationship

Multicultural relationships are becoming widely accepted in modern, and ancient societies.

People from different backgrounds are beginning to develop tolerance for other ethnic, and religious groups. One device that is helping people unite, is the internet. This method of global communication is creating an environment for young people to communicate, and start loving relationships with new friends with the click of a mouse. Relationships blossom, and people meet each other around the world each day. Marriage, for example, is a strong, committed relationship, and in the case of multicultural marriages, it is a commitment to unite two cultures in a strong, loving relationship. Unfortunately, some people who start relationships with a man, or woman from a different culture, find the reality difficult. Causing divorce, or strained friendships. This is not the case for everyone. Most people, who meet their spouse, or friend online, or at a local institution find the relationship rewarding, loving, and adventurous. How can a person establish a strong, loving relationship with people from diverse backgrounds, and cultures? As a person, who has been influenced by various cultures, I think it is important to address this issue, and find answers to this question. The reason is because not everyone is able to handle diverse relationship, due to their secular beliefs, or otherwise. Let us illustrate ways to help you learn how to date, or keep a friendship, so you can minimize the cultural battles that will some times interfere with your love, and respect for each other.

If you are devout in your religious, or cultural beliefs and practices, compromise with your friend, or spouse. Attend multicultural, or interfaith groups, events, and activities with your friend, or spouse. This will give both of you the opportunity to share, and learn about your similarities, and differences. This must be a mutual agreement. In other words, if your friend, or spouse feels uncomfortable with groups that involve other religious, or cultural beliefs, attend his, or her religious, or cultural events. Make sure you are respectful, and understand

what is expected of you before you agree to attend your friend's religious, or cultural group in a festival, or recreational event. Multicultural relationships are educational, but are also like any other relationship with friends, or between family members. Avoid exploiting your friend, or spouse, so you can build a mutual respect and trust, and the relationship can strengthen, and last for a long time.

Multicultural relationships often bring rewards, and unique experiences that are positive, and negative. Don't start a relationship with a person from a different religious, or cultural background for a fun adventure. It is a relationship like all of your other previous encounters with people. Communicate openly with each other, so you can learn to respect, overcome your different views, and ideas, to eventually form a happy, and enduring relationship.

How to have a good Relationship

Relationships are complex, and numerous. They are natural, and necessary for survival of the human species. They are a crucial element in our lives. If people didn't socially interact with others, countries would not be formed, and many other social structures would disintegrate. On the other hand, relationships are complicated, because they deal with emotions, communication, and all of the social difficulties that people face in societies around the world. Conflicts, and positive emotions with family, including husbands, and wives, are what we need to strengthen our own personal growth to provide each other with support, and challenges. Many people, who have strong, or weak relationships with their family, or spouse, state that they

need each other, but want to know how to improve their bond for the betterment of their relationship with their loved ones. People must learn to improve their social, and communication skills, so they can succeed, and receive all of the rewards that can be given in relationships of all types.

If you have a close relationship with your family, it is important to maintain this bond by communication, compromise, and spending quality time with each other. This will provide you with the time to discuss issues that are bothersome, with other family members in a comfortable, non-confrontational environment. Playing traditional family games that require social interaction, is an excellent strategy to relax, and socialize together. This will enable each member to communicate, and have fun with each other, so you can all forget about the irrelevant things that worry every one in the family on a daily basis. Planning recreational sporting, or holiday events together is another strategy that improves family dynamics, and relationships. During these holiday vacations or events, it is important to compromise. Each person must be able to participate in the event, or vacation planning. Discuss what each person wishes to do, so no one is left out, or dislikes this special family time together. Moreover, this strategy also improves the teamwork element, which is not only important in family relationships, but also at work, school, and with friends.

When we attend school, or are employed in a professional setting, friendships are abundant, and necessary. The relationships that friends share, can last a lifetime, the duration of school, or your professional occupation. It is important to understand which category your relationship with some of your friends fall into, so there are no hurt feelings if the friendship ends. If you wish to see your friends outside of school, or work, the same rules that must be

obeyed in family relationships apply. Finding time to do activities together, such as sporting events, or preparing parties for each other, provides you, and your friends time to relax, discuss, and build a gradual trust. Make sure that each person has equal authority in planning events, or parties. If a person dislikes a certain event, he, or she must not be eliminated from the friendship, or event. Ask him or her what he or she wants to do, and plan a day where all of you participate, or attend the requested activity, or event. Talk to your friends, as often as once a week, or on a daily basis,, depending on the comfort level that each friend has in the relationship. Take these kinds of relationships slow, so you can all learn to trust each other with personal, or office politics. Trust is very important in all relationships, but it is especially difficult to gain in relationships that do not include the family.

Moreover, if you are able to communicate, learn, share, and enjoy others around you, it is most likely that you will be able to have many strong, and loving relationships with absolute trust in each other. Friendships, marriages, and family relationships are part of life for everyone, so if you can communicate with each other, and take time to spend with people, your relationships will improve, and have minimal conflicts.

Improving Political Relationships

Politics is a necessity for societies to have around the world. It maintains order, establishes cultures, and civilizations. It is necessary for developing, and sustaining economies. Tribes, and large imperial superpowers. These relationships can be built with people from a specific

country, or tribe to insure their economic survival. Developing political relationships can also preserve the different cultures, and religions that exist around the world. Moreover, establishing political relationships is just as crucial, as the improvement, and building of relationships between family, and friends. The dynamics, and complexities of political relationships with international, and national matters is important for people to comprehend, and improve. Strain relationships in political circles are frequently resolved by declaring battles, or international war. This resolution leads to further strain by creating conflicts between citizens. Although politicians are human, and have ideas, and opinions that others may not be inclined to agree, those who are involved in strained political relationships must remember they are the leaders of their own society. If they are unwilling to improve relationships with other politicians within their government, or internationally, societies will plunder into economic, and social chaos.

Many people, including historians, sociologists, political scholars, and economists ask themselves how these relationships can be improved to insure the success of future civilizations, and tribes? Politicians must discuss with each other the important matters of their current affairs for their country. Attending dinners with national, and international political allies, must be done on a regular basis to insure communication, and a relaxed, atmosphere for these relationships to grow. Solutions for conflicts between politicians are important, such as compromising, and discussing strategies that will satisfy everyone, and maintain peace, economic, and social development in every country around the world. Friendships, and the building of national, and international relationships between politicians, insures the success for trade, and economic growth. Providing educational programs, and implementing study abroad programs for citizens is another excellent way to improve relationships with other political powers around the world.

The reason is because politicians are enabling people to learn about each other, and other methods of government, which minimizes international tension, and increases alliances around the world.

Communication, compromising, and explanations for various strategies must be discussed before entering into a political alliance with another country. Conflicts will arise, but if politicians are able to remain calm, and negotiate with other political officials, the relationships between politicians will allow countries to flourish, and succeed. Strategy, compromise, and learning from others is a key element in any relationship, but is crucial for politicians to achieve, because if political relationships sever, then civilizations will fall, and chaos will ensue.

Doctor and Patient Relationships

Medical professionals, such as Doctors are needed in every society to cure illnesses that are emotional, and physical. Doctors have been around for many centuries, and are trusted to help people in communities, and cities, where they practice medicine. Furthermore, the importance to establish relationships with patients is crucial to improve the quality of care that is given to each patient. These relationships are important for the health of the patient, because it is human nature to interact, and wish to feel an emotional connection with others. Moreover, it is important to enter into the medical profession, as a doctor, with the intent on caring, and building relationships with others, including patients, who you cure, or provide medicine to on a daily basis. If relationships are not established between a doctor, and his, or her patients, he, or she

will not be able to provide the care, and understanding that every patient needs, when they are physically, or mentally ill. How can a doctor establish a relationship with his, or her patients, while maintaining a professional medical practice? This article is important for doctors, and patients to examine, so that doctors can maintain a professional, yet caring relationship, and patients can trust their physicians, when they are ill.

When people visit their doctor, it is usually to be provided with care to cure a physical, or mental illness. People are wanting to be given the best care possible, so it is the responsibility of the doctor to be caring, and communicate with his, or her patients. This will make the patient more comfortable, and able to tell his, or her feelings about symptoms, or how he, or she is feeling about the medicine that is provided by the doctor to cure the illness. Hold the patients hand, if necessary, when the patient is trying to describe a negative emotion for his, or her mental illness, or symptoms that he, or she is experiencing. This will indicate to the patient that you care, and want him, or her to respect, and trust your judgements. Trust, and emotional support are the key elements, when establishing a relationship between the doctor, and patient. If you are practicing psychology, and are trying to help, or cure patients with mental ailments, it is important for you to never evoke a personal relationship outside of the medical element. This is not to denounce those, who build trust with their patients by kindness, or open communication. Rather, that approach is the correct method for building, and improving a relationship between the doctor, and patient. It is just to say that misunderstandings, and further pain for the patient might ensue, if the relationship is taken to a deeper level.

As long as doctors provide their patients with kind advice, show concern, and

communicate with their patients on a regular basis to insure that they are in good health, the relationship between the doctor, and patient will be a strong, and trusting bond. Refrain from inviting your patient out for a friendly, or romantic dinner, because this might weaken the relationship in the future. If you are kind, sincere, caring, and respectful to your patients, the relationships that you will form with your patients can be very strong, and comforting, when a person is ill.

Relationships of no Limits

Relationships take place in the lives of everyone around the world. Children, and adults interact with each other. Building lasting family, and friendships every day without considering the colour, religious background, or social status. Although segregation, and prejudice is a universal human flaw, establishing relationships is a universal method to help humanity survive. Building relationships also includes developing bonds with people, who have a visual impairment. Many cultures around the world do not understand, or have positive attitudes about able-bodied people establishing a lasting spousal, parental, or any other kind of relationship with those, who have disabilities. Fortunately, these negative attitudes, and ideas are changing throughout the Western, and Eastern world. Advocacy, as well as the implementation of educational, and employment programs demonstrate that people with disabilities can contribute in societies. These programs are changing attitudes, and helping to build relationships, because of the inclusive environment these programs use. Moreover, people with disabilities, who participate in these programs are integrated into the mainstream workforce, and school systems. International industries, such as telecommunication are employing people with a visual

impairment, because of improvements in providing technological devices from government, and non-government organizations, in non-industrialized, and industrialized nations. Computer software, and other innovative devices, help us integrate, and build relationships between people with disabilities, and those, who have no physical, or cognitive impairment. Moreover, marriages, friendships, and other forms of relationships are built, and people are able to learn tolerance, and the diverse lifestyles that are lived by people, who have vision, and those, who are visually impaired. How should one act, and build a relationship with a person, who has never seen, or who has recently lost his, or her vision?

If you are living anywhere in the world, you will be able to have a relationship with people, who have disabilities, including those with a visual impairment. People must understand that they are all human beings, and need to experience the bond, and unique skills that relationships with others offer. If you are afraid to have a relationship with a person with a disability, such as a visual impairment, it is understandable. The reason is not always the fault of a person, but society as a whole. Misconceptions, and the views of an individual's family, and peers, make it a daunting experience. This should not be a permanent excuse. People lose fear, when they learn from others. Attend functions that support, and help people with disabilities, including people with visual impairments. When you meet people with disabilities, such as a person with a visual impairment, feel free to ask questions about his, or her disability, but do not be rude. The person with a visual impairment, for example, might be able to use his, or her other senses, and feel your stares. Talk to your new acquaintance about other daily events, and get to know him, or her, as you would any person, who is able-bodied. If your new friend is a colleague, arrange to eat lunch together, so you can both discuss office politics, or any

other issue. Refrain from being too helpful. If the person doesn't ask for help, it is most likely that he, or she doesn't need your well-intended assistance. If the two of you met in a social environment, participate in activities together, if you both enjoy doing similar things, so you can learn from each other, and build a lasting bond.

If he, or she is dependent upon others, it is important to teach him, or her skills that people, who have vision, or all of their faculties use, and acquire throughout their lives. This will enable the person with a disability to become self-sufficient, and accomplish goals, or career opportunities that he, or she would never have dreamed, or achieved, unless he, or she had established a relationship with you.

Relationships with people, who have a disability, including vision-loss, can be rewarding, and a normal, social experience. If you are understanding, and able to respect others, it will be easy for you to learn, share, and teach your new friend, or colleague, or partner. Misconceptions of people with disabilities will soon be replaced with respect, trust, and an equal relationship that will hopefully last for a long time.

Relationships with Musicians

Many people wish to have relationships that will provide them with emotional support, and love. The desire to establish stable, and exciting relationships with others is natural, because we are social animals. We enjoy meeting, sharing experiences, and lifestyles with others, who in turn, provide us with their own ideas, cultural differences, and love. It is these characteristics

that make having relationships important, and life-changing for all of us. Understanding these unique interactions, can assist people in entering into relationships that will provide them with challenges, and a unique understanding of what life can offer everyone. Relationships that might be challenging for some, can be rewarding for others. Artists, musicians, and many other people, can provide us with enrichment, yet can be very complex. Interacting with musicians, for example, can provide people, who enjoy music with positive experiences. The other side to this unique relationship, is that many people, who are having a spousal, or friendly relationship with a musician, find themselves isolated, and unable to understand his, or her ambitions, musical preferences, and nocturnal lifestyle. These difficulties can destroy a relationship, before it has even begun. Learning how to face these challenges in a relationship with a person, who lives his, or her life around music, and the industry, is important. If this is not understood, the relationship can't develop into mutual love, support, and respect.

When you meet a person, who is a musician, the amazement, and admiration that one might feel can be overwhelming. It is hoped by both the musician, and admirer, that you can both establish a friendly, or intimate relationship. This is possible, but it is important both to learn, and understand each other, before taking the relationship to a friendship, or intimate level. The admirer must understand that his, or her new friend, or potential partner is a human being, who has flaws, and attributes that will strengthen, and challenge the relationship. When the musician, and admirer meet for the first time, establish a conversation by finding out about mutual interests, for example, styles of music, recreational activities, goals, accomplishments, and more. If the admirer is an aspiring musician, there is another interest that will establish a deep, and supportive relationship with the other person, who has goals to become professional,

or has already accomplished notoriety within the music industry. Attend concerts, or any other recreational activity together to give yourselves the time to know each other, and be flexible, if the professional, or driven musician is unable to attend a function, or activity. If you are also an aspiring musician, you might be able to seek assistance from your new friend, if you are sincere, and have the desire to enter into the professional, and competitive music industry. Discuss how performances went with each other, and give advice on how each person can improve for the next performance, if you both share the goal to have successful music careers. When you are good friends, and have similar interests, you might wish to invite each other out with other friends for music nights at your house, or at the house of another friend. This will give everyone the chance to build a communal relationship, and everyone will be able to bond, understand, and establish a support system of friendships with each other, regardless of his, or her musical abilities.

If you, and the professional musician are wanting to build an intimate relationship, which might include marriage, it is important that you have a strong bond before hand. Communication, trust, and a strong foundation is crucial, if you are both entering into this lucrative, yet challenging industry. The reason is because you, and your partner might spend many months, or weeks away from each other, so if jealousy is a key flaw in this relationship, it must be corrected by communication. Arrange time to express feelings to each other, so you can develop a mutual understanding that you, or your partner love music, and wish to stay in the musical career for the sake of love for this expressive form of art, not for the many offers of affairs.

If you both love each other, and share the same musical ambitions, or your partner is the

only one, who is in the business of musical entertainment, write songs, letters, and enjoy every minute together, so you can have a successful relationship with a musician.

Relationships with Introverts

Relationships are mutual interactions that are built, and endured by people around the world. It is a natural desire for people to interact, and love each other, because it helps us survive outside elements in nature, and other dangers that arise in every day life. Furthermore, the complexities, and variety of human interaction is endless. Families, and communities have been formed by starting relationships, and within these circles of people, many personalities emerge. Making family, and friendships dynamic, and unique. Some people are quiet, reserved, and unable to communicate, or socialize with too many people. Studies show that people, who have these characteristics, often become lonely, because they are unable to communicate, or approach potential mates, family members, or friends. These people are often misunderstood, and even ostracized in small communities, circles of friends, and within families. This is common, because these people are unable to communicate their feelings to family members, friends, or even complete strangers. Others, who are sociable, avoid having relationships with shy, quiet, and withdrawn people. If you are an approachable person, who likes to have relationships with others, who are shy, or reserved, you must learn how to interact, so you can have a successful relationship with an introverted person.

When you meet a person, who is reserved, your first reaction is to leave them alone, or talk

to them more. Although these notions are normal, it might alienate the person from you, or push him, or her into deeper loneliness, and further into him, or herself. Make small talk with this shy person, so he, or she can be comfortable with you. The person might begin talking, and express feelings about events, interests, and a friendship, or family relationship might develop. Refrain from taking the relationship too fast by asking the shy person for his, or her home address, because this might frighten him, or her into abandoning the idea of having a relationship with you. If you are trying to have a relationship with a family member, who is reserved, do not force your ideas, or lifestyle on him, or her, because he, or she might think you are demanding, aggressive, and selfish. Discuss with your shy friend, or family member, daily events, books that you both like to read. Attend a movie, or dinner at your place, a quiet, yet casual restaurant, or if he, or she is comfortable with you, suggest the option of you both eating dinner at his, or her house. In addition, you should not embarrass your friend, or family member in public, because your shy friend, or relative might feel depressed, or angry. If this happens, your friend, or shy relative might not wish to continue your special relationship, or will yell, and become belligerent with you for humiliating him, or her in front of other people.

If you are polite, understanding, and able to have relationships with any person, the possibilities of building a lasting, loving, and supportive relationship with an introverted person is high. Whether you are having a relationship with a family member, friend, or a future spouse, it is important to have fun, share interests, help him, or her express his, or her feelings, and be understanding, if he, or she needs time to reflect, and be silent.

Holiday to Build Relationships

Holidays are celebrated in many unique, and exciting ways. Everyone needs to celebrate, and have a chance to relax, and socialize with people we know, and love. Holidays usually consist of friends, and family getting together for parties, and other festivities, so the relationships that we have neglected to strengthen can be renewed, and everyone can receive emotional support. We often seek help from our friends on holidays, to give us advice about financial, career, or family difficulties. In turn, we give them the same support. Family bonds are also renewed by enjoying activities, and holiday vacations, so relationships in the family are not strained. Moreover, strengthening relationships on your holiday is important for your emotional, and physical health. How can people strengthen their relationships with the ones they love on their holiday?

If you wish to see your loved ones on your holiday to strengthen the relationship that you share with everyone, you should keep in mind your personal responsibilities. If you have a spouse, and children, for example, plan an evening, or a small vacation that is fun, so all of you can have a relaxing time, and discuss issues that are bothering everyone. Talk to each other about different ways to solve conflicts within the family, and at school, or work. This time will build a stronger bond between everyone in the family, because everyone is able to communicate, provide each other with emotional support, while helping each other solve problems in the family, and outside relationships.

After you have spent some relaxing, and bonding time with each other, it might be possible to plan a party with your friends at home, and include your family members. Consult

your friends, and family, so you will have a better idea about what everyone wants. If your friends have children, invite them, so they can play with your children, if they are close in age. This will also cause less of an inconvenience for your friends, because they will not have to find some one to care for them. In addition, it will also give you, and your friends time to spend, and enjoy each other's company. Make sure that the family is involved in helping to prepare for the arrival of your friends, so the team building element of the relationship is improved. When your friends arrive, discuss problems, past memories that are positive, and how you can all work to see each other more often. If you discuss these subjects, it will strengthen the relationship between everyone, because it will insure that your friends know how much each member means to each other. If your friends, and family like adventure, and enjoy participating in other activities, plan an activity outside the home environment that your family, and friends can enjoy. This should be done when everyone is certain they will be able to participate. Deciding where to go to have fun with your friends on your holiday, can be difficult. Everyone has different tastes in what they like for food, movies, music, and sports. Ask them if they wish to eat at a restaurant, and then go to the movies, sporting event, or concert. When everyone agrees on what they want to do, plan a meeting place, and enjoy your time together, because this will allow your family, and friends to build relationships, and bonds that will enrich everyone, which is the best element of any relationship.

Many options are available for those who wish to build, and strengthen relationships with friends, and family during the holiday. Discuss problems, how to solve conflicts, provide each other with enjoyment, and emotional support, so you can have a holiday of strengthening the relationships in your family, and friends, which is necessary for everyone.

Improving Relationships between Children

Relationships begin at early ages. They are important, because they allow people to develop, and grow from personal interaction with social influences from family, educators, and friends. When children are infants, they are usually surrounded by adults, so their main source of social interaction, and relationship development, is from the guidance, and influence of adults, including family members. As they grow, and are exposed to people, who are outside of the family, their relationship skills develop, and become diverse. Children develop relationship skills with other people, including other children, also known as peers. It is important for children to develop relationships with their peers, because it gives them the opportunity to learn, understand, and build relationships with those who have similar problems, and social capabilities. Children who build peer relationships, develop positive social skills, and learn how to solve conflicts. Interacting with peers, allows them to develop their own identity by different experiences, influences, and ideas they develop from relating to their peers. Although these relationships are important for every child to experience, and establish, it is also important for adults, educators, and parents to help children acquire skills to deal with these relationships. This will insure that they are able to have a healthy respect for each other, and experience the true love, and rewards of a relationship with other children.

Relationships that are shared among children, are just as complex, and dynamic as those experienced by adults, and young adults. Educators, and parents must teach children the virtue

of respect from infancy, to the time that they are attending school. Although children are more likely to bond with others, it is still the responsibility of adults to provide children with the necessary skills that will make their relationships meaningful, and enduring. Some techniques that educators, parents, and any other adult, who has influence in the lives of children can use are designed to help children improve their relationships to prepare them for their future working, and personal interactions with others.

Parents, and educators must work together to make sure children are able to form secure attachments, and do not spend long hours watching television. Videos that show people respecting each other, enduring challenges, and conflicts together, should always be shown to young, and adolescent children to teach them methods for building their own relationships. Small plays that are produced by children in a classroom environment is also helpful, because it is social interaction. The plays should deal with real problems that children have to deal with in their daily relationships, so they can learn how to solve them in a healthy, and educational environment. Group projects should also be given in class to provide children with the tools to learn how to work together, so they will be able to develop relationships with classmates, and learn how to work as a team for their future careers, and personal lives. Teaching children the skills for resolving conflicts within their relationships with other classmates, or children outside of the school environment is also imperative. Many children belong to small social groups, which often creates a strict social hierarchy in the school boundaries. For educators, and parents to ignore this fact, is not helping children develop the necessary skills to break through this social structure, and develop stable, and respectful relationships. Most children know where they are placed in this social system, so it is important for adults, and children to work together

to weaken, or make relationships that have already developed between their peers, stronger. This will provide them strength to survive, and remain respectful in this difficult time of relationship development, and social struggle.

Parents, who raise their children to dislike a certain group of people, are making their children less able to develop relationships with their peers. We live in a world that supports diversity, so it is important for parents to expose their children to other young people from other cultures, religions, and different social classes. If this is done at a very young age, the children will be able to develop relationships more easily in their later years, and at school.

If children are taught to respect each other, and are able to form strong, loving relationships, it will make it easier for them to succeed, and develop unique bonds with people in their later years. Furthermore, talking to children in a respectful manner, while setting realistic goals for their social development is necessary, so they can build relationships that are based on sincerity, respect, and love.

Succeeding in a Teacher to Student Relationship

Teaching is a rewarding career. It is for those, who love to share knowledge with others, while having meaningful experiences, and relationships with students. It is a profession that is enjoyed by many around the world, because it allows new relationships to develop, with the added benefit of sharing knowledge, and experiences. If you are a teacher, and involve yourself in the lives, and emotions of your students, you are in a teacher to student relationship. This

relationship is crucial to your ability, and success in teaching, and learning from your students. The reason is because they will respect you, and want to learn the knowledge you feel is important to give to them. In addition, some students might feel comfortable enough to share personal stories, or problems with you, so you can give them advice, or help if necessary. How can teachers build an excellent relationship with their students, while maintaining their authority, and professionalism in the classroom? This advice is important for those, who are presently teaching, or wanting to enter into the profession, so they will have an easier time with managing, and making the transition to the rewarding career.

When you start your first day of teaching, it is emotionally overwhelming. Twenty-one, or more students are depending on you to provide them with knowledge that they can use to succeed in their future studies, and careers. This is why it is compulsory for teachers to have a good relationship with their students, so the feeling of hopeless, and nervousness will end soon after your first day. Engage your students in discussions, and debates, when you are teaching them a certain issue, so you can learn about their experiences, and feelings about an issue. Join in the discussion, so they can learn other aspects, and ways of thinking about the subject that you are trying to teach. In addition, it will also allow you to express your opinions, and experiences, so they will become relaxed, and respect your thoughts, and ideas. Spending time after school is also an excellent tool for building a relationship with one, or more students. Remember that they are human, and will some times have difficulties, and challenges learning a certain subject, or grasping a concept of the issue. Remain patient, and if a conflict arises, make sure that you, and the student discuss resolutions, or how the conflict made the two of you feel. Problems, and arguments between students, and teachers can also be collective. In other words, the conflict

can be with the entire class, against the teacher. When the argument, or problem is finished, each student should explain to you, the teacher, how it made him, or her feel, and ways that each student can change to avoid the same conflict, or problem in the future. As the teacher, feel free to tell the students how it made you feel. You are human as well, so if you let them see that you have the same feelings, and emotions, it will reduce the chances of future conflicts within the classroom environment.

Relationships between students, and teachers can be the most rewarding, and nurturing. If you love socializing, and interacting with others, you will be able to have a successful relationship with your students. Remain professional, yet know how to enjoy yourself, so they feel comfortable. Discuss subjects, and issues that they feel are important, so they respect your opinions, and advice. If you are able to establish a respectful, and enjoyable relationship with your students, you might even be able to develop long-lasting friendships, which is the biggest reward that a teacher can receive.

How to have a Platonic Relationship

When a man, and woman meet for the first time, the relationship can become romantic, or develop into a friendship. This distinction is important, so that the two people understand what is expected out of this relationship. If the two people do not understand what is expected of them in a relationship, it can lead to hurt feelings, and the relationship can deteriorate, before it has been established. Many studies have proven that any relationship, between a man, and

woman, should be platonic during the first year. This allows the two people to get to know each other, and build a bond of mutual trust, affection, and respect. Whether a relationship becomes romantic, or remains platonic, the two people must maintain communication, and understand how the relationship is progressing, without intimate expression. If communication is lacking, and you, and your friend, or potential partner are expressing your feelings intimately together, the relationship is no longer platonic. If this is what you both intend, the relationship can progress into a romantic, and lasting partnership. If not, learning how to maintain a platonic relationship is compulsory.

If you have met a person, who is the opposite gender, it is common for both of you to have hopes for a romantic relationship. This is fine, but the possibility of having an immediate, and lasting romantic relationship is minimal, so it is better to keep it platonic at first. If you are able to communicate with each other, and express a mutual desire to keep the relationship on a friendship level, it is important for you, and your friend to explain your reasons, so you can both work towards strengthening this platonic relationship, instead of hoping for a romantic partnership. Introduce each other to your other friends, so all of you can build relationships, enjoy activities, and discussions together. Plan group events that everyone enjoys, so you, and your male, or female friend do not have any urges to have a romantic relationship. This statement is not to say that men, and women should not enjoy activities alone together in a friendship, but it should be balanced with frequent group activities. Communicating to each other your current romantic relationships will also improve the understanding of your mutual platonic relationship that you both agreed to share. Attend movies with your partners, so you can all become friends, and your romantic partners will understand that you, and your friend have no

desire to engage in romantic activities with each other. Share your feelings in this group setting, so no one is feeling jealous, or is misunderstanding the platonic relationship that you, and your friend share. Refrain from traveling to an exotic destination, or unique city in your own country with your friend, so there is no jealousy, or suspicion between your romantic partners. This will also prevent your friend, and yourself from engaging in activities that would turn the relationship from platonic, into a romantic affair.

The possibility of having a platonic relationship between men, and women is high. Movies, and literature show couples having platonic relationships, and without warning, engaging in a romantic, and lasting relationship together. Although this can happen, establishing a strong, loving, platonic bond with a man, and woman can be more rewarding than a romance that was never meant to happen. Maintain communication, and understand each other, so the platonic relationship continues for the rest of your lives.

Fixing Relationships with Inlaws

Relationships with family, and friends are the foundations of our lives. If we did not socialize, or interact with others on a daily basis, it would be very difficult for us to survive, and maintain our economic, and social status in our communities, and families. Moreover, we need to interact with others, and form relationships within our family and pier circle. The need to build relationships outside of our family is necessary, so we can eventually establish a relationship with a mate, and build our own family. These relationships are often the most challenging, and

complex. This is due to the relationships that occur within the two united families, once a marriage, and children are brought into the relationship. Many couples, who are married, or raising children, often complain of these strained relationships within the two united families. The problems range from mild, to serious in nature. Even if there is very little contact between the family of the one spouse to the other, it is still a relationship that everyone should work to improve, so the families, and grandchildren can live a happy, and stable life.

When you, and your spouse enter into your relationship, and marry, it is supposed to be a time of joy, and the building of new relationships with his, or her family members. Unfortunately, it is most likely that the two families will not get along, or will cause difficulty, and argue with their happily married family members. This can cause a serious strain on the new marriage, and difficulty in other family relationships as well. These turbulent relationships with inlaws must be fixed. It is a problem that must be solved as a united family, so include your spouse in the process of improving the relationships with inlaws.

Communicate with each other, so you can both suggest methods to build a civilized, or even enjoyable relationship with your difficult inlaws. If your spouse agrees, you should both sit down with them, and tell that you love each other, and although you wish to have them involved with future children, and your lives in general, they must respect you. Inlaws can make the desire to improve the relationship, impossible, but it is important to stay firm with rules, feelings, and how you speak to each other. You, and your spouse must set rules for your inlaws, and discuss the rules with them, but always remember to compromise. For example, if the mother, or father of your spouse wants him, or her to visit them every weekend, this should not

be a problem, if you truly want to have a good relationship with them. Tell them that this wish is fine, but they should not call more than once every day, or every other day. Invite them over for dinner, and have everyone assist in the preparations of food, washing dishes, but make sure you are hospitable enough to serve them a drink, before they begin helping. This way you can bond, and talk in a comfortable, and relaxing environment. Visit their house with your husband, or wife to insure that the persistence to have a working, and even affectionate relationship with your inlaws is acknowledged.

Improving your relationship with your inlaws is important, yet challenging. If you wish to have a happy marriage, and create a family of your own, while preserving relationships with the older generations, maintaining communication, and the willingness to establish a strong relationship with inlaws can create a stronger, and more stable family. Strengthening the relationship with your inlaws, and uniting the two families in a loving, and nurturing relationship is crucial for the happiness, and survival of your future family.

How to Build a Working Relationship with your Former Spouse

Divorce is a difficult time in the lives of many families. It is the loss of a once hopeful relationship that was formed, and finalized in front of a religious leader, or in the presence of happy family members, who wish the new couple a happy life together. Problems are usually very minor in the first, second, and third year of marriage. Unfortunately, the problems will increase, due to financial stress, emotional differences, and the challenges of raising children.

Stress with the daily tasks of work, and raising a family can sever the spousal relationship. If divorce is the only option, it is still important to maintain a working relationship, if children are involved. This will insure that they can adjust to their new lifestyle. Building a working relationship with your former spouse can be difficult, but it will insure a loving, and supportive environment for everyone. How can people, who no longer love each other, maintain a relationship that will reduce the stress on the children, and themselves?

Medical professionals, as well as many advocates for the rights of children, emphasize the importance for parents to have a healthy, or working relationship, when the divorce, and custody issue is finalized. Discuss with each other, the upbringing, and rules that each household will have for the benefit of your children. When discussing the rules that each of you will have at your separate houses for your children, it is important for both of you to compromise on issues, such as discipline, curfew, and religious upbringing. Understand that you both want what is best for everyone involved in this difficult situation. Always remember to include the children in these discussions, so they understand the rules, and can give their opinions about other matters that pertain to their well-being. This will also make them feel a part of an equal, and loving relationship once again, which will ease the transition. Communication, compromising, and respect are crucial, if this new relationship is going to work. If new partners enter into the equation, it is important for everyone to discuss feelings, and how each person will deal with the new challenges, and possible marriage of a parent, and former spouse.

If you, and your former spouse can talk together with your children to discuss issues, including problems that your children are facing, the working relationship between you, and your former

spouse will improve. This will provide your children with the emotional tools to adjust, and understand that relationships are complex, yet unique in life. Blaming your former spouse's new partner will not strengthen your working relationship with your spouse. What it might do, is alienate your children, and your former spouse from you. Creating new levels of stress for everyone. Arguing, and blaming should be replaced with discussion, and the freedom to express positive, and negative emotions about new situations, so the working relationship can improve for the sake of everyone.

Moreover, building a working relationship will alleviate the stress for everyone, because it will be a respectful, yet mutual understanding that the marriage is finished, but the love that you both have for your children is the reason for the continuation, and building of a new, and less intense relationship. Conflicts will arise, but if everyone is willing to communicate, compromise, and work to find solutions, this once strained relationship might be replaced by feelings of understanding, respect, and support.

Chapter Two: Parenting

Parental relationships are some of the closest, and important attachments that one, or two adults can form with children. Children require this close bond with their parents, in order to develop healthy, and happy relationships with others. Although parent to child relationships can be difficult, parents, and children must learn ways to cooperate, and provide emotional support for each other. Speaking to other parents, and children is an excellent resource. Let us also

examine other options, so you, and your children can have a close, and loving parent to child relationship.

Raising a Child with Attention Deficit Disorder

Parenting is the most rewarding task, and relationship that one can have with a young person. It is a relationship that involves many personal, and social skills, because you are raising a child, who is developing into an adult. Patience, kindness, compassion, nurture, and understanding, are just some of the skills that one needs to be a good parent. Like any other relationship that one has, mistakes will be made. Flexibility, and finding methods to solve conflicts is crucial. This is especially true for parents, who are raising children with Attention Deficit Disorder. Also known as ADD. All of those skills, such as patience, kindness, understanding, love, and compassion that one needs in order to be a good parent, must be emphasized, when raising a child with this disorder. If you believe, or have learned that your child has this medical problem, it is important to seek as much help, and advice as possible. How can one parent a child with this disruptive disorder? It is important to learn ways to deal with this behavioural disorder, so you, and your child will benefit from your excellent parenting skills, while maintaining a stable, loving parent to child bond.

When your child has been diagnosed with ADD, it is important to understand that the actual disorder continues to be debated in many medical circles. The reason is because it is non-tangible. Symptoms that your child might exhibit, include constant disruptive behaviour,

such as aggression towards others, disrespecting authority, and the inability to concentrate for a long period of time. These symptoms should be examined further with the help of your physician. Some children have a lot of energy. These children often require more attention, stimulation from peers, educators, and family members. In other words, this disorder should only be diagnosed by those, who are specialized in the medical, and psychiatric field.

When your child is diagnosed with this disorder, you must learn about the side effects, and benefits of the medication that will most likely be prescribed from your doctor. Many of these medications that are designed to calm the child, and allow him, or her to live a normal life, are very addictive, and toxic to your child's developing brain, and nervous system. Giving your child one of these medications, without researching it yourself, might cause more damage, and problems, such as increased behavioural difficulties, or other health problems. This is not condemning medication for this disorder. Rather, it is better for you, and your child to research each medication, and discuss your findings with your doctor.

When you have discussed the side effects, and all of your research with your physician, it might be an excellent learning tool to join a support group for parents, and children, who are dealing with the challenges, and successes of this disorder. If you, and your child are around others, who are enduring the same problems, it will be easier for both of you to cope, and fix the behaviour problems. Parents, and children in these support groups can teach, and learn methods to minimize the flaring temper, and disruptive behaviour in social, or educational environments. In addition, dietary modifications need to be made to insure that your child is being fed healthy, and nutritious meals. This is so the brain, which is believed to be the root cause of this disorder, receives proper nutrition, and enough oxygen to function normally. Possibly minimizing, or even correcting the disorder.

Parenting a child with Attention Deficit Disorder, or also known as ADD, is a challenge. It is a disorder that medical communities are only beginning to understand, and find methods, both natural, and synthetic to minimize, or cure this unfortunate, and difficult brain disorder. If your child has this disorder, it is your responsibility to provide love, understanding, compassion, and firm discipline to correct the unacceptable behavioural tendencies. Maintain routines, as much as possible, so the child can develop, and understand his, or her tasks, surroundings, and learn in a secure environment. If these methods are taken by the parent, along with the guidance of a physician, educators, and a support group, you will be an excellent parent to your child, who has attention deficit disorder.

Parenting an Orphan

If you wish to adopt a child from an orphanage, it is wise to think, and decide very carefully, before you plunge into this noble cause. Research the facts, and laws, if you are wanting to adopt in your own country, or internationally. Remember that a child, who has been living in an orphanage, is more likely to have an illness, or emotional problems, due to the environment that he, or she has lived in for a certain period of time. In addition, if you are wanting to become a parent to a child, who has been living in an orphanage outside of your country, cultural, and legal barriers might be difficult, and a challenge to overcome. The reason is due to complex international problems, and laws, which are often designed for political purposes, and not for the protection of children, or parents. Moreover, if you want to be an

excellent, and loving parent to a child, who has lived in an orphanage, you must be patient, loving, flexible, capable of advocating on behalf of the child, and compassionate. How can one build a loving, and understanding parental relationship with a child, who has been living in an orphanage?

Parenting an orphaned child is not an easy task, but it can be very rewarding. When you decide to take on this parental role, it is important that you know your reasons for wanting to parent, and build a relationship with a child, who has been abandoned, or suffered the loss of his, or her own parents. Research various orphanages, before deciding which one you wish to visit, so you are familiar with the living conditions, and staff. Researching orphanages is crucial, because some might be run illegally, and will not provide you with the proper legal information, and support for adopting, and parenting a child. You might also wish to take the child for a medical exam, so you can be certain of his, or her health. If the child is not healthy, you must be able to provide adequate medical care, so there will be minimal emotional, and physical harm to you, and the ill child. Taking these precautions, insures that you adopt a child that you are capable of caring for, so the ill child is adopted, and cared for by parents, who are able to provide proper medical treatment.

When you bring the child into your home, make sure that your family does not mistreat the new member. He, or she has already been abandoned, and endured misery. If this happens, talk to the family member, and have him, or her apologize to the child for his, or her conduct. It is also important to have a family environment for the child, so emotional support, love, is given from other people. This will teach the child, or remind your new son, or daughter, the skills for living in a family environment. Communicate with the child, and ask him, or her to write, or tell

you how this new environment makes him, or her feel. If your child is from another country, then it might be in everyone's best interest to allow him, or her to learn, and interact with children from his, or her original culture. This will insure that the child is able to form healthy relationships with everyone, while receiving ideas, and love from the new, welcoming family.

If you are willing to provide education, emotional support, and a loving environment, parenting a child from an orphanage can be a very rewarding, and loving relationship. As long as you research, and are able to accept challenges with the child, and various legal systems, then you will be able to be a loving, and nurturing parent to the lonely child.

How to Discipline your Children

We all have been disciplined, when we were children. Various methods, such as physical spanking, or verbal discipline are used by parents around the world. Methods of verbal discipline that most children endure are not being able to watch Television for a certain period of time, or yelling to let the child know that the behaviour is unacceptable. Physical discipline that some parents use include hitting their children with a strap, or ruler. This was a prevalent method of discipline in the early, and middle twentieth century. The parental guidelines were very relaxed, and many complaints of child abuse emerged, as the baby boomers grew into adults, and had children of their own. Legal guidelines are now enacted to protect the rights of the children, but do these guidelines protect the parental right to discipline children? Many cases have been brought to the attention of the media, and legal systems throughout the Western

world of parents being abused by their own children. Proving that the guidelines are not protecting the rights of parents to discipline their children. Although parents continue to use physical discipline, such as spanking the child, it is still considered to be inhumane by many sociologists, and children's rights advocates, but is this true? The answers are not conclusive, but many parents feel that it is false, because they see many children disrespecting their parents, and causing turmoil in the parent, child relationship. This is not meant to advocate for spanking, or any other physical punishment as a main method for discipline. Knowing when spanking should occur, and when other verbal methods of discipline should be used is an important skill for parents to learn in this complex relationship.

When your children are infants for example, it is important to understand that they will break, or touch things that are forbidden. The reason why they do this, is because they are curious. This curiosity is providing them the skills to learn about their surroundings, which will soon give them the capability to communicate what they are thinking, seeing, and touching into language. Even though this is very stressful, it is important to not use physical discipline, such as spanking, if they accidentally break, or touch an object. If you want them to develop language, and learn about different things in their environment, this stage of development is one that you will have to simply endure. Use verbal commands, and even raise your voice to a tone that will signal for them to stop. No matter how young the human brain is, everyone from infants, to older children, know when they have made their parent, or parents angry.

If your children are three years of age, and older, it is important to use both verbal authority, and physical discipline, such as spanking. They should be able to understand sentences, and reasons for not touching, or doing a certain activity at this point in their development. Talk to them first

to find out their reason for misbehaving. If the same bad behaviour continues, and becomes worse, spanking the child on their bottom will remind them of your parental right, and their unacceptable behaviour will not be tolerated in your presence.

Parents use many methods, and strategies for discipline. Spanking should be done if the behaviour continues, but it should not be used with children, who are ten years of age, or older. This is when Verbal discipline is most important, and will make the most impact. Forbidding Television, use of the telephone, or attending events with friends, is the best form of discipline for children, who are considered to be adolescence. The reason why this form of discipline works better with older children, is because they are developed enough to understand the main concepts of right, and wrong. They are also establishing their own identity in the world, and wish to be treated with maturity. This desire to be respected, and treated fairly by parents, must be reciprocated by both parents, and children, if the relationship is to grow, and last. Moreover, disciplining children is difficult, but if spanking is used as a last resort for young children, and verbal discipline is enforced on adolescence, you will be able to teach your children manners, respect, and establish a strong, loving relationship.

How to be a Devoted Single Parent

Modern families are developing new methods of parental authority, discipline, and dynamics. Although marriages still exist all over the world, many people are getting divorced, or not having a marriage ceremony at all. Some people feel the need for marriage is superfluous, but want to

have a child, or multiple children without a committed relationship. Most studies stress the importance for children to have the emotional stability, and support of two parents, but is this really necessary? If you believe this theory, or wish to dismiss it altogether, you must understand that these studies are conducted by human ideas. In other words, many studies are biased, either for, or against the modern idea of this form of parent to child relationship. Ideas that are provided here will help single parents cope, and learn how to raise their children, without the emotional support of another companion, or spouse.

If you are a single parent, you are taking on a responsibility that is rewarding, but difficult at the same time. You have to spend quality time with your child, or children, while providing a steady income for them. The stress of earning enough money to provide for yourself, and children, can be overwhelming, and might lead you to do things that you will later regret. It is important that you have support from family, and friends, so you can be satisfied, and live a happy life with your child, or children. If your child, or children are young, it is your responsibility to hire a babysitter from the neighbourhood, or a trusted, and caring family member. This will insure that they are receiving social interaction, and discipline from a trusted adult figure, while you are working, or socializing with your friends.

If you enjoy dancing, and are trying to have a relationship with the opposite gender, it is wise to know your new partner, before introducing him, or her to your child, or children. If you wish to remain a single parent, do not bring multiple partners home to your child, or children, when they are young. You are trying to teach them to respect you. If they are young, and don't understand your reasons for wanting to have non-committed relationships, you might find yourself unable to discipline them, because of their lack of respect for you, and their confusion.

Attending events, and activities that you, and your child, or children enjoy, is an excellent way to bond. Discuss things that bother everyone. Share events, and activities that you, and your child, or children did that day. This time of discussion, and sharing, will give you time to reflect, relax, and learn how your child, or children feel, and are doing in life. Talk to their teachers by phone, e-mail, or attending parent-teacher meetings to find out how your child, or children are doing in school, and how you can contribute to their success.

If you talk with your child, or children, and maintain fair discipline, your relationship with your children will be a loving, and fulfilling experience. Socializing with your own friends, and hiring a babysitter, is also an excellent strategy to provide yourself with time to enjoy your adult friends, and an opportunity for your children to interact, and learn from others. Moreover, communication, love, discipline, and providing your children with financial, and emotional support, is the recipe to being an excellent single parent.

Parenting a child with Autism

Parenting a child, who has Autism is challenging, due to the difficulties that the child will face on a daily basis. Medical professionals are struggling to find the root cause for this serious cognitive disability. Autism is a disorder that effects a child's ability to verbally communicate, and interact with others in a social environment. The disorder can have varying effects. Meaning, some children have less severe symptoms. Children with autism do exhibit similar characteristics. Experts have outlined some of the behavioural characteristics, such as

difficulties in responding to change, and the inability to transfer learning experiences to a new situation. Temperamental outbursts can also vary from frequent, to infrequent, depending on the personality of your child. Parenting a child with autism can be difficult, but it is your responsibility to learn the skills necessary for the benefit of your child, and to maintain the natural, parent to child bond.

When your child is diagnosed with this devastating disorder, the daily tasks, and responsibilities can be overwhelming for many parents, who do not fully understand the disorder. Parents must overcome this feeling of helplessness and learn from medical professionals, how to help, and raise a child with Autism to the point where the child can succeed, and live a comfortable, and relatively normal life. If intervention, and assistance is provided, you and your child will be rewarded with new learning experiences, and the chance to live a normal, and happy life together. Make sure your doctor provides you with information, and institutions, or centres to help you learn techniques for dealing with this new challenge. When you call the centres, or institutions recommended by your physician, set up an appointment to talk to a counsellor. He or she will be able to help you, and your family deal, with this traumatic experience. The counsellor will also be able to refer your child to a speech, or occupational therapist, who will work with him or her to help ease the anxieties, and provide him, or her with skills to prepare him or her for school.

Keeping a daily routine is essential for the success, and behavioural improvements. This technique makes it easier for the child with autism to learn, interact, and adjust to life at home, and school. If the routine is interrupted, the child may express negative behaviour, such as throwing objects, screaming, or uttering profanities. Modify this negative behaviour with

consequences, such as taking away a favourite game, or toy. Maintain firm discipline if the behaviour persists. When your child exhibits positive behaviour, praise him, or her by rewarding, or politely giving him, or her thanks. Your son, or daughter will understand that this conduct is acceptable, and rewarding.

Draw pictures to express various desires, needs, and requests. This is an excellent communication technique, if your child is non-verbal. If your child is able to express him, or herself verbally, but unable to comprehend words with actions, repeat the word with the action each day to reinforce the meaning. He or she will eventually grasp the meaning of the words, if the autistic symptoms are mild. Involve yourself in his or her school activities by insuring he or she is receiving the education he needs in a suitable environment. School is a setting where he or she will meet other children who don't have a disability. Talk to the teacher, or teachers, and ask them to have a discussion with the students about living with a disability, such as autism. If the teacher is willing to talk about this subject with his or her students, the children will be more accepting towards your child, and his or her disability.

Parenting a child with autism is difficult, but is also a rewarding relationship for any parent. You must remember that your child is a developing person with needs, feelings, and desires, so be patient, and develop a willingness to learn. Obtaining support from family members, medical professionals, and teachers,, will provide you with the ability to be an excellent, and loving parent. Remember that the success of your child is crucial, and can only happen if you can accept his, or her disability, and have a support system to help him or her learn, grow, and develop.

Parenting Teenagers

When children are born, it is a time of hope, dreams, and the desire to raise the child to be successful, kind, and respectful. Raising, and maintaining a healthy, and happy relationship with your children is challenging. Children are physically, and emotionally developing their own identities throughout their lives, which can some times strain relationships between parents, and children, including teenagers. Adolescent youth, and young adults, often try to gain their independence by listening to unique music, and reject some of the rules set by their parents. This can cause stress on the entire family, and test the strength of the most understanding parents. How can parents survive this phase in their child's life with minimal stress?

Always remember that one day they will become adults, like yourself.

Discuss subjects that they are interested in, or have knowledge about to show your respect. This also encourages an intellectual, and emotional bond between the parent, and teenager.

Teenage years is also a time in which he or she will look for a potential companion. Don't prevent this from happening, because it will create rebellion, and show that you don't respect their judgements. Talk to him or her about your personal life, goals, and fears. If you become his or her friend, it is more likely that he or she will love, and respect your opinions, advice, and wishes.

Achieving a post secondary education is important. Encourage them by helping with assignments, and finding an after-school job to help pay for their own tuition.

If you can talk, listen and befriend your son, or daughter during this period in their life, you will have an enjoyable, and loving relationship. You must always remember that you were once a teenager, and probably had the same anxieties and enjoyments as your son, or daughter. As long as you respect, talk, understand, and encourage them, you will be able to survive, and build a bond with your soon to be adult son, or daughter.

Parenting without Grudges

The happy couple, who have just been married are so in love with each other, that it is inconceivable that they will eventually hurt each other, become angry, and have to make the decision to stay married, or get a divorce. If a divorce happens, and children are involved, many feelings are mixed, confusing, and stressful for everyone. The two people, who once felt love for each other, and gave birth to a child, are now arguing about everything, including custody. Parents might even have so much anger, that they will blame each other for the current difficulties that they are facing in front of their young, upset children. If the children are in the battle zone of these bitter proceedings, and arguments, it can be devastating for your parental relationship, and authority. Learning to rid yourself of grudges from your spouse is important to maintain your parental role. This also applies to the other parent as well. How can parents cease fighting in front of their children, when emotions are intense?

Remember that you, and your former spouse share the same desire to be good parents. Difficult times, such as divorce can make it virtually impossible to achieve this responsibility.

Learning how to rid yourselves of grudges will make it easier to achieve this important goal for your children. Everyone, including your children are deeply hurt, and confused. They feel angry that the people they love the most, have betrayed them by arguing, and tearing them from one parent, to the other each weekend. This situation is difficult, and an emotional challenge for everyone, but it is important for you, and your former spouse, to deal with the situation, so you can both establish a parental relationship with them, even though you are not sharing the same living space. If you wish to remain bitter with each other, that is all right, but make sure that you both speak friendly to one another, when in the presence of your children. If you are constantly arguing, and the parental support is turned off by both of you, then it is more likely that your children will become withdrawn, and develop a mistrust, and disrespect for you, and your former spouse. Remain in contact with the other parent to keep him, or her up to date in matters of how your children are doing In school, and at home. If your former spouse does not have full custody, it is still important to let him, or her visit your children, so that they still have a stable relationship with both parents. If you tell your children about how hurt you are, this is honest, and normal. They will be able to sense it anyway, so avoid the mistake of telling them that everything is fine between you, and their mother, or father. On the other hand, do not tell them slanderous stories about their other parent. It will most likely create resentment towards both you, and the other parent.

The more love they feel from both of you, during this tragic time in all of your lives, the higher success, and better adjusted they will be in the future. If you show your children that you, and their other parent truly have their best interests at heart, they will respect both of you as parents. In other words, avoiding the mistake of holding grudges towards the other parent, will

create a happy, and loving environment for your children.

Parenting your Gifted Child

Parents all hope their children will be able to succeed, and develop great intellectual minds for their future. Most children are enrolled at their local neighbourhood school at four, or five years of age to begin this goal, so they can acquire knowledge, and succeed in their later years. Some parents begin educating their child, when they are born by reading, buying them educational toys, and letting them look at picture books with small words in them. Parents, who educate their children, when they are born, are benefiting their child immensely. The reason is not because the child can understand everything that is being said, or indoctrinated, but due to the fact that the brain is in the earliest stages of development, and needs as much stimulation, and language instruction as possible. When these children begin school, or are two, or three years of age, they are able to understand, and communicate with adults, and their young peers with minimal difficulty. In other cases, some parents will experience a gifted child, due to their early instructions, and acquired skills. Note that some children do not even require instructions at birth, because their brains are already developing at a fast rate. This might mean that your child is gifted. How does a parent build a bond, and raise their gifted child?

Gifted children need mature communication. All children should be spoken to with respect, and maturity, but it is especially important for parents, who are raising a gifted child to use adult vocabulary, and respect. If you do not treat your child with respect, and as a mature,

and contributing member of the family, it is more likely that he, or she will disrespect you, or become angry, and withdrawn. Gifted children can also experience many challenges at school, such as teasing from other children, who are jealous of their achievements. Some children, who are intellectually advanced, exhibit disruptive behaviour in school, and at home, due to boredom. Make regular appointments with the child's teacher to discuss his, or her progress, how to provide him, or her challenges for studying, and learning, and the possibility of transferring him, or her into a gifted program.

Gifted programs are specialized learning curriculum's for children, who need more academic stimulation than their peers. Many schools have these programs, but assessments of your child need to be made to insure the program is suitable for him. Or her. The decision, whether, or not to register in the gifted program at school is ultimately up to your child. Some children feel that it is stifling, and will isolate him, or her from the friends that he, or she has made; thus, a gifted program might not be what he, or she wants. If this is the case, find activities, and tasks for your child outside of the school environment. Signing your child up for advanced academic, and recreational programs will enable him, or her to interact, and succeed in the regular classroom environment with minimal interruptions, or difficulties.

Raising a child, who is gifted is a rewarding, and some times challenging task. If you are willing to provide emotional support, as well as understand your child's abilities, and challenges, then you can build a loving, and respectful parental relationship with your intellectual, and emotionally advanced child.

How to be a good Step Parent

If you are divorced, you are probably so bitter, and emotionally exhausted, that meeting another person is something that you want nothing to do with, so you build your new life with your children, and become happy with life once again. As you establish some normalcy, and your children become more accepting with the new living arrangements, you then decide to try to look for a companion to spend time with, and share life experiences. You ask your friends for help, and they find you a person, who is interested in getting to know you, and your children better. This can be an upsetting time for your children, because they know that there is no chance for a reconciliation with their other parent. Consequently, if you introduce this new person to them soon after meeting him, or her, they will most likely reject, and rebel against him, or her. Creating tension, and resentment for everyone. On the other hand, you might be the person a divorced parent meets, and feel a strong compatibility, and desire to live, or marry him or her. If children are involved, this is not a wise decision, because they might not respond well to you, as their new step mother, or father. Becoming a good step parent is not impossible, but it takes time, understanding, and patients for everyone. It is important to learn how to handle this complicated situation to minimize the emotional, and psychological strain that everyone involved will feel.

When you, and your partner meet for your dates, the two of you must communicate with honesty. If you don't like children, and feel that you are absolutely incapable of building a relationship with his, or her children from a previous marriage, you must indicate to him, or her this fact. The relationship must be taken slowly, if you wish to be a good step parent. Discuss

the relationship with your partner, so you can both find the right time to meet your future step children. You, and your partner, should allow a meeting with the children, before the relationship develops into marriage, or a common-law relationship. When you meet the children of your new companion, talk to them, and treat them like you are a new friend. Make sure that you don't exert too much authority for a little while. Even when you are married to your new spouse, and are living with his, or her children. You should continue to be a friend, and not as much of an authority figure in their lives, until they are completely accepting of their new lifestyle, and you, or your partner as their step parent.

If you discuss problems, fears, and issues that make all of you angry with each other, this might allow you, the children, and your partner to arrive at solutions that will eventually make everyone happy. This will take time, and patients, but you will soon find that you will become the step parent the children will most likely respect.

Parenting a Child with Depression

Depression is on the rise in many countries around the world. Physicians, and psychiatrists are struggling to find reasons for the rise in this horrible mental illness with little success. Medications are often the solution to a person's depression, but some times have tragic consequences, and some success stories as well. Many medical professionals, and societies used to believe that Depression only occurred in adults, due to their busy lives, or hormonal changes in their bodies. Today, this is found to be false. Children, and young adolescence are

being diagnosed with Depression, and parents are unable to handle the effects of this illness. If your child, or teenager has been diagnosed with this disorder, you must learn along with your child to deal with the reality of this illness. Learning how to provide him, or her with support, and love is essential for insuring mental hygiene. Ignoring this illness in your child will not solve the problem of his, or her constant depression, and negative behaviour. How can a parent deal with this illness to insure provisions with support to recover, or minimize the serious ramifications?

You have been trying to understand why your son, or daughter has been so withdrawn, emotionally upset, or angry lately. Every person, including children, and teenagers have these times in their life, where everything is going wrong, and anger, crying, and other emotionally disturbing acts are committed. These symptoms must continue for five, or six months on a daily basis before you take your child, or teenager to a physician. Although symptoms do include constant anger, sadness, and the inability to begin, or complete tasks, it is ultimately a doctor, and psychologist, who has the authority in diagnosing your child, or teenager with clinical depression. Talk to your child, or teenager. You might find your child is depressed, because of problems that he, or she is facing. Finding the cause of your child, or teenager's sudden change, might only need your love, understanding, attention, support, and not the advice from your physician. Provide him, or her with methods to alleviate his, or her stress, and spend time with him, or her to let him, or her know that you care, and want to help. Evade criticism, and do not minimize his, or her problems, because this will cause your son, or daughter to withdraw, and become more angry, and emotionally erratic. In addition, if your child, or teenager's grades suffer, it is important for you, or the other parent to make an appointment with

the teacher, and discuss your child, or teenager's behaviour in the classroom. You, and the teacher might be able to arrive at solutions to help your child, or teenager deal with the problems that are making him, or her constantly depressed. If these solutions do not work, then it is up to you, and the teacher to find other strategies, such as making a doctor's appointment, and having your son, or daughter undergo a psychological assessment with your physician to determine the cause of this personality change. Keep in frequent contact with medical professionals, who are caring, and treating your son, or daughter's illness. Researching alternative medicines, and strategies to cure, or minimize your son, or daughter's suffering from Depression is an excellent option that every parent should try. Participate in activities, and attend functions together, so your son, or daughter can interact with others, and gain his, or her social skills that have been taken away by this illness.

As long as you are able to provide your son, or daughter with medical assistance, and family support, he, or she will be able to survive Depression. Communication, and understanding of your son, or daughter's current difficulties is crucial for all parents. Parenting a child, or teenager with Depression can be difficult, but it is your responsibility to insure that the condition is manageable, and your child, or teenager is given adequate medical, emotional attention, and love.

Parenting for Success

When people have children, it is a wonderful time. The new parents are filled with hopes, and a

desire for their child to succeed. Some parents will read stories, when their child is born, while others buy educational toys to give their child a better chance to succeed in school, and later on in life. The quest to see one's child succeed does not stop at purchasing educational toys, or reading to them, when they are new-born. Registering children at prestigious schools is another strategy that parents will do to insure their children succeed in their later academic studies, and careers.

Social acceptance is important for the parents, because they want their children to feel good about themselves, and build relationships with other children, and adults. Unfortunately, some parents become overwhelmed, and force their children to succeed in everything they do, and try. The children become stressed, and distant, and the parent, or parents are too enmeshed with the crusade in making their children succeed in everything. These parents often forget that success is what their child, or children are good at, but it is also measured by how the children handle failures. How can a parent insure their children succeed, without overwhelming themselves, and their children?

Encouraging your children is natural, and important. As the parent, you should ask them what they wish to try to succeed at, instead of deciding for them. Punishing, and threatening them to continue in a task, or area of study that they don't like is some times necessary. Evaluate the nature of the situation, before punishing, or threatening. For example, you might wish to punish your child for not studying, or completing assignments, but you will probably not be angry, if your child loses a basketball, or hockey game. Children must have an education, if they wish to succeed in any career, or professional occupation. Applaud the projects, and accomplishments your children show, and tell you that they did that day in school. If they achieved something that

was unusually fantastic in their studies, suggest to them that they perfect their skill. Tell them to show you their improvements in the skill that they achieved, and acquired at school, so they will be encouraged to continue succeeding.

If you wish for your children to become successful citizens, encourage them in everything they wish to accomplish, but also provide them with the understanding that you will love them, even if they fail. Purchasing the latest fashions might give them many friends in school, but it will not make them successful, or kind to everyone else. Moreover, when you become parents, it is important to measure success for your children on their accomplishments, character, and not how much social, or financial status they acquire.

Parenting Diversity

Multicultural families are a normal part of societies around the world. Throughout history, humans have been entering into marriages with people from different religious, and ethnic backgrounds. Although every culture does have racism, and prejudice about different religions, and ethnic backgrounds, recognizing that many parents have been raising their children in diverse families, and backgrounds for centuries is crucial for future parents in this diverse world. How can one raise their children with diverse backgrounds, and religious values?

When you meet your partner, and decide to marry, it is important that you both discuss the way that you wish to raise your children as two loving parents. The sharing, influencing of

diverse cultures, and religious ideologies is an excellent, and wonderful human experience. Combining two different religions, or cultures in parenthood, will help the relationship with your children develop into an understanding family bond. When you marry your partner, and children are born, abide by the previous agreement, so there is minimal conflict, and difficulties for the two of you, as parents. Problems can arise with other family members. In some cases, the grandparents of the children, will interfere in the raising of their grandchildren. Although it is perfectly fine to involve grandparents, it is not a good idea to have them completely interfere, and criticize you, and your partner in front of the children. If this happens, discuss this problem with your children, and tell them to be polite to their grandparents, but to make their own decisions, whether or not they wish to listen to their ideas. In addition, it is also imperative for your spouse to discuss this with you, and your children. You should even discuss the problems you are having with family members, such as grandparents, so solutions can be made to strengthen the family, and parental bonds.

Parenting children in a home of cultural, and religious diversity is a rewarding, and educational experience for everyone. Keep open communication with your children. Discuss problems, and accomplishments with your spouse, so you can both find methods to help them succeed, and live happy lives. If these rules are applied, and you are both willing to compromise differences for the happiness, and success of your children, you will be able to parent your children in a diverse, and happy environment.

How to Parent a Child with a Visual Impairment

When we give birth to children, the feelings of hope, and love flows through us. The look so perfect that we cannot imagine anything being medically wrong. As parents, the thought of raising a child, who is blind, or visually impaired, is far from our mind when our children are new-born. For many, the possibility of their child being born, or becoming blind is a reality. Decisions, and emotions need to be dealt with, and thought through. As the parent, you must understand that many factors, or diseases can cause blindness in children, such as Cataracts, Glaucoma, Brain tumours, etc. If a child has a disorder, or illness that has caused, or will eventually lead to blindness, emotional support must be provided from the parents, other family members, and friends. When the loss of vision occurs, the parent must learn strategies, and methods of support to help their child deal with this unique, yet fascinating way of life.

Raising a child with blindness means that you will have to be flexible, understanding, able to treat your child the way you would treat, and parent other children. Seeking advice, and assistance from people, who are familiar with blindness in children, is necessary for parents. Medical professionals, rehabilitation teachers, and others in the education, and medical field, can help parents learn how to provide their child with the support, and assistance he, or she will need to live, and flourish in a normal, and loving environment. If your child is enduring the effects of gradual vision loss, discuss options with your child, if he, or she is old enough to understand the circumstances. This will create an environment for your son, or daughter to express his, or her feelings, which might include fear, anger, and frustration. Explain to him, or her that you are also afraid of the difficulties, and challenges that the two of you will have to face, once he, or she has complete vision loss. This will let your child know that you understand what they are going

through. Even though you are afraid at what might happen to your child, when he, or she loses his, or her sight, it is your responsibility to remain in the parental role in this relationship. Speak with your ophthalmologist, and family physician about opportunities, support organizations, and groups that you, and your child can join to access information, and learn from those, who have lost their vision. If you, and your child befriend, learn from other children, and adults, who have lost their vision, or are enduring the effects of gradual vision loss, it will be an easier adjustment for both of you. These support groups, and community organizations will also give you, and your son, or daughter the tools to plan new strategies to live a normal, and happy life in a parent to child union.

School professionals can also help by providing early intervention programs, such as Braille instruction, and Orientation and Mobility training, if your child is completely blind. In many developed, and developing countries, specialized educators are trained to deal with visually impaired children, and their parents. Your child can be given a medical recommendation for the school to provide him, or her with visual assistance, so your child can get necessary help. Programs that integrate blind children in a regular classroom environment, insure that your son, or daughter is not moved to a different school, where he, or she will not only have to deal with the loss of vision, but will also have to try to make new friends.

For those parents, who are raising a child, who is partial, or completely blind, get support as soon as the diagnosis is given. If support is provided in the early stages of the child's vision loss, he, or she will be able to be educated, and raised by his, or her parents in a loving, nurturing, and normal environment.

Parenting with Concentration

Concentration is difficult for many people. Distractions are plenty, such as Television, computers, phones, and more. Children and adults find it difficult to concentrate for long periods of time. Consequently, homework, and work at the office, suffer. We have so many things in our lives, that we find it difficult to sit, and complete a task. Psychiatrists, and other medical professionals, claim it is a chemical disorder. Various medications are prescribed to children, and adults every day to improve their abilities to concentrate. Fortunately, another school of thought is beginning to prevail over the automatic prescription philosophy. The idea that one can concentrate through structure, and discipline is becoming a more popular, and safer remedy for this problem. If you, or your child don't wish to talk to a medical professional about this issue, it is important that you read, or discuss with family members or peers, so you, and your child can learn the skill of concentration together.

When you wake in the morning, write down daily tasks for you, and your child. Write down the time of day you wish to complete each task, and strive to complete them in a timely, and efficient manner. Involve your child, and entire family in helping to complete tasks. This will ease the workload, and strengthen your relationship with your children. Set aside a time for reading, relaxing,

family discussion, or fun. This will renew your energy, and prepare everyone for the next morning, or upcoming tasks. Other tools to help you, and your children achieve a higher level of concentration, is reading. It helps their intellectual development, and concentration level, because they are sitting, and doing something constructive with their mind for a long time. It is advisable that they read for one hour each night before bed. Construct routines before school, such as setting a time to get out of bed, and ready for their day at school each morning. The same applies to you, as the parent. Set your clock before bed, so your body is prepared to get ready for work.

Provide your child, or children with a nutritious breakfast with foods they enjoy. Many children enjoy peanut butter, so make peanut butter toast with some fruit, milk or juice. You could also give them oatmeal, or eggs with toast. Breakfast is a meal that energizes the body, so make sure you give them bread, due to the high fibre, and carbohydrates. Boxed lunches for school should include fruit, vegetables, and a nutritious drink.

You can also put some treats, such as potato chips, one small chocolate bar, and a rice crispy square. If your children are under ten years of age, cut the vegetables into different parts of the face, or little happy faces. The visual presentation will attract them into possibly eating them.

As a parent, who is trying to teach their children skills for concentration, it is crucial to lead by example. When you are working, make sure you have enjoyed a delicious, and nutritious breakfast. Make your breakfast the night before, and heat it up in the morning, if your morning schedule is too busy to cook for yourself. Your breakfast should consist of the same

food that you would give to your child. In other words, you must have carbohydrates, and fibre as well to energize your body, so you can function, and concentrate throughout the day. In addition, your lunch should be plentiful, and tasteful. Avoid fast food restaurants if you wish to eat outside of your workplace. Other restaurants that are available, provide people with a nutritious meal, which will give you less health problems, and energize your brain for the rest of the day.

Concentration is an important skill that everyone must learn. It is a skill that helps us to complete tasks, and fulfil our desire to succeed and develop. We should all learn how to concentrate from birth to adulthood. If you and your child, or children eat a proper diet, exercise by walking, playing sports, and read books, your ability to concentrate for long periods of time will improve.

Teenaged Parenting

Everyone, including teenagers, have physical urges. The reason is simple: we are all human beings, who have a natural instinct to be physically intimate with others to produce children. Adults should also understand that they too, have the same urges, so the stereotypical teenager having more sexual relationships than adults, is in most cases, falsity that is designed to widen the gap between the barbaric teenagers, and the so-called civilized adult relationships. Although these natural urges can be reduced by parents, educators, and the mainstream media, some teenagers make mistakes. Young adolescents becoming parents at younger ages is an

unfortunate reality for some people. This devastating news from a son, or daughter, makes most parents angry. This news can deteriorate parent to child relationships, due to shame, anger, and distrust. The parents of the teenager, will some times refuse to see their new grandchild.

Leaving their son, or daughter on their own. Subsequently, the young parent, or if both partners are still together, find themselves in poverty, and unable to raise their new son, or daughter with adequate resources, and affection. The reasons vary, but most teenagers, who are struggling to be good parents, find themselves working two, or three jobs to provide adequate shelter, and clothing for the baby, and themselves. Therefore, it is important for teenagers, who are parents to learn where they can seek help, and how to raise their children in these difficult circumstances, so the child will develop into a loving, and successful person.

When you tell your parents that you will be having a child, it is very difficult for everyone. The reason is because your parents probably had expectations of you attending College, or University, and achieving a successful career. Although this is still possible, your parents might think it is no longer important for you to have an education. The reason why they might feel this way, is because caring, and raising a child is a full-time commitment. Moreover, it is your responsibility to gain employment that will allow you, and your child to survive, and develop a close bond. Talk to your school councillor to find out where some training programs are located for single, or young parents, who want to keep their new baby. Make sure that you attend, and succeed in this training program, so you can have a comfortable, and decent paying job. If the other parent of your child also wishes to commit to a parental role, he, or she must assist by participating in an employment training program, and the daily tasks, when the child is born.

If your parents become supportive of your decision to raise your child, ask them if they can

baby-sit, while you are working. This also applies for teenaged parents, who are raising their children together, because both parents will probably be working at the same time, so they can maintain their lifestyle for their son, or daughter. If your parents agree to watch their new grandson, or grand daughter, this will benefit everyone. Your child will not only receive love, and support from you, and the other parent, but will also learn to interact with other family members.

Attending appointments with your physician to make sure the baby is healthy, training programs for employment, and attending school through correspondence to better your education, are some of the strategies that teenagers, who are parents must take. The reality of raising a child is difficult, but if you are able to accept the responsibility, it is the most rewarding relationship that one can have, as a young person.

Preventing Teenagers from becoming Parents

Young children, and teenagers want to please their parents. Most of them are successful. Most want to maintain excellent grade point averages, complete household chores, and participate in extra curricular, or academic activities during their spare time to satisfy, and maintain the loving relationship with their parents. Everyone, including teenagers, have human urges, and tendencies that no one can prevent. This is not to say that all teenagers act on these urges, but the possibility of sexual intercourse is a reality. Parents, and educators have been struggling to find methods to prevent this from happening, but without success. The media,

implementation of sexual education in the classrooms, and the human physical urge to procreate, make these preventions pointless. Preventing teenagers from becoming parents should not be the sole responsibility of educators, and parents, but as an entire society, if people truly wish to prevent this reality from increasing every year. Moreover, as adults, and even parents ourselves, we must learn how to approach our teenaged sons, and daughters with the respect, and understanding that they need. Teaching your son, or daughter how to control their urges, or about the consequences, if they engage in sexual activity at a young age, is important for educators, parents, and society. What strategies should parents take to insure their teenagers do not become parents themselves, before they have finished their education, and emotional maturity?

Parents must take the time to talk to their teenaged son, or daughter about the consequences of sexual intercourse. They must understand the impact of acting on their natural urge to have sexual intimacy with another person. Communicate how you would react, if your son, or daughter was to become a parent at a young age, so they will understand that your parent to child relationship would be turbulent. This strategy might work, because most teenagers wish to please their parents, and succeed in life. Maintaining an open relationship for discussing such topics as sexual intercourse, and teen pregnancy, is crucial. If you are able to discuss this subject with your teenaged son, or daughter, he, or she will ask for your advice regarding their partners, and they might even tell you when they feel ready to engage in a sexual relationship. Although this might make some parents shutter, the truth is the more understanding, and open you are with your teenaged son, or daughter, the chances of your son, or daughter becoming teenaged parents will decrease. Assist them on their assignments that deal with sexual issues, and

engage them in a discussion about their feelings regarding sexual activities, and what they wish, or do not wish to learn about sexual intimacy. Stress the importance of contraceptive methods, while you are helping them with these assignments, so they understand that if they ever act on their urges, there are precautions, and strategies that they can use to insure they do not become accidental parents, before their life has begun. Explain to them the importance of having a long-term, and committed relationship, before they decide to have sexual intercourse. This will strengthen the parental bond, and role with your teenaged son, or daughter. If your son, or daughter is involved in a long-term relationship, talk to the couple about your feelings, so they feel comfortable with you, and will feel that they can discuss personal matters without your severe judgement.

If you attend appointments with your physician, and talk to your son, or daughter, while at these appointments about the usage of birth control, and other options for preventing pregnancy, the likelihood of your son, or daughter becoming teenaged parents is low. If you do not discuss the consequences of early sexual relationships, and options for preventing pregnancy, the chances might increase for your son, or daughter to become parents at a young age. In other words, communicate to your children, when they wish to learn, and understand sexual intimacy. Support them, if they have been in a long-term relationship, and feel they are ready for a sexual relationship with their partner, so you can prevent your son, or daughter from becoming teenaged parents.

Teaching your children values, and responsibilities, when they are young is important. Educating your children, and instilling values that you feel will have a positive influence on their lives, will insure that they develop into successful, responsible, and respectful adults. Many educational strategies should be taught by parents, when their children are infants, such as reading, and verbal communication. If your children are taught these important tasks at a young age, they will have less difficulties adjusting, and succeeding in school. What many educators, and parents neglect to teach their young children, is environmental preservation. Most children, who are ages five, and six, do not know, or understand the meaning of recycling, or the definition of the ozone layer. Parents, and even educators, believe this topic to be irrelevant, and thus, children are not learning about environmental damage, and how to improve our ecological system, until they are much older. This must change, because the older children become, the less likely they will wish to change their ways. Parents must take the initiative to learn, and teach their children about living an environmentally friendly lifestyle, so they will not only grow into respectful, and successful adults for the sake of themselves, and parents, but they will be respecting, and succeeding in repairing the environment.

Infants are in the primary stages of learning about their surroundings, and receiving information for language, reading, and other sensory developments. Most parents are aware of this important stage of cognitive, and physical development, so they take measures to insure they teach their children proper verbal communication, basic recognition of pictures, and showing them different materials to touch, and smell. Numerous educational games are purchased each day throughout the world to provide adequate tools, and resources to help children learn

important skills, such as communication, and memory. Parents must encourage toy manufacturing companies to increase the amount of environmental games, toys for infants, and young children. Walking children to different places will teach them the benefits of exercise, so they will not be dependent on automotive transportation. Accompany your small child to the recycling bin, and allow him, or her to put the materials inside, so he, or she will know how to recycle. When the children are older, use recycled materials to make crafts. Parents should involve their local schools in projects, such as using recycled materials for printing, writing, crafts, tools, and other useful educational materials. This will give your children, and others the tools for building working relationships, and how to use environmentally friendly products. Allowing the friends of your children to collaborate with your children in building an environmentally efficient machine, such as a wooden car, go carts, and many other innovative mechanisms, is an excellent strategy for parents to use, and encourage, so their children can understand that there are environmentally efficient methods for transportation that must replace cars, and other fuel dependent automobiles.

Children are able to learn, absorb information, and actions of other adults faster than most parents, educators, and other authority figures. If you nurture, and encourage their minds to develop, including in the area of environment efficiency, you will be giving them an important parental lesson. This will most likely lead them to educate their own children to be environmentally conscious, so the parenting skills of ecological improvement will be passed to future generations.

Parental Duty to Educate

Education is a fundamental human right. It is a form of sharing knowledge, culture, and other important aspects of life. This method of human development, is shared among small children, and adults throughout their daily lives. Although children are educated by peers, educators, and many other people, it is the responsibility of the parents to educate their children, so they can develop mentally, and emotionally. If parents didn't educate their children, or share knowledge, people wouldn't be able to survive, and develop relationships. The need for parents to educate their children is necessary for the survival of societies around the world. Some techniques must be learned to insure children are given adequate intellectual development, before they attend school, and interact with other children, and adults.

Parents should begin educating their children, when they are born. Reading, and verbally telling stories to your children, is an excellent start to insure they are educated. Although educational institutions continue to be crucial establishments in local, and international societies, it is not their responsibility to insure basic verbal, motor, and social development skills. Parents must purchase more educational toys, including tactile, and computerized games, when their children are learning how to communicate, and use their other senses. Visual, concrete objects, and cues, can be relevant tools in teaching your child language, and communication skills. Videotapes of animals, or people, helps your child understand, and formulate words to define each object, or emotion they see, and feel in the movie. Toys, such as cars, stuffed animals, and other concrete objects, develop the child's sense of touch, smell, and emotion. Give your child different kinds of food, so he or she will be able to decipher each food type, using the correct

words, and emotions to communicate with others. Reading and meeting other people, also insures the child develops positive social, communication, and language skills.

If you begin talking, reading, and developing your child's awareness, social skills, communication, and language development at birth, you are insuring your child will be successful, which is your main parental duty.

How to Parent with Respect

Parenting is a difficult, yet rewarding relationship that most people enjoy, and endure, when they are adults. It is a responsibility that one, or two adults share for eighteen, or more years of their lives to insure the health, safety, and development of their offspring. This responsibility involves many skills for the adult parent to acquire, so the parent, or parents can teach these skills to their children. Enabling them to pass on the skills of patience, understanding, and respect for themselves, and others around them. Children learn in many ways. Furthermore, if parents wish to teach their children respect, they must demonstrate it in their own lives. What other methods can parents use to insure their children respect their rules, themselves, and others around them?

Studies are consistent, when they say that parents must respect people around them, themselves, and their children. Communication begins the moment they are born. The infant is in the beginning stages of developing, so his, or her language ability is almost non-existent.

Refrain from talking to your child as you would a baby. The child will not understand what you are saying in the first one, or two years, but will eventually be able to understand, and develop an extensive, and adult-like vocabulary. This ability to communicate in a mature manner, will enable your child to express emotions to you in an intelligent, and respectful way. Discuss his, or her feelings, while encouraging him, or her to succeed in academic, and recreational endeavours. It is normal for people to use profanities, when they are angry, or frustrated, but make sure you do not use them around your young children, when they disobey your wishes. The reason is because it is hypocritical to use words in a disrespectful manner, in an argument, when you will not allow them to use them in a confrontational situation. Children hear profanities everywhere, so do not hide them from this reality, but teach them to use other words, so they can express their emotions effectively, but with respect. Building a friendship with your children is key, when teaching them respect. If you are able to talk to them, and allow them to discuss issues with you, they will understand that you respect their decisions, feelings, and goals. If you show them respect by talking, and treating them as intelligent young people, this will help them respect you, their peers, and other adults.

Children learn respect by receiving, and watching others interact. It is important for parents to respect their children, so they can learn how to obey, and respect rules. This technique will provide them with the skills to establish healthy relationships with peers in their age group, and adults. Authoritative methods will not gain the respect of your children. This important social skill must be taught by love, understanding, and parental example.

Parenting your children in Adulthood

When we are parents, our intentions are usually very honourable. Although it is seen by those, who are not in a parental situation as meddling in our son, or daughter's business, it is most times a desire to make sure a son, or daughter is happy, safe, and healthy. Although parenting is a responsibility that only lasts until the child is an adult, it isn't true for many parents. The responsibility is a life-long task, and some times, parents become too overbearing with their grown children. Parents are so in love with their children, that they often call them every day, and even numerous times on a daily basis. They might also visit every weekend, and might be furious if their adult son, or daughter decides to live in another city, or country. It is important for parents to learn how to be in the lives of their grown children, but to avoid the natural urge of preventing their children from living their lives, and dreams. How can parents insure their children are receiving love, and assistance, without interfering in their dreams, and independence?

Parents, who are wanting to maintain a close bond with their children, often find it difficult to let them have their independence. Steps to insure that their children do not marry a certain person, is a popular measure to insure their control, and authority. If you are a parent, who is taking steps to insure this amount of control over your son, or daughter, it is wise to consider, whether or not you would have wished for your parents to have this amount of control. Many parents say that there are reasons why they don't want their children to marry a certain person. As a parent, I am sure the intentions are honourable, it is necessary for parents to forbid their child, or children from committing to a person based on prejudice. Explain why you don't want

him, or her to leave you, and get married to the person they love. If your son, or daughter refuse to stay in your home, and is fervent in his, or her desires to marry the current partner, you must accept the decision, and compromise with him, or her. You can ask him, or her to come over for dinner once every one, or two weeks, so you can learn to like your son, or daughter's new spouse, while making sure that your son, or daughter is happy, and loved.

The need to be close to your children is what every parent hopes they will have for the rest of their lives. When children announce their decision to travel abroad, because of employment opportunities, parents often respond with hostility, and scare tactics. Telling their grown son, or daughter that airplanes are extremely dangerous, or telling their son, or daughter of random murders abroad. Although parents are trying to protect their son, or daughter from harm, or death, it is important for parents to realize that their son, or daughter is mature enough to make independent decisions. Moreover, providing him, or her with emotional support is what parents do, and must continue to show their children, when they are adults, and want to live independent lives.

Parenting is difficult. Especially when your son, or daughter wants to live his, or her life on their own. Respect his, or her decisions, while providing advice for ones that you are certain will harm your adult son, or daughter. Compromise, discuss issues that bother, or frighten you, and talk regularly on the phone, or in person. This will insure that you are still a loving, and responsible parent, but are allowing your son, or daughter the freedom to make important life decisions, and live independently in the same city, or abroad.

Chapter Three: Divorce

Most of us need to learn methods for fixing, or strengthening our relationships. Marriage, like all of our other interactions in life, is a committed relationship that needs to be established, and strengthened by the husband, and wife. Many people endure serious marital problems. Centuries before, the word "divorce" was considered to be taboo. Consequently, many people toiled in their loveless, or problematic marriages, until they died.

Fortunately, modern legislations, and women's rights movements, have made it possible for irreconcilable relationships to legally separate. This important legislation, allows married couples to file for divorce without the stigma that used to be attached. Although there are current laws that protect both parties, it is important to understand the various procedures that both parties should consider, before getting attorneys, and other outside parties involved. Seeking advice about these options, as well as learning how to provide emotional support, and relieve the trauma of divorce from the minds of children, is important for any estranged couple to understand. If couples read expert advice concerning this issue, it will be easier for them to decide whether, or not to divorce, and minimize the stress for their children, if divorce is inevitable.

Relieving Stress on the Children

When we marry, and say our vows, we usually mean every word we say, and our marriage life begins on those hopeful, and truthful promises. Family members cheer, and everyone has

high hopes for a happy, prosperous, loving union, and future. The love is strong at first. Children are thought about, and usually brought into the union, to make a happy, and strong family bond. The hopes, and dreams, can some times lead to bitterness, anger, and even betrayal in the end, which often leads to divorce. Whether you believe in divorce or not, it exists, and continues to increase every year around the world. Divorces occur for many reasons, such as financial dependence, irresponsibility, infidelity, domestic abuse, and arguing with each other on a daily basis about everything. It is important, however, to seek advice from medical professionals, if you, and your spouse decide to proceed with a divorce. Professional help, love, and support will insure your children heal, and survive mentally through this experience.

You, and your spouse have decided to file for a divorce. If children are a concern, you, and your spouse should tell them what is happening, and give them legitimate reasons, without blaming one person, or the other. This is very important, so that you are being fair to your soon to be estranged spouse, and the children. This will also insure that your children are not being turned against him, or her. If you wish to blame each other, that is your prerogative. Make sure the arguing, and blaming is not done in front of your children, so the stress on them will be reduced, due to minimal arguing, brainwashing, and other emotional torments that blaming can bring. Ask your children what they think about the new living arrangement, and how they truly feel about the situation. Most times, the children will want the parents to stay together, but if you explain to them that you are unable to get along with each other, they might be a little bit more understanding about why this step to divorce must happen. Make sure you are honest with them, and again, avoid the so-called blame game. Marriage is a union of two people, so both husband, and wife are equally responsible for their happiness, and therefore, should equally

share the blame, when the marriage fails. When separated, or divorced, it is also important for both parents to see the children as much as possible, to insure they are aware of the mutual love you both share for them. If you only have one child, the same rules apply. In addition, you, and your soon to be former spouse, should help, and encourage them to talk to each other, so they can provide emotional, and moral support for each other.

Also, keep communication open between you, and your partner, while you are undergoing the divorce proceedings, and after the divorce has been granted. Family members on both sides should be informed of the decision to divorce, so they too, can assist your child, or children in the coping, and recovery stage that is natural for all children.

Don't be greedy with custody rights. If both parents love, and are capable of nurturing the children, involve both parents in the upbringing, for the welfare of the children. If you, and your partner are unable to communicate with the children, without arguing, it is possible to seek the help of a child psychologist, who is trained in helping children in dealing with situations, such as divorce.

Divorce is a difficult experience for everyone. Children are resilient, but only with the emotional guidance, stability, and love from their family, and parents. Moreover, relieving stress by avoiding the natural urge to argue with your spouse, and blame each other in the presence of your children, is essential. If steps are taken to insure children have minimal stress during a divorce, the faster they will be able to recover from this traumatic experience.

Custody Rights

If you, and your spouse are pursuing a divorce, it is wise to keep it as civilized as possible, if children are involved. Demanding soul custody can some times cause harm to the child, or children. Although the intentions are honourable, because you are both wanting to have the love of your child, or children, it is most times greedy, and selfish. This is not to pass judgement, even though it sounds like it is to many. It is only to put an honest, and outsider's perspective on the situation. Keeping a healthy, and selfless perspective, when deciding the suitable parent for custodial purposes, is crucial for the emotional welfare of everyone involved. Children learn from the actions of their parents. Do you want your children to fight with malice slander, and scream whenever they don't get their way? Most parents will agree that this kind of behaviour should not be tolerated in children. Moreover, it is fine to have soul custody, but to have a ruthless battle with your spouse, who is deemed to be capable of raising your children just as well as you, is taking his, or her custodial right away. For those, who are fighting this battle, this will illustrate some of your rights, so they will be respected during this difficult process.

When you are going through the legalities, and pain of a divorce, you, and your partner are trying to remain civil to each other, but it can be the most challenging situation of a person's life. Divorces happen for many reasons, and most times, are not amicable in nature. The two people, who were once madly in love, and swore to stay together until death do them part, are now hoping for the death of one, or the other. Figuratively speaking, of course. The blaming game begins, and each person, who swore to protect the other, all of those years ago, has a lawyer to cool the heated battle. Unfortunately, our legal system doesn't always work the way we wish, and some times, the other person, who is suffering the same pain, bitterness, and anger, as his, or her

former spouse, does not have his, or her rights addressed, when the crucial battle for custody begins. If you have a standing chance, and are able to speak to your former partner, you might wish to discuss the possibility of joint custody. This is for those couples, who still have the desire, and strength to refrain from arguing. Joint custody is when the parents both agree to share equal time, and responsibility in raising the children. This means that the parents have equal access, and the children might spend time with the one parent for one week, and the next week with the other. This is beneficial for everyone involved, including the parents. The reason is, because both parents have equal access to the children whenever they wish, and the one parent is not able to relocate without the consent of the other. This minimizes the possibility of custodial interference, such as kidnapping of the child, or children.

For those, who are enduring a bitter divorce, and custody battle, your rights are equally important. If you are unable to agree upon joint custody, then you, or your spouse should try to gain sole custody. This is a large responsibility, but it is something that should be seriously considered. Remember, just because you have custody, doesn't give you the right to deny your spouse access to your child, or children. The parent, who doesn't have sole custody still has access rights, to insure that he, or she is able to spend weekends, weekday evenings, or holidays with the child, or children. These rights are only revoked if a judge deems it necessary, to insure the safety of the child, or children.

Custodial access rights are important for everyone to know, so the outcome is fair for everyone. This gives the parent, who does not have sole custody, equal say in the upbringing, education, and residency of the children. In this case, the rights are clear. As long as both parents respect their custodial rights, you, and your spouse will have a smooth, and successful

petition for soul, or joint custody.

Finding a Divorce Attorney

If you and your partner wish to divorce, there are several options available to help you through this painful time in your lives. It is wise to seek outside assistance in some cases, because the pain, and problems that lead up to the wish for a divorce can be so great, that you, and your soon to be former spouse, might not be able to communicate the terms amicably. If you have both invested equal amounts of money in your house, or property for example, this might lead to a heated dispute, when trying to share everything in a divorce. If you don't want to lengthen the dispute, and feel it necessary to seek help from outsiders, you might consider finding an attorney. Many law firms are specializing in assisting divorce proceedings, but it is important to find the one that suits your needs to minimize the stress, and length of the divorce legalities.

Accessing simple information will help you become better equipped, and will benefit you in the proceedings. If you have friends, who have been through a divorce, which is most likely with the majority of people, since the rate of divorce has increased, then you should ask them for advice. They will probably tell you to find a good divorce attorney. Ask the friend, or friends, what they think about their divorce attorney, if they retained one. If your friends recommend one of their attorneys to help your divorce case, begin researching their past experience with divorce proceedings on their website, or in law journals at the library. The reason you should begin

researching their experience on the Internet, is because most divorce attorneys have a website, or write articles for other divorce lawyers, and authors. It is wise to heed your friend's advice, but you should also look for at least five other divorce attorneys on the Internet. Most divorce websites have a section for attorneys to advertise their services. Browse through them to keep your options open. Once you have completed your research on the Internet, you should then call each law firm to set up appointments to decide which lawyer will benefit you, and pull you through this divorce in one piece.

When you attend these appointments, bring everything with you, such as a written outline regarding the reasons for the divorce, tax returns, and recent financial statements. This will insure the attorney is equipped to help you, and get the best results for you in the end. This is of course, if you are comfortable with having him, or her represent you in court. Brining your documents, also helps you find one, who is competent, so you will get the best results in the end. You should also ask if there are other lawyers working in the law firm. If it is a solo practice, your new lawyer might not be able to return your phone calls, or e-mails right away. This is a decision that you will have to make on your own. It depends upon your comfort level with him, or her as a person, and his, or her ability to represent your best interests in court.

It is important to have divorce attorneys. Although many people do not like them, it is mostly due to the fact that people are desperate, and under so much stress, that they don't stop to research, inquire, and meet with their attorney before their court proceedings begin. Moreover, if you follow the simple instructions, and advice of others, you will most likely find a divorce attorney, who will represent you to benefit your interests in this difficult situation.

Discipline when Divorced

When people are going through a divorce, it is a time of confusion, immense stress, and trauma for the children, and everyone else involved. The children are now being torn between the people who they love the most, and are some times confused as to why this is happening, and how this will change their lifestyle. If the children, or child is older, he, or she can probably grasp the concept that both parents will be living separate lives. Most children understand that they will have to visit mom, or dad in separate houses, or in another city. Although this is difficult, and traumatic for the child, or children, they will probably be able to adjust eventually, and accept this new living arrangement.

Children might have an easier time of accepting, if the one parent has less discipline than the other. For most children, this is a dream come true, but it is not the proper way to handle the situation. The parent, who is considered the cool divorced parent by the children, will most likely alienate their former spouse from the lives of their children. The reason is because when the child, or children live with the disciplinarian parent, he, or she will rebel, and dislike that parent's attempts to instil discipline, and rules.

Most divorced couples, wish to have mutual involvement in the upbringing, education, and discipline of their child, or children. If both parents are capable of being responsible, and caring, then it is beneficial for the children, if you, and your former spouse learn to use similar methods, and strategies to insure discipline in both households. If you are religious, or share a mutual religious background with your former spouse, you might wish to still maintain religious

values in your child, or children. Write, or discuss methods that you will both use to insure equal, or a similar method to maintain the religious discipline, and rules in the lives of your children. This will insure that one parent is not asserting religious doctrines more than the secondary parent.

When you, and your former spouse are discussing this important issue, it is also important to have the same rules for curfew, visiting friends, amount of time for studying, phone privileges, and any other rule that you both gave your children, while you were married to each other.

Moreover, if you learn techniques to insure equal discipline, and maintain the same rules that you both exercised, when you were living together as a family, the chances of your children resenting either of you for long is slim. Divorce is difficult for children. Love, understanding, and maintaining discipline is very important. It will provide them with the skills to accept the divorce, , so they can live happy, successful, and healthy lives.

Romance after Divorce

When divorce is the only option, and the proceedings are finalized, it is very stressful, and challenging for couples to accept, and find other partners in the future. The divorce might have been very bitter, because of a troubled marriage, so the thought of finding another relationship, is not top priority. Most people, who are divorced, wish to start their lives over alone. Renting an apartment, or repairing the marital house that was given to one of them through the financial, and property settlement, is what most people want to do to forget about the battles that were fought,

and won with their former spouse. Life must be established, and wounds need to heal, before considering a romance after the heart has been broken. Once life has been renewed, and you are willing to have a relationship, it is important to decide if you want strictly romance, or a committed partner. If you have a strong disdain for the sanctity of marriage, romance is easy, and enjoyable. How can one have a romance, when they have been through such a painful experience like divorce?

Meeting your new partner can be intimidating for many. If you were married for many years, you might feel inadequate, and might even forget how to talk to another person from the opposite gender. You might be hoping for the person, who has caught your attention to start conversing with you, but they might be shy. Politely introduce yourself, and shake his, or her hand. Now that you, and the person have met, it will be easier for you to ask him, or her out for coffee, or even a drink at the local pub. This can be a gesture of romance, because many cafes, and pubs have a romantic, yet mature atmosphere for their customers to enjoy. Discuss accomplishments, and tell your new romantic partner that you want a romance, but no commitment, due to your painful, and bitter divorce. If he, or she agrees to keep the romance strictly fun, and passionate, make plans to visit an art museum, or attend a movie, concert, or play together. Sharing a glass of expensive wine, or any other sparkling drink, when the two of you share dinner, is another option that will make the romance fun, and even provide the two of you with stimulation to express your physical desires, which is often part of a romance.

If you have children, but don't want your romantic partner to become a step parent, or have a relationship beyond the romance, tell your children that you have a romantic partner, if they are

emotionally mature enough to accept your divorce. If they are emotionally young, or are below the age of fifteen, it might be advisable that nothing is mentioned to them about your desire to have a romance, because they might still be struggling with the divorce. If this is the case, behavioural problems might increase, and disrespect your values, and authority.

Romance after a divorce can be challenging in the beginning. Discuss with your new romantic partner the seriousness of the relationship. If you want a commitment from each other, that is fine. If it is strictly for romance, and fun, it can be a tool to help you heal, and recover from the emotional effects of your divorce.

Divorce Mediation creates Civility

For those, who watch Soap operas, or any other drama on Television, divorce is the main topic, and story line. The couple is usually young, and is waging war against each other, with their attorneys leading the road for one client to become victorious over the other angry, and soon to be, former spouse. Unfortunately, this is also seen in real life divorce cases. Many people are highly emotional, and bitter with each other. This emotional tension can some times make the possibility of discussing fundamental issues pertaining to the divorce, impossible. Wouldn't it be nice if divorce proceedings were less traumatic, and stressful? Fortunately, not all divorce proceedings have to be dragged out in litigation over months, or years. Divorce mediation is an excellent option that is available to all couples. If you are unable to be civil to each other, while trying to negotiate everything both of you shared, during your marriage, you

should consider this legal alternative to prevent further pain, and trauma.

Divorce mediators are trained in social work, psychology, and the legal procedures to help you, and your estranged spouse survive the divorce proceedings. Divorce mediators can assist in strategies for negotiating everything from property, child custody, and financial divisions without the painful process of a divorce court hearing. The mediator can write up the negotiations on paper, so it is a legally binding contract, and it will make it more difficult to go back on your mediated agreement. If changes need to be made in negotiations, it is important to attend the meetings with your mediator, so you, and your estranged spouse have assistance, if necessary.

Divorce mediation is a low-cost, and civil option that couples should consider, because it takes the emotional, and financial strain out of the process. People, who receive divorce mediation, feel less stressed, and can make a fresh start, when the divorce is finalized. Negotiations are legally settled with the help of divorce mediators, so the estranged couple can survive the proceedings, without creating further tension, or stress.

Alimony Rights for Everyone

Alimony is accepted in most countries, as financial support that two spouses provide for each other during, and some times after marriage. If the couple pursues a divorce, he, or she might be entitled, or have to provide financial assistance to their estranged husband, or wife. The

payments might vary from minimal amounts, to maximum. This depends upon the circumstances, or person, who is considered to be at fault for the marital breakdown, and divorce. In addition, alimony is also distributed based on health, current income, age, length of marriage, future financial gain, or goals for both husband, and wife. Disputes over the amount of alimony, often arise, during the divorce proceedings. Consequently, creating more tension, bitterness, and possible injustice to one, or the other spouse in the end. If you are pursuing a divorce, you must research, and learn as much information about Alimony law that you can acquire. This article will provide you with the basics, so you can receive adequate support, while the providing spouse is also treated with the fairness that is required by law.

When you are trying to arrive at an agreeable solution for alimony, it can be difficult. Your spouse might wish to receive more than his, or her share, and this is an injustice. Sit down with your spouse, and with the help of an attorney, or divorce mediator, you can discuss, and outline the financial support you, and your spouse should provide, or be provided with, when the divorce is finalized. Gaining access, or denial of a requested amount of alimony can also be heard in front of a judge in family court, if you choose to hire divorce attorneys. Alimony does not always mean financial ruin for the providing spouse. payments must meet certain requirements, before being granted to the recipient spouse. In other words, your spouse cannot make you pay him, or her money, unless he, or she has serious health problems that cause financial strain, dependency, economic dependence. This is unlike child support, so that is important for those, who are experiencing the hardships of a divorce for the first time to know. The recipient spouse cannot return to court, after the alimony income agreement has been signed, and ask for a larger sum of money. This benefits the provider of the alimony payments, because it prevents him, or her

from becoming financially, and emotionally ruined. Also, the alimony payments can be claimed on income tax forms in the United States for the recipient, and provider. Preventing one person from having more financial stability, than the other. Legal rights for recipients, and providers go even further. to insure equal opportunities in having financial stability, and happiness after an emotionally traumatic divorce. If your spouse, who wishes to receive alimony states that he, or she deserves financial support from the time you, and your spouse agreed to separate, the requested payments are only given, if you, and your estranged spouse were living in separate dwellings at the time of your separation. Sleeping in different bedrooms, or living in separate areas of your marital home, do not count for a payment increase under the current law.

Alimony can be a difficult, and frightening procedure for many. The reason is, because most people only endure a divorce once in their lives. What people must be prepared for, is that emotion, revenge, and some times greed will take over both husband, and wife. The need for people, who are going through this process to know their legal rights for payment, and alimony provision, is necessary.

Common Law Divorce

The percentage of legal marriages are being replaced with the modern form of marriage, known as common law. This is considered a marriage under the law in many countries throughout North America, and Europe. The couple must sign a legal agreement; designating each other as husband, and wife. This agreement can only be dissolved in family court; thus,

providing the couple with a legal divorce. Moreover, common law marriage is a newly established law that allows those, who wish to marry, but don't want to have a license, or ceremony, to be legally married with the same entitlements, that traditional matrimony brings. This form of marriage does vary with legal rules from jurisdictions, and countries. Some countries, and jurisdictions state that in order for one to be considered legally married to another person, a legal document, and agreement must be written, and signed by the two people to be considered married under the law. The reason is because there is no marriage license provided. If you decide to have a divorce, you might risk losing everything, because of no legal proof of your marriage. How can you have a fair, and legal divorce, when you are married in this non-traditional way? This is an important issue, because of this form of marriage increasing in many countries around the world.

You, and your partner have been dating for a long time, and you wish to marry each other. Marriages used to be restricted to those, who received a marriage license in front of a judge, witness, or in a reception hall with hundreds of your family members, and those, who you haven't seen in years wishing you, and your partner well. Unfortunately, due to the high divorce rate, the rate of these fairy tale marriages are decreasing. The laws that would not recognize people, who didn't want to have a wedding, or legal marriage ceremony, are changing each year. Many countries now provide couples with legal forms that they must sign, in case of a future divorce. Moreover, the couple, who signs these forms, will be able to petition for a divorce, if the marriage doesn't work. Common law divorce, can some times be easier than those, who have traditional marriages. The agreement that is signed protects each partner from further litigation. Preventing either party from financial, or any other ruin of property, etc. The

document must be specific, and if necessary, the agreement that was made, when the marriage was valid, can be revised with the help of a divorce mediator. If you, and your estranged partner are unable to come to an amicable agreement with the help of a divorce mediator, then a judge can hear the case. He, or she can make a decision concerning the validity of the signed marriage agreement, and division of finances, and property.

The law has evolved to allow this method of marriage to be considered legal, and viable to receive the same treatment under the divorce act in many countries. Research lawyers, and legal agencies to find a legitimate agreement form, so the divorce will not be as difficult, or unjust to either partner. If precautions are taken, and you, and your partner research the information pertaining to this matter, you will be able to have your rights protected, during the proceedings for your common law divorce.

Criticisms of a No-fault Divorce

The intention of enacting a law, called the No-fault divorce, was designed to eliminate the previous law that would not grant a divorce to a couple, unless there was fault, or blame on one spouse, or the other. Before the No-fault divorce law was legislated, couples would present their case for divorce in front of a judge, who would frequently refuse to grant the divorce, due to both parties sharing the blame. This meant that a divorce could not be granted, unless one spouse was cruel, or committed adultery against the other. This led to many people becoming desperate, and committing purgery on the stand. For example, if a husband, or wife fell in love

with another person, and they were both certain that the marriage was over, the woman would ask her estranged husband to have her see him committing adultery. Subsequently, the planned affair would take place, and the husband would admit to a judge, with his sobbing estranged wife, that he committed adultery. The judge would have no choice, but to grant the desired divorce. Although this law may have been designed to minimize divorces, attorneys, and judges soon realized that people were committing perjury in court, and if they wished to maintain the integrity of the justice system in public opinion, this rigid law would have to change. This is how the No-fault divorce law was enacted, and is in place today.

Unfortunately, with every law, there are still flaws remaining with this new, and democratic revision. The No-fault divorce has many criticisms from sociologists, and scholars. What are these criticisms, and how important are they for future divorce cases?

This law is being debated today. Critics claim that this law, though well-intended, creates an environment for economic greed, and social inequity between husband, and wife. The reason that many scholars, and other professionals feel this way, is because the no-fault divorce act allows one spouse to file for divorce, without the consent, or opinion from the other. Economic greed comes into play, because this allows a spouse to petition against the other. Emotional tension is high, and the spouse gains child custody, financial support for the children, and in most cases, the marital property, while the other is financially, and emotionally ruined. Many experts in the field of divorce, claim that this law creates more problems, and inequity for everyone, except the spouse, who is receiving extra financial benefits, because of the No-fault divorce law, which grants the divorce without mutual consent. In other cases, the No-fault divorce law is criticized for creating an atmosphere of encouraging domestic abuse to continue,

if that is why a man, or woman is filing for divorce. The husband, or wife can punish his, or her spouse by closing his, or her bank accounts, thus, denying him, or her access to money for survival. This is criminal, because it allows the petitioner, who wishes to have this divorce, the opportunity to win, regardless of the financial situation of the other spouse.

This law has also created a society, where divorce is not even thought of as a tragedy. The easy access to petition for a divorce, is creating a blameless, and irresponsible future generation, who will most likely, have increasingly short, and failed marriages, or never marry at all. Although this law is a revolutionary step towards democracy in the area of family law, and marital decisions, it has many follies as well. If revisions are not enacted to make this law a more equal, and socially responsible, the cycle of irresponsibility, economic greed, and drawn-out divorce battles will continue. This law is excellent, but until revisions are made, the No-fault divorce law should be examined, and constantly criticized.

The Follies of Child Support

The laws for divorce have been revised, and are considered an equal playing field for both husband, and wife. Each person can be granted a divorce, and financial support to help both husband, and wife start their new lives separately. The litigations, and proceedings in a divorce are not as simple. In fact, they can be some times more complex, and less equitable, than the laws that were previously used to grant, or more often, refuse divorce. The reasons for these complexities is simple. Divorce doesn't always mean that the husband, and wife can go their

separate ways without having, and continuing to take shared responsibilities. Most couples have children. The care for them must be shared by both former husband, and wife for financial, and emotional support. Financial support for children is called child support. This is when the non-custodial parent, meaning the parent, who is entitled to visitation rights, provides for the child financially. Although the spouse, who has full custody, must give a certain percentage of financial benefits for the child's upbringing, and welfare, it is still considered to be the primary responsibility of the non-custodial parent to financially support his, or her child. Criticisms of this law are brought to the attention of lawmakers every day. Many people, including scholars, and family attorneys, complain that this is not equal. Why is this law considered, by many, to require revisions, and improvements in the future? Let us examine this important issue to get a better understanding of the unfair procedures of child support.

We have all heard of cases where a parent, who has full custody is unable to pay, or assist their child, or children financially. They are living in a dirty apartment, and the parent, and child, or children are starving, or do not have enough clothing to survive the hot summer, or cold winter seasons. This is why the enactment of child support was a necessity, and remains so today. Both parents must continue their responsibilities, and financial obligations to the child, or children after their divorce. Even if one parent has full custody, and the other has the rights of visitation, that still should not release him, or her from financially providing for his, or her offspring. What is happening, and must be brought to the attention of law makers, and others, who are interested in learning about this issue, is that some parents, who are financially providing for their children, are some times denied visitation access to the children from the parent with full custody. If he, or she stops the financial benefits to protest this childish, and

selfish demand, he, or she is labelled in the media, and in the courts as a "dead-beat parent". Subsequently, the parent, who has full custody gets his, or her lawyer involved, and the judge orders the so-called "dead-beat parent" to continue the child support payments, or he, or she will face jail, or will suffer the effects of wage garnishing. (This is when the courts take a certain amount of the non-custodial parent's wages, and give them to the mother, or father for child support payments). Problems arise from this, because in some cases, the so-called "dead-beat parent" does not make adequate money to support his own needs. When the court decision to garnish the wages of the non custodial parent, it gives power to the parent with custody, and none to the other parent with visitation rights. In addition to these grave problems, the parent, who has full custody, does not have to file a report as to where, and how the child support money is being spent. In other words, if the parent was really greedy, he, or she could spend the money on luxuries, while the children, and non-custodial parent live in poverty, and starve.

Although it is necessary for child support to be forced, and legal, law makers must examine, criticize, and repair this inequity. If revisions are made, such as submitting monthly financial statements to insure the child is benefiting from the payments, the child support laws will receive less criticism from lawyers, parents, and sociologists.

Avoiding Divorce Mistakes

Divorce is a time in one's life when emotions take over each person's ability to rationalize, act in good faith, and judgement. Not only is there malicious, slanderous remarks and

accusations being made by the former happy couple, but other issues need to be dealt with, and resolved. People must discuss, and examine this issue to avoid some of the hardships one might have to endure, when going through a divorce.

Divorce proceedings can be difficult, but in some cases, it can be settled amicably. If your spouse decides to hire a divorce attorney to help in the negotiations, it can become a long, drawn-out litigation, if you are not careful. Maintaining communication with your estranged spouse, even though you are both going through the challenge of divorce, and emotional separation from each other, will create less conflict in the end. Don't you, and your spouse want to resolve this problem without causing further emotional pain? The answer from most people, is yes, so avoid mistakes that will make it more painful. Settling, and communicating what you want to each other, will insure that everyone benefits, when the proceedings are over. You should write out an agreement, including an equal division of finances, property, and everything else. Remember to make it fair, so you can both avoid further hostility, and greed. If an amicable agreement is impossible, because you, and your spouse are holding grudges, which is natural, then it is possible to have a divorce mediator help you, and your spouse arrive at an agreeable solution for finances, property, and many other aspects of life that come with a divorce.

Avoid the grandiose mistake of turning your children into mediators, or against the non-custodial, or custodial parent. This is unfair to everyone, because everyone is trying to adjust to their new lifestyle, and are feeling angry, hurt, and confused. It is important to be honest with them, but do not blame the other parent for the entire divorce, or make the children feel that he, or she doesn't love them. This will cause extreme psychological problems, and is

further trauma to your children, which is something that no one wishes to have happen.

Moreover, it is important to avoid further emotional pain, and financial ruin. Hiring a divorce attorney is fine, if your spouse is getting the greed syndrome, but if you, and your former spouse can come to an amicable solution, and negotiate without arguing, and wanting to punish each other, then a divorce attorney might be a mistake. Hiring a divorce mediator, or talking out an agreement with each other, is the most painless, and cost-effective method of settling a divorce. In other words, the less mistakes you, and your estranged spouse make the better it will be for everyone.

Preventing Divorce

Divorce is an occurrence in every society around the world. Many reasons stem from irreconcilable differences, such as spousal abuse, addiction to infidelity. Moreover, the couple see no recourse, but to separate, and file for permanent separation, known as divorce. Although preventative measures, such as condemning the act of divorce in religions is prevalent in most communities around the world, other methods can be sought for those who feel they are out of options.

The first option that people use, when in marital crisis is religious sanctuaries. Many religious establishments organize programs that help couples acquire skills to deal, and survive crises together, as a partnership. Some of the programs that are offered in these sanctuaries are

marriage counselling, prayer, confession, and spiritual purification for both husband, and wife. The programs are often confidential, and conducted with the interest of the struggling couple in mind, so that the couple can truly prevent future conflict, or divorce.

Other preventive measures are family therapy. This involves the entire family, where each member learns skills to insure the problems that are creating the desire for a divorce, never happen again. This option must be agreed upon by everyone in the family, including the children, or persons who are causing the problem. This form of therapy can help prevent a marriage from breaking up, because the qualified therapist forces each person to communicate with each other, and then teaches each person how to deal with his, or her emotions through communication to his, or her spouse, and other family members. Another important preventive strategy is to marry your partner based on emotional, and physical compatibility. Each person must remember that he, or she has to respect, trust, understand, and share feelings, and ideas with the other spouse. If you do not have these factors before you say your vows of commitment, it will surely be difficult, and might even end in sadness, anger, and divorce.

If you respect each other, and share a loving, committed companionship before you are married, but are enduring marital difficulties, evaluate the gravity of your problems together, before proceeding with a divorce. Divorce is some times necessary, but communication, patience, and the ability to seek help, are options that the couple, and some times the family must consider, and try before deciding to divorce.

Marriage is a union that must be seriously considered before entering. It is a committed relationship between two people, and is intended to remain so for a lifetime. Let us examine the issues that many couples, who are considering the idea of marriage, or those who are already married. Discussing these issues in detail, will give people different cultural, and emotional perspectives on this ancient relationship, so positive decisions are made, and marriages can be formed, or salvaged.

Marriage Proposals

Marriage is an important, and wonderful event in a person's life. It is a time, when new plans, and hopes are made for the future, and unity between two people. It is a euphoric event, but it can also be a time of immense stress for both bride, and groom. The reason is because the groom is uncertain of how his girlfriend will react, when he asks her for her hand in marriage. It is important for the hopeful boyfriend to find the right location, and time for his marriage proposal. Many boyfriends become so stressed, and anxious, that they are unable to ask the life-changing question for marriage to his girlfriend. How will she know that you want to marry her? Relax, and plan the right time to ask her to marry you. Some advice from those, who understand, or are experts in planning the right time to propose is some times necessary. This will alleviate the stress on the groom, so he can relax, and enjoy the moment, when he proposes, and his potential bride accepts.

You, and your girlfriend have been together for a reasonable length of time, so you feel it is time to ask for her hand in marriage. Both of you share common interests, and enjoy each other's company. You have given it some considerable thought, and have decided that you want to propose, but are uncertain as to how this should be done. Traditionally, the man will kneel on one knee before his girlfriend, and ask her to marry him, while he hands her a beautiful, sparkling ring. She usually accepts, but tradition is changing to include many other methods for giving a proposal of marriage. It is a wise idea to know what you, and your girlfriend like to do for enjoyment, and your personalities, so you will make plans for the proposal that will suit both of you. For example, a nice dinner at your favourite restaurant, and then attending a movie, where you later propose in the parking lot, might be the best, and most sincere proposal you can make to your girlfriend. It doesn't always have to be romantic, and have flowers on every table, with a candle-lit dinner at the most expensive restaurant in town. If you, and your girlfriend enjoy impulsive activities, then it might be a good idea to take her on a trip to another country, or another town in your own state, or province. This way, you will be able to enjoy new activities, and possibly, propose to her, while you are both participating in a sporting, or any other recreational activity that you enjoy doing together. Don't make it sound rehearsed, because it is important to always be honest, and sincere with each other, since you are both entering into a lifelong commitment. You could also book a romantic trip in a hot air balloon. You can book these types of adventures in your own city, but keep in mind that they can be expensive. If you have the financial ability to plan this for your marriage proposal, it is important that you plan the right destination to fly over, such as water, or any other scenic landscape. When you, and your girlfriend are seated in the balloon, hand her a written proposal on a small piece of paper, and tell her to read it to herself. She will be happy that you took the time to make this happy moment a

memorable, and unique experience; thus, she will most likely accept your marriage proposal.

Marriage proposals have been around for many centuries, and will continue to be a wonderful part in a relationship between two people, who love each other, and want to spend the rest of their lives together. The various methods, strategies, and plans that one can take to make sure the timing, and scene is just right to ask for marriage, is an excellent idea, but always remember to be yourself. This will insure that your girlfriend will respect you, when you ask for her hand in marriage, and not reject you, because you are being insincere, or too romantic.

How to Plan your Wedding

When you accept your partner's proposal for marriage, you want to celebrate your lifelong commitment to each other. You want to relax and celebrate your union together, but you know there is work to be done. Both of you call your families and announce to them your upcoming marriage, and then they tell you to start planning your wedding. The wedding is a celebration with family and friends, which symbolizes your commitment to each other. The leader of the ceremony will ask you and your partner if you promise to commit to each other, and both of you will vow to be faithful. Everyone will be dressed in beautiful glistening dresses and suits, as you and your partner descend down the aisle. Pictures with friends, family and well wishers will proceed after the marriage is nullified. Dinner, drinks, and dancing with your partner as a symbol of your unity in front of everyone to admire. Everything in the hall will be decorated with the finest material, china, and flowers. You sit with your partner and imagine everything in your

mind. The question both of you have is how to plan everything to be almost as perfect as the two of you imagine?

Everything must be planned in detail, because it is the day of hope and a new future. It brings two people together, and helps unite both families.

Whether it is extravagant is irrelevant. Start planning as soon as the news is announced to everyone. It is tiring, stressful, and a perfect test to see how you, your partner and families get along. Try to book a religious or other ceremonial hall first. Meet with the person conducting your ceremony, so he or she can understand what both of you want. Ask questions about the cost, music, decorations and how many people the room can seat. When you have decided which place to hold the beginning ceremony of your celebration, tell your family. so they can help pay for some of the costs if needed. Once you have everything booked with the ceremonial hall, it is time to find and book a spacious banquet hall. Make sure it is nicely decorated according to your mutual taste. If you wish to book a banquet hall, don't expect to get one at the last minute. Ask about cost, and then ask if the two families will agree to help. In addition to the cost for the banquet hall, You will also have to pay for the Disk jockey. Dress fittings for the bride, bridesmaids and others in the wedding party must be done six or seven months before the wedding takes place. Shop at various bridle and dress shops before deciding. Calculate costs, and you will find the perfect one in a reasonable price range. Suits can be tailored for the groom, best man, etc. Shop at different stores, and look for quality material. If you and your partner shop at high quality retail outlets, one can usually find clothing that is tasteful, and elegant for minimal cost. When sending out invitations, don't spend a lot. People will appreciate your invitation, even if the cards are not top quality.

Weddings are a time to celebrate your partnership. It is important that you plan this day, as you have planned your life together. Remember, however, that it is not the extravagance that makes a wedding successful. It is the promise to commit to each other, the pride on the faces of family and friends that make it worth the time and energy of putting it together.

Caribbean Matrimony

Everyone dreams of the perfect wedding to symbolize hope, and unity between two people. It is a celebration that occurs in towns, villages, and cities around the world each day. The purpose for a wedding ceremony is to express commitment to each other, and unite the two families. Weddings are unique, yet symbolize unity, hope, and future happiness between the couple. On the other hand, weddings can also be a time to test the strength, and commitment the couple have to each other. Planning, saving, dealing with relatives, and finding a prominent religious, or nonreligious person to conduct the ceremony, can cause strain, and stress for the happy couple. In some cultures, such as the Caribbean, the stress is reduced by welcoming everyone, and letting everyone know about the happy event in the village, or town. Moreover, marriage ceremonies in the Caribbean is a mixture of African, and European traditions, and should be examined by those who wish to have their wedding ceremony with Caribbean flavour.

Fortunately, the Caribbean has managed to blend the modern western wedding style with their ancient African, and indigenous traditions. The bride and groom announce their union to their

families, who in turn, tell their friends, neighbours, and acquaintances in the village, or town. Villagers, or townspeople line the streets, and offer their congratulations to the bride, and groom, as they enter the church. The bride, and groom must be dressed in elegant fashion, or face public embarrassment, and criticism. The women, including the bride, are usually wearing elaborate European style gowns, with African decorations. Hair is styled in African braids. Invitations are handed to those who the family deems to be a close relative, or friend. Those who are not invited, but attend, are not turned away. When the ceremony begins, the bride, and groom are escorted by their parents, instead of a best man, and maid of honour. The remaining religious ceremony that legalizes the marriage is derived from the Western traditions.

The reception is anything, but Western. Music, dance, curried goat, chicken, and fish, are offered throughout the evening, and the celebrations continue until the next morning. Hand crafted furniture, clothes, and other gifts are given to the bride, and groom from guests, and family. In addition, some Caribbean cultures, such as Puerto Rico, place a bridal doll at the head table with gifts attached to the head dress to thank the guests for their kindness, and attendance. The bride, and groom pin a gift from the doll to the guests to thank each one, and some guests pin one dollar to the doll to show affection, respect, and good fortune.

If you wish to have a wedding in the Caribbean, some resorts offer a traditional Island wedding with Caribbean food, music, and costumes included. Caribbean wedding traditions have been modernized, and blended with cultures from around the world. When you plan your wedding, and are certain that you wish to include Caribbean traditions, it might be educational, and enjoyable to invite some local people to help with the planning, and integration of some traditional customs to give you the best marriage ceremony in the Caribbean.

Making Marriage Work

Marriage is a commitment that is universal. In most countries, it is defined as a legally binding union between two families. The union is between a man, and woman from two separate families. The announcement, and promise of marriage, is a happy time in the lives of many around the world. The proposal for marriage is conducted, usually by the man. If the woman accepts, the preparations for the marriage celebration, also known as a wedding, begin. The families, and some times entire communities are invited to celebrate this happy union of marriage in a religious, or nonreligious ceremony. Once the wedding is over, the happy married couple can begin their life together. They are usually so in love, and excited at the prospect of spending the rest of their lives together, that it is easy to forget that marriage is a commitment that takes work on a daily basis. This needs to be addressed, because of the increase in divorce, infidelity, and disappointed men, and women.

Marriage is a companionship between two people, who might come from different backgrounds, and have different opinions. The couple might even have different life experiences, and might endure problems that are separate from each other. Consequently, the spouse, who does not share the same problems, or life experiences, might become frustrated, because he, or she does not understand how the other spouse is feeling. It is important to work on communicating your feelings to each other very early in the marriage, so you can both learn to respect, discuss, and understand each other's differences, and problems. If you are unwilling to communicate with

each other, when problems, or differences arise, the marriage will not be able to work. It is important to also try to spend as much time available together. Married couples often complain that their spouse is unable to spend time with them, because he, or she is too busy working at his, or her place of employment. Modern society dictates that people must work hard to make enough money to provide their family with adequate food, housing, and clothing. If work is invading your marriage, it is time to reflect, and discuss plans to do together for recreational activities. This will insure that you are maintaining your duties, and obligation to your spouse, yourself, and the unity of your marriage.

Marriage is not only for the purpose of companionship, uniting families, and communities. It can also be an element of stability for producing children. Most people, who are married, want to raise a family. If children are born, it is an added responsibility for the couple. The husband, and wife must learn to work together as a team to insure healthy development of their offspring. Arguments about sharing tasks might ensue, and create problems in the marriage, but there is an easy solution to minimize these arguments. If the wife is unable to change a diaper, because she is busy cooking a meal, or preparing food for the baby, then it is the responsibility of the husband to complete this task. It is a fact that one spouse must work to provide the family, and marriage with financial stability, but it is also important to insure the emotional support of the marriage, and other family members by sharing the chores of cooking, cleaning, and child rearing tasks to insure a team environment.

Marriage is a full-time job, but is more rewarding than a financial payment from the local phone company, or bank. When couples enter into a marriage, they must remember that it is a lifelong commitment that takes work on a daily basis. As long as you, are both able to maintain

mutual respect, trust, and a team environment, you will be able to make your marriage work for the rest of your lives.

Knowing when to Marry

Marriage is a lifelong commitment that must be thought about, and considered before committing to another person. People, who marry are often so in love with their girlfriend, or boyfriend, that the desire to spend the rest of their lives together is stronger than rational thought. Considering the positive, and negative consequences is important to ponder, before making the final decision whether, or not to marry the person you presently love. The reason one should carefully consider marriage, before finalizing the plans, is because it is a lifelong commitment that requires dedication, and a team effort to make the marriage successful, and strong. If you don't know if you should marry your current boy, or girlfriend, then it is wise to refrain from impulsion, and disappointment, when the marriage fails. In other words, if you, and your partner think that you are incompatible in a relationship, then it is wise to remain friends, but do not make marriage plans. How can one decide when to propose marriage?

It is important that you take your time, so you can find the right person to marry without disappointment, and hurting others. If you have been with your boyfriend, or girlfriend for a long time, and you are both considering the idea of marriage, evaluate the following, crucial factors. If you have met each other's families, and feel comfortable in all aspects of each other's lives, marriage might be a positive consideration. This is important to note, so you will decrease

your chance of making a tragic mistake. Partnerships that do not share the feelings of compatibility, financial stability, or a level of comfort, makes communication, and sharing experiences, and ideas with each other, difficult. Personalities should also be similar. For example, the popular cliché is that opposite personalities attract. Although this is some times true, it is wise to find a person, who shares similar personality characteristics. On the other hand, if you have a more aggressive personality, it might be better for you to find a partner, who is more passive, understanding, and able to deal with your aggressive tendencies. If you find a person, who is equally aggressive, the marriage will be filled with tumultuous periods of fighting, and maybe even domestic violence.

When finding a partner for marriage, it is important that you both respect each other, and are willing to work hard on a daily basis to maintain the strength, and happiness of each other, and the commitment that both of you share. If you find a partner, who has a kind personality, and enjoys things that you do, then you should consider marriage. If you are in a relationship with a person, who does not share common interests, and has a completely different personality than you, it might be wise to consider the possibility of becoming friends, but not husband, and wife.

The Advantages and Disadvantages of Child Marriages

Marriage is usually defined as a commitment between two young, or older adults. Traditions, and practices are diverse. Traditions such as the parental arrangement, and marriage of children is illegal in many countries, due to strong opposition from academics, and

government officials. Even though it has been illegalized in many non-industrialized countries, it is still practiced in remote communities. Children, as young as twelve, and thirteen, are married to a chosen bride, or groom. They are expected to learn, and share the responsibilities that their adult counterparts commit to, when they enter into this union. Although this is considered to be child abuse, in the opinions of many people, is it always cruel to children? What are the benefits, and disadvantages of such a union, when children are so young?

Examining this issue, is important. People have different opinions on every topic, especially marriage. Human rights activists, and other government officials, criticize the practice of child marriages. As with other issues that we all face in society, there is another side to understand, before dismissing child marriage as a primitive, or abusive practice. When children reach teenaged years, it is virtually impossible to prevent them from having relationships with the opposite gender. In many modern countries, parents encourage their children to achieve higher education, so they can financially support themselves, and their spouse, when they become adults. Moreover, relationships with the opposite gender in teenage years is discouraged. Although this is an honourable intention, many children are unable to resist their natural desire to have a relationship with a boy, or girl. If this is not discussed, or known by the parents, the children might make even more serious mistakes, such as premarital pregnancy, or entering into a marriage without the proper skills, and emotional maturity. Forbidding children, or also called teenagers to love each other, and share a companionship, can be just as oppressive as arranging a marriage between two children, who have never met. Discuss with your young adolescence, the realities of marriage. If they are committed to each other for many years, and are emotionally mature enough to understand, and undertake marital

responsibilities, then why discourage them from entering into this ancient tradition, called marriage?

Child marriages also have disadvantages, which is why it has been made illegal in many countries around the world. Parents often arrange their sons, and daughters to marry each other, because of the promise of financial stability, and success that is made between the two families, before the young bride, and groom enter into marriage. Consequently, the children are married in an elaborate ceremony, without knowing each other, and establishing a relationship. This form of child marriage is wrong, and immoral, because it is only for financial, or social status for the parents. The emotional well-being of their children is neglected. They are assisted by the families, but it is often difficult, and emotionally traumatic for both the bride, and groom. They have been forced into a relationship with a stranger, and are expected to love, and respect each other, while they are developing emotionally, and physically themselves.

Child marriages are like any other adult marriage. They must be entered into with minimal interference from outside piers, and family members. The marriage needs to be decided by the adolescence, along with members of the family, so everyone has equal opportunity to express their opinions about this decision. Like any newly married couple, the young teenagers will need some assistance with household responsibilities, so they can work together on the emotional, and financial aspects of their marriage. It is important to note that if the two families do not believe their children to be mature enough to marry, then the marriage should be prevented, but not on the basis of religion, financial status for the family, or their ages.

How to Prevent Extra Marital Affairs

Marriage is an ancient tradition. It is the promise that two people make to love, and be faithful to each other. When we say our vows, we have a genuine desire to commit to them for the sake of our partner. We are happy to be committed to another person, who we love. The wedding ceremony brings us a euphoric feeling of hope for the future. Hopes of children, a nice house, and a summer cottage, are things that couples imagine achieving together. Life, however, does not always bless us with the pot of gold. Married couples often complain to marriage counsellors, and family, about his or her needs not being fulfilled by the other spouse. Long hours at work, unruly children, and heavy financial debts, can prevent couples from communicating, and spending time together. No matter how committed you want to be to your spouse, the strain of daily pressure at work, and home, can lead to disastrous consequences, such as having an extra marital affair. If this happens, and it does in eighty percent of this wonderful institution called marriage, both husband, and wife feel trapped in an emotional roller coaster of anger, bitterness, and self-blame. Couples who experience this vicious form of deceit, often feel that they can no longer trust their cheating partner. Consequently, more bitterness, and divorce ensues. Tearing a once loving relationship into pieces. Fortunately, there are remedies, and steps couples who experience infidelity can take to rebuild their trust, companionship, and commitment. It is important that both are willing to take these steps together. Couples who are struggling, and want to prevent this betrayal from happening to them, should follow these rules as well. If these steps are not taken seriously, or as a united partnership, one can expect more difficulties, and hurt in the future.

You have just found out about your spouse's extra curricular activities. The first emotion you feel is anger. How could he or she betray me in this way? You ask yourself, and partner this question repeatedly, but he or she is unable to answer this desperate question to your satisfaction. You seek revenge by public humiliation, spending his or her money, or having an affair, known as a retaliation affair. This psychological warfare, and angry questions and accusations, will not heal the wounds, or pave the road to reconciliation. Make sure you explain to your spouse the hurt, and pain he or she has caused you, but that you wish to try to make your relationship work. Communicate openly, and honestly with each other. Illustrate areas that you, and your spouse can work on changing, so the feelings that might have lead to the betrayal, do not resurface. Problems in your past can include such things as not spending enough time together, or lack of attention to appearance, or ignoring the need for intellectual stimulation. Companionship is crucial to the success, and loyalty in a marriage. Watching television together, after a day at the office, can strengthen the bond to prevent, or heal the wounds caused by an unfaithful spouse. Another important, yet often missed prevention, or remedy, is to stop criticizing trivial imperfections of your spouse. If you wish to criticize your spouse about something that is bothering you, or causes you to worry, discuss it with him or her in an honest, polite manner. Listen to what he or she has to say, and respect his or her opinion.

Marriage is a complex, intimate, and challenging union. It requires work, compassion, understanding, commitment, and mutual respect and love. Consequently, people can become overwhelmed with daily responsibilities that life brings. Don't neglect these responsibilities, but it is imperative that you and your spouse communicate, have fun, and enjoy each other's companionship. If you and your spouse follow these steps, you can most likely prevent, or heal

from this challenging problem, called an extra marital affair.

Finding Marriage Counsellors

When people marry, the hope is that it will be a happy, and successful partnership that will last for a lifetime. Although this is what can happen, it might seem impossible, in difficult periods. Some marriage problems are as serious as addiction, while other difficulties are emotionally challenging, such as death of a family member, or infidelity. Many options are available for those, who are having an unhappy marriage, such as separation, divorce, or finding a marriage counsellor. It is important to remember the commitment you, and your spouse made to each other, when you decided to marry. Marriage counselling is an important step towards a happy, and united marriage once again. For people, who are uncertain as to what a marriage counsellor does, you, and your spouse must understand the role of a marriage councillor, and then know how to find one, so you can seek advice, and learn how to solve your marital problems.

The marriage councillor is a trained professional in the area of helping people regain respect, and emotional support for each other to save their marriage. The councillor does not provide couples with medication, but if necessary, might refer you, or your spouse to a medical professional who is qualified to write a prescription, if the cause for marital problems are induced by physical ailments in the body, or brain. These specialized councillors are trained to be unbiased, and impartial to the couple, so they can arrive at the best solutions, and provide

each spouse professional advice, and steps to establish their commitment, and salvage their marriage.

If you, and your spouse are willing to seek help from a professional marriage councillor, then it is important that you find the one that you are both comfortable discussing your problems with, so he, or she will be able to help you arrive at an agreeable solution for your difficulties. When you are looking for a marriage councillor, don't ask each other which person will be able to understand your problems more. This might lead to unnecessary conflicts, and the agreement to see a marriage councillor might dissolve. Most people, who are married have friends, who have been through difficult times with their spouse. Ask them in a private setting, if they have seen a marriage councillor, and if they would recommend him, or her to you, and your spouse. Research some councillors, who specialize in helping married couples at your religious organization, on the Internet, or reading books at your local library. Find five councillors, and set up appointments for you, and your spouse to talk to each one, before making your decision about which one you, and your spouse want to see. If one is provided at your religious organization, it might be better for you to see him, or her, so he, or she can provide you, and your spouse with religious blessing, emotional support, spiritual healing, along with medically professional advice on how to save your marriage.

Attending marriage counselling is an important step to saving your marriage from failure. When you, and your spouse get married, it is a lifelong commitment that should be taken very seriously. When problems arise that you, and your spouse cannot handle, learning how to find, and ask for a marriage councillor is an important consideration, and step to take. If you, and your spouse attend marriage counselling, it will probably be the most helpful decision you, and

your spouse could have ever made. The sessions with the counsellor will also provide you, and your spouse with the tools to strengthen your marriage, and commitment to each other, which is necessary for the health of any marriage.

How to Make your Marriage Fun

Marriage is a commitment that is made out of love, companionship, and the excitement of spending the rest of one's life with another person. The marriage ceremony, or legalities are finalized, and the new husband, and wife travel, and spend time together on their honeymoon. It is a time for the happy couple to experience excitement, and adventure together, with no worries, or stress. When the honeymoon is over, the couple returns home, and their new life together begins. Enjoying each other's company, and commitment to each other is common in the first few years of this commitment. Marriages are usually successful for several years, because the young couple is able to enjoy life, and participate in fun activities together, without interruptions, worries about children, or heavy financial debt.

Unfortunately, marriage, and the lifelong commitment that was made all of those years ago, takes on a new meaning, when children, and other responsibilities increase for the couple. Long hours away at work, replace, and invade the once happy, and enjoyable time that husbands and wives shared. When you are both at home, it is often difficult to leave, and have fun together, due to the needs of your young children, or accumulating debts. These increased responsibilities, some times make the marriage monotonous, and couples often find themselves involved in affairs, because they want to feel companionship, and enjoyment that they once had

with their spouse. If the betrayed spouse learns of the affair, or is told that he, or she is no longer enjoyable to be around, then divorce, separation, or constant conflicts might ensue. Most people do not want this to happen in their marriage. They want to be able to have fun with their spouse again, but don't know how, because they are so busy with other responsibilities, and their career. How can one have fun with their spouse, while maintaining their responsibilities, and professional life at work?

The first task that you, and your spouse must complete, is discussing what activities you can do together. Make sure that it is an activity that you both enjoy. If you are parents of young children, plan your activities in advance, so you can hire a family member, or neighbourhood babysitter. It is important that you spend time with each other, while the children stay with a family member, or with their friends. This way, you, and your spouse will be able to talk, and have fun, as you did when you were first married. Always remember to try new experiences, or attend new places at least once a week. Eating dinner at new restaurants, or seeing a movie at the theatre, might be an excellent way to relax, talk, and have fun at the same time, with very little money, or time taken out of your lives.

Trying new places, and experiences with your spouse is an important strategy that must be used by every married couple, who is suffering from daily stress, and marital boredom. Participating in fun activities will most likely help your marriage, and allow you, and your spouse to remember why you decided to marry each other in the beginning. Marriage should not mean monotony. Although it is a commitment, part of this lifelong commitment is to insure that you, and your spouse enjoy being together, and feel comfortable enough with each other to

make your marriage fun.

Common law Marriage, verses Tradition

Traditional marriages have been around for centuries, and are still practiced around the world. The ceremony is usually religious in nature, and involves the union of two families, and even entire communities. Preparations are long, and often stressful. As the couple stand before the religious leader, and their families watch with hope in their eyes, the stressful preparations for this event seem worthwhile to everyone. Once the bride, and groom have agreed to commit to each other in this ceremonial setting, the marriage is finalized by a legal signature from both husband, and wife on a document, and they are given a marriage license that symbolizes their lifelong commitment to each other. Cultures around the world have various marriage ceremonies, and symbols that finalize a marriage commitment between the happy bride, and groom. Some cultures sing, and dance until the next day around the house, while the newly married couple stay inside, and listen to the chanting, dancing, and singing that is surrounding their marital home.

In many Western countries, such as Canada, and the United States, the marriage ceremonies can be small, or large. It depends on what the couple wants, and how many people they wish to invite to witness their new commitment to each other. The ceremony takes place in either a religious setting, or a more formal reception hall, where the marital vows to commit to each other, and the legal document is signed. This ceremony, also called a wedding, is usually witnessed by happy family, and friends, as is done in cultures around the world. Moreover, the

wedding ceremony is universal, but is that the only option people should have to symbolize their marriage, and commitment to each other?

In modern societies, such as Canada, and the United States, as well as some small indigenous tribes in Africa, and India, the practice of common law marriage, or also called temporary marriage is welcomed. This insures that the bride, and groom get to know each other, and make their own decision whether or not to commit, and marry their common law, or temporary spouse. This is important, because the practice of marriage is a lifelong commitment that must be entered into with both the man, and woman loving, and supporting each other. How can this be done, if they have never lived with each other on a daily basis? Many people in religious, and nonreligious communities, frown on this method of commitment. They state that it is against God, and since the couple has not received blessing, or legal documentation that states that they are married, the marriage is not valid. In other words, people can be in love, provide each other with emotional support, and be monogamous to each other, but their union is not valid. Various studies have been conducted in this area of social behaviour, and they all have different, and often biased conclusions. Some studies state that a marriage is more successful, if the couple does not live together beforehand, while others, state that it is important for the couple to commit to each other, and live together before they decide to have a wedding. If your culture dictates that you should not live with your boyfriend, or girlfriend before marriage, it is important for both of you to make your own decisions, whether to abide by these rules, or practice common law marriage. Moreover, if you have a wedding, you will still have to commit, and live with that person on a daily basis, so it might be better for most people to practice this form of common law marriage to reduce the rate of divorce, infidelity, and

unhappiness in the end.

Marriage is a commitment that should be taken seriously, and considered for a long time. It is important to understand that a marriage is not only for financial success, but it is also a commitment that involves two people living together every day for the rest of their lives. The concept of living in a common law, or illegal marriage before having an actual wedding for everyone to attend, might reduce the rate of domestic abuse, unwanted commitments, and divorce all over the world. This form of marriage is a commitment as well, and it is important for people to recognize it as so, because it will make a lot more marriages happy, and successful.

Marriage with an Illness

Marriage is a lifelong union that is designed to support, and unite people to create families. When the marriage vows of commitment, and emotional support through difficult times are given in front of happy family, and friends, it is easy to believe that you, and your spouse will love each other no matter what happens. Knowing how to support each other, and find solutions for the problems you are both facing is important, especially, if your spouse has a serious illness. Some illnesses can be physical, such as Multiple Sclerosis, or mental disorders. These illnesses can be an enormous challenge, and strain on a marriage, because the ill spouse is now depending on the full support, love, and care of their husband, or wife. The illness is also emotionally overwhelming, because they are dealing with an irreversible illness. The reality that the ill spouse needs constant care, and emotional support from the other partner, can destroy a loving

marriage, if the couple cannot overcome the new challenges together. How can a marriage survive, and flourish after learning of a life-changing illness?

You, and your spouse have learned that he, or she is suffering from a chronic, and debilitating illness. It is overwhelming, and difficult for both of you to face, and accept. Denial sets in, but don't let this take over your lives. The illness is going to stay, so it is better to admit it, and discuss the new changes, challenges, and future plans to cope with these challenges with your ill spouse. It is not going to be easy for you, or your ill husband, or wife. He, or she is going to often feel angry, inadequate, and insecure about your marriage. As a person, who is not suffering from the chronic illness, you might even wish to end the marriage, or look for affection from another person. If this is what you want, you must think about the possibility of yourself suffering from the illness, instead of your spouse. Would you want him, or her to leave, or betray you, when he, or she promised to love, respect, and care for you in any circumstance? The answer is that you would want him, or her to care for you, and support you in any circumstance, including the struggles of having a serious illness. If you belong to any religious organization, support groups might be available at your Church, Mosque, Temple, or any other religious establishment. Ask your religious leader, if he, or she recommends any support groups that help people find ways to cope, strengthen their marriage, and spirituality in this difficult time. Discuss options, and methods to making the needed transitions in your lives, so you, and your spouse can deal with the effects of the illness, and grow a healthy, and loving marriage once again.

Chronic illnesses are increasing around the world. Know your spouse, and discuss how

he, or she would react, if an illness became a part of your lives. When an illness is diagnosed in your spouse, it is important to think about how you would feel. This internal reflection will provide you with a unique understanding, so you, and your spouse can work on providing each other with emotional support, knowledge, and care for each other, if you are married to a person with an illness.

Marriage with a Disability

People marry for many reasons, such as financial stability, love, companionship, and respect. Marriage is the most important decision that two people will make in their lives, so it must be taken seriously. If the potential spouse has a disability, it must not cloud your judgement, or your plans for marriage. If you have been with him, or her for a long time, you will be able to better understand, and decide if marriage plans for you, and your partner would work. What should you consider, before asking your partner with a disability for marriage? This article is not designed to discourage people from getting married to a person with a disability. People with disabilities can provide their partners, and future husband, or wife, with unique experiences, and life-changing lessons. It is important, however, to respect, and have a patient personality, before deciding to marry a person with a disability, so you, and your spouse can benefit from this life-changing commitment.

When you meet your boyfriend, or girlfriend for the first time, and discover that he, or she has a disability, it can be an exciting experience. The reason why people consider this to be an

interesting, and exciting element of the relationship, is because they are so amazed with their partner's ability to overcome their limitations, and achieve what is considered to be a relatively normal life. Some people have never met a person with a disability, who is able to complete, and accomplish tasks in their daily lives. Consequently, when a person meets his, or her new boyfriend, or girlfriend, the idea that he, or she has a disability, is considered a unique experience, and adventure. The person might treat their new partner with respect, and admiration at first, but might become frustrated, and overwhelmed, as the relationship progresses. If you wish to marry a person with a disability, remember to treat him, or her the same as you treat others. In addition, it is important to understand each other, and enjoy each other's company, without constantly talking about his, or her disability. This is not to say that discussion about your partner's disability should be avoided, because it is important, and will become a part of your daily life, if you both decide to get married. The person, who has a disability, has a responsibility to share his, or her condition, or disorder with his, or her partner, before plans for marriage are made.

When a marriage is finalized, you, and your spouse have made a serious commitment to each other. Make sure you allow your spouse to have his, or her independence, and learn how he, or she completes daily tasks. If your husband, or wife needs help, then it is the responsibility of the other to assist, so he, or she feels respected, comfortable, and equal in the marriage.

Although these rules must apply to every marriage, it is especially important to have a strong respectful, and loving marriage, if you, or your partner have a mild, or serious disability. Understand your partner, so you can provide the needed emotional, financial, or physical support. People with disabilities enjoy their independence, and want to be able to financially,

emotionally, or physically provide for themselves, and their spouse. If you control, and do not provide your spouse with the independence, and support he, or she needs to succeed in life, and in the marriage, the relationship, and marriage will fail. Causing unnecessary pain, and harm to both you, and your spouse. Moreover, getting married to a person with a disability is like any other marriage. It needs to be considered, discussed, and planned over a long period of time, so it can flourish in a loving, committed, and supportive environment.

Advantages and Disadvantages of Arranged Marriage

Arranged marriage is an ancient tradition that is still practiced in many Eastern, and European countries. Forums on the Internet, are an excellent place to participate, learn different ideas, and opinions about this subject. It is controversial, because people from around the world, point out the benefits, as well as the disadvantages of such an arrangement. Statistics point out the high success rates of arranged marriage, but there are also reports of forced arranged marriages. It is important to note, that people are beginning to see the benefits of allowing their children to fall in love, and meet each other, before the marriage is arranged. Stories of abuse, women, and men being forced into an arranged marriage by parents is still true, but it is exaggerated. Most arranged marriages are successful, but let us not base this upon opinion only. Like everything else in life, there are advantages, and disadvantages to this social issue.

The advantages are that if a young educated man, or woman is planning on marriage, the possibilities of family members arranging the marriage based on compatibility, and interests

increase. Families, who allow their children to gain a higher education, are usually liberal minded, and are educated themselves. They will most likely recommend their son, or daughter to their friends, who in turn, will match their son, or daughter with the child of their friend. The potential couple will have supervised meetings, where they can discuss what they have in common, hopes, dreams, goals, and anything else they wish to learn about the other person, before deciding if they are compatible for the marriage. This is advantageous for all parties involved, because it is an alliance of two families, who are already friends, or have things in common to share, and discuss with each other. The young bride, and groom also benefit, because their parents have found a match based on the merit of family values, goals, and mutual respect for each other. Moreover, arranged marriages can take the hardships of trying to find a mate out of your life, so you, and your future spouse can have more time to concentrate on building a companionship, and maintaining a successful career.

Unfortunately, this is not the case for everyone. Parents, who are more traditional, and strict with their children, may wish to arrange the marriage, and force their children to marry the sought after partner for financial, or social status within the community. Children often feel so pressured, that they fulfil their parents' wishes, despite the fact that they may be in love with another person. This is not beneficial for anyone in the long-run. The children, who are forced to marry the chosen person, might suffer from a cold, adulterous, or even, in rare cases, abusive marriage. In economically developing countries, such as India, social issues, such as arranged marriage must be addressed by those, who wish for people to conduct this practice for the benefits of their children, and not for economic greed, or social gain. For those, who strongly oppose the practice of arranged marriage, one must understand that it is usually done to benefit the families, and the future bride, and groom. The cases that are shown, and illustrated in the

media do happen, but are becoming a rarity, as countries continue to develop socially, and economically into the twenty-first century. Before criticizing a person for wanting, or having an arranged marriage, ask them what are the benefits, and disadvantages of such a union, before forming an opinion.

How to have Romance in an Arranged Marriage

Arranged marriages occur in many cultures around the world. This practice is done by the parents of the bride, and groom to unite the two families for survival, or for the betterment of a community. In ancient, and modern societies, the bride, and groom some times never meet each other until the day of the wedding. The emphasis on arranged marriage is social acceptance. Financial success for the parents of the two families, and many other reasons are considered normal in many societies.

Fortunately, this practice is being replaced with a more practical approach. Parents, and other family members arrange marriages to help find a suitable partner, who will love, and respect his, or her son, or daughter. Little emphasis is on the romance element of this partnership, because it is seen to be the downfall of relationships. The families want to make sure that their son, and daughter are able to commit to each other, regardless of beauty, charm, and physical attraction. Moreover, the bride, and groom can experience romance, once the wedding ceremony has taken place. If they meet, and start a romance before hand, it is seen to be improper. Unfortunately, arranged marriages can some times fall apart, or be very unhappy, because the two people, who have been put together by parents, or other family members, do not

share a physical attraction, or deep intimacy with each other. Although romance should not be the key element of a relationship, it is important to have, and use, when in a marriage, including an arranged marriage. How can people have romance, when their marriage has been arranged, and they do not feel any attraction for each other?

If you are in an arranged marriage, and feel that you share no interests, or physical attraction towards your spouse, it is important to discuss these issues with him, or her. It will make him, or her angry, or he, or she might agree with you, and have the same feelings. Both of you know that you need to make this marriage work, because of children, or family honour. Eating at a restaurant once a week, will give the two of you time away from your busy lives to sit, and discuss goals, desires, and previous accomplishments, if you have never met each other before the marriage was finalized. This is considered to be the first step towards romance in your marriage, because part of romance, is getting to know another person, and learning about different aspects in his, or her life that make him, or her unique from other people. After your dinner at a classy restaurant, you might wish to attend a movie together. Try to watch a romance movie, so the two of you can learn how to experience this feeling of passion, and desire. Even discuss how the characters share similarities with your marriage, if they are married in the film. Return home, and turn on some slow music. For example, a love song in your own language, so the two of you can relax. Take dancing lessons by finding an organization that helps marriages grow by supporting events, such as international, or national dance lessons. If you, or your spouse know how to dance, take the initiative to teach, or learn this romantic form of communication, and intimacy.

Arranged marriages can be extremely successful, if the families want to find a match for their son, or daughter with qualities that he, or she wants in a spouse. Even though romance before marriage is considered taboo in many communities, and countries, it is possible to experience all of the intensity, and romance, when the marriage ceremony is complete. Despite popular belief that people in arranged marriages experience minimal romance, the truth is that it can be a very romantic experience, because you are both in a commitment that will last a lifetime, and are able to base your relationship on more than physical attraction, and chemistry. If you have never met each other before the marriage ceremony, romance can still exist by learning about each other's interests, accomplishments, and enjoying activities in the home, and at different recreational facilities, and restaurants.

The Existence of Plural Marriage

Many marriages are based on a mutual love, and desire to commit to one person in a lifelong partnership. This vow to be monogamous, is often made at the beginning of marriage. Although this sincere vow is made, it is often broken many years after the marriage is legalized. The stress of financial struggles, along with marital arguments, and the inability to communicate with a spouse, might lead to some people committing infidelity. This betrayal, is seen in many marriages, so understanding why this happens in 70% of stable, or what is considered to be happy marriages is important.

Several scientists, and historians have studied ancient societies, and their practices of marriage, and sexuality. Although they have found married couples, who practiced monogamy,

a startling number of married couples did not commit to one person. In fact, it has been found that many civilizations in the East, and Western world, practiced plural marriage, or polygamy. In China, for example, rulers were encouraged to have several husbands, and wives to increase the members in the royal family, so the dynastic way of government would continue without interference. Although China is now a democracy, the practice of plural marriages helped, and strengthened the system of government, and empire, because more children were produced; hence, the promise of future rulers to take over government. In modern societies, as well as non-industrialized civilizations, polygamy is widely considered to be immoral, and is called spousal abuse. Many scholars, former husbands, and wives of polygamous marriages, state that it would be sanctioned adultery, if the laws made polygamy legal in countries around the world. This is an issue that has two sides to examine. What are the issues that should be considered for those, who are for, or against plural unions?

Polygamy continues to be practiced in modern, and primitive societies. For those, who practice this form of marriage, state that it is not spousal abuse. These advocates claim that it is a commitment of honesty, because the spouse is not hiding his, or her relationship with the secondary, or third spouse. Unlike conventional affairs, where the secondary relationship is kept secret from the husband, or wife, those, who live in plural marriages argue that this is a true form of commitment, because the primary spouse must consent, before the secondary marriage is planned.

Although there is some validity to this argument, there is another aspect that must be examined, and discussed, before one decides if he, or she is for, or against the legalization, or practice of plural marriage. Polygamous couples often experience extreme jealousy, because

they are witnessing their spouse loving, and sharing their lives with another person on a daily basis. In addition, it is quite frequent, that the spouse, who wishes to marry more than one person, will have children with the primary, and secondary husband, or wife. Consequently, the first, and secondary spouse must learn to work together, and accept each other's relationship with their husband, or wife. Many people, who have lived in plural marriages, as well as law enforcement officials, claim that this practice creates an environment of jealousy, tension, and even murder. If your spouse wanted to marry another person, while continuing a marriage with you, how would you deal with the reality of sharing your marital bed with another person that your spouse has married, and is having sexual relations with on a weekly basis? If plural marriage is something that can work, which it does in some cases, then it is important for you, your spouse, and the secondary husband, or wife to communicate with each other, develop a friendship, respect, and trust, before the establishment of a plural marriage is made.

Even though plural marriage is a practice that has good intentions for couples, due to the wandering nature of humans, it is also important to look at the truth. Jealousy, envy, betrayal, and the reality of sharing a spouse with another person, horrifies many around the world. These are the key reasons for keeping plural marriage as an illegal act in many countries. If plural marriage is legalized, however, it might reduce the urge to have secret affairs, and divorce rates. Moreover, there are two sides to this issue, and it is important to examine both, so one can arrive at their own decision, whether or not they believe plural marriage should be legal, or illegalized.

Marriage with Step children

If you have married some one, who is divorced, you probably have a step child, or step children. These children are the son, and daughter of your spouse, but they are from his, or her first marriage. If the divorce happened recently, and you, and your spouse are newly married, it is important to understand that the children might have a difficult time adjusting, and understanding your role in their lives. They might be upset, and dislike this new marriage. Learning how to survive the first few years of marriage with a step child, or step children, is important. The first thing that one can do to make sure the transition from single, to being married with a step child, or step children, is communication. What other methods, and strategies should one use, to insure a happy, and successful marriage with step children?

When you, and your partner get married, it is important that you, both communicate with honesty. When the children from his, or her previous marriage visit, you, and your spouse must set rules, but make sure that you are not exerting too much authority. If you overstep your authority, the children might rebel, and dislike you, and their parent's choice to marry you. Although the children are visiting your new marital home, you must understand that you are not their real mother, or father. If you try to replace their parent, most children will let you know that you are their step mom, or step father, and not their real parent. Don't be afraid of your step children. If you talk to them, and become their friend, it will make the marriage, and relationship with the children, a warm, and even loving union.

If the children of your spouse live with you, then communication between you, your spouse, and your step children is crucial. You, and your spouse will need to provide emotional

support for each other, because the first year, or two, might be very difficult, as you, and the children try to communicate, and bond. Locate some support groups, so you can talk, and learn from other married couples, who are going through the same, or similar situation. Make friends with some of the couples in the support group, so you can do activities together. Invite your step children to these events, or recreational activities, so they can get to know the children of your new friends. Moreover, as you do more activities together, and with other families, who have children, your step children will be more comfortable, and will feel the necessary family bonds once again.

This commitment is one that should be made, after you, and your partner have been together for a long time. If you are able to meet the children of your partner before marriage, then this transition will be easier, because the children will be able to better understand you, and accept the fact that their mother, or father loves them, but wants to have a marriage with another person.

Build new traditions together, and treat them with respect, so your marriage with step children will be a loving, and rewarding commitment.

Chapter Five: Romance

Marriage is a relationship that requires a lot of commitment. Many divorces happen, because of disappointment, and an inability to cope with daily problems that people face in their spousal relationships. If one wishes to answer the question why this happens? One does not

have to spend long hour studying a philosophical book. It is a simple answer. We all crave the need to have romance in our relationships. This is how many long term relationships begin. Although this is perfectly normal, it is also wise to understand that romance is not all there is to experience, if you, and your partner wish to enter into a committed relationship, or marriage. If you, and your partner wish to have a romantic relationship, but have no desire to commit to each other, then talk to each other about your feelings, so you can experience all of the pleasures that romance has to offer, without getting hurt, or entering into marriage.

Romance after Divorce

By Kelly Green

When divorce is the only option, and the proceedings are finalized, it is very stressful, and challenging for couples to accept, and find other partners in the future. The divorce might have been very bitter, because of a troubled marriage, so the thought of finding another relationship, is not top priority. Most people, who are divorced, wish to start their lives over alone. Renting an apartment, or repairing the marital house that was given to one of them through the financial, and property settlement, is what most people want to do to forget about their spouse, and the battles that were fought, and won in the divorce proceedings. Life must be established, and wounds need to heal, before considering a romance after the heart has been broken. Once life has been renewed, and you are willing to have a relationship, it is important to decide if you want strictly romance, or a committed partner. If you have a strong disdain for the sanctity of marriage, romance is easy, and enjoyable. How can one have a romance, when they have been through

such a painful experience like divorce?

Meeting your new partner can be intimidating for many. If you were married for many years, you might feel inadequate, and might even forget how to talk to another person from the opposite gender. You might be hoping for the person, who has caught your attention to start conversing with you, but they might be shy, so it is important that you politely introduce yourself, and shake his, or her hand. Now that you, and the person have met, it will be easier for you to ask him, or her out for coffee, or a drink at the local café, or pub. This can be a gesture of romance, because many cafes, and pubs have a romantic atmosphere, due to the types of drinks, food, and unique atmosphere that many cafes, and restaurants have for their customers to enjoy. Discuss accomplishments, and tell your new romantic partner that you want a romance, but no commitment, due to your painful, and bitter divorce. If she agrees to keep the romance strictly fun, and passionate, make plans to visit an art museum, or attend an event that you both enjoy. Sharing a glass of expensive wine, or any other sparkling drink, when the two of you share dinner, is another option that will make the romance fun, and even provide the two of you with stimulation to express your physical desires, which is often part of a romance.

If you have children, but don't want your romantic partner to become a step-parent, or have a relationship beyond the romance, tell your children that you have a romantic partner, if they are old enough to accept your divorce, and the fact that you want to have romance, but not another committed relationship. If they are emotionally young, or are below the age of fifteen, it might be advisable that nothing is mentioned to them about your desire to have a romance without a committed relationship, because you are trying to give them moral values, so they might become

angry, and disrespect your authority.

Moreover, this might be a time in your life, when a relationship might not be what you want. Communicate with friends, and your new partner, so there is no confusion, or hurt feelings. Romance is something that can also provide you with unique experiences, and perspectives on life, so you can learn, and acquire knowledge to share with others. If your partner understands your need to have romance without a committed relationship, it can be an experience that will help you heal, and rejuvenated after a divorce.

Romance in a Long Term Relationship

Romance is an ancient desire. It is universally accepted as a method to attract others for courtship or marriage. Modern, and Ancient literature illustrates this ancient desire by providing strategies one should use to romance a love interest. It should not only be used in the beginnings of marriage or relationships, but in long-term relationships as well. It must be a priority in order to keep a healthy, and interesting love for each other. How can romance be used to keep the relationship happy, spontaneous, and passionate? This issue is important for those who are suffering from boardom, and want to experience a unique, and romantic adventure with the person they love.

Clothing is a key element for romance. The reason is because clothing can accentuate your physical attributes, and make your partner fantasize about you with him, or her in an

intimate, and passionate embrace, or setting. The dress should be flowing, silk, or any other light material that brushes gently against your skin. This helps enhance the romance, because it creates mystique and sexual appeal. Walk, or dance with confidence when wearing this outfit. Speak with your partner in a quiet, yet happy tone of voice. Clothing is equally important for a man who wants to impress or lure his partner into the mood of romance. Light smelling cologne with a dress-shirt and pants made with soft material, is very seductive in feel and appearance. Eating a romantic dinner together at home, or at a quiet restaurant with candles lighting the room, helps create an environment of romance, because it is something that you, and your partner rarely do together. Share a glass of wine, or any other sparkling alcoholic, or non-alcoholic beverage, and the needed time for romance has begun. When you have finished dinner, dancing with your partner, or teaching each other how to dance to slow music, is another strategy to develop your plans for romance.

Enjoying a romantic dinner, dancing, and wearing seductive clothing, are just some strategies that couples can use to ignite the desire for romance. It is important to have romantic experiences in a long-term relationship, so boredom never becomes the reason for the relationship deteriorating. Moreover, if you are willing to try new experiences, you, and your partner will be able to revive the romance, and passion that you felt for each other, when the relationship began.

Holiday Romance

When we take holidays, we want them to be a time to spend with the ones we love. They

are designed to reconnect with those, whom we neglect, due to our busy, and stressful lives. Frequent complaints are made from people, who are married, or in long-term relationships about their needs, and feelings being neglected by their spouse, or partner. Everyone needs romance in their relationship. Many people enjoy small gestures, or activities for their romantic time together. Holidays are perfect for planning romantic activities. This is a time for couples to relax, communicate, and enjoy activities, and affectionate moments with each other. Many people like to travel, because the allure of a unique destination, or experience, helps to bring romance into their relationship, or marriage. Although this is an excellent idea, for most it is financially impossible. How can a couple have a romantic holiday, without spending a lot of money?

Tell your partner when you start your holiday, so the two of you can discuss plans to make it a fun, romantic, and enjoyable time. Make sure you have a variety of activities at home, and places to go outside. Ask a family member, or friend, who you know you can trust to care for your children, if they are too young to care for themselves. The romance can be rekindled by enjoying, or participating in an activity that both of you liked, when the two of you met. This is romantic, because both of you will remember why you fell in love with one another. Exercise is also romantic, because you are both working, and helping each other strengthen your physical, and mental health. Physical exercise is romantic, because you are working together, and improving your appearance, while supporting each other.

Driving to a concert, movie, or festive event in another city might be the best, and cost-effective option for romance during your holiday. Many activities, and festivals happen on a daily basis throughout the year. Look on the Internet, newspaper, or ask friends, and family

what is happening in, and outside of the city for you, and your partner to enjoy. If you have extra money, and wish to prolong your romantic time together, hotels are plentiful, and some times inexpensive. Make sure you research for a hotel that will fit your budget, and reserve a room before leaving.

Planning a romantic activity, or trip with your partner is an important technique for staying together. It helps to maintain the health, and love in your relationship, because it creates an element of adventure, fantasy, and intimacy. When you decide what activities, or trip to do together, you can finalize the plans, and enjoy your relaxing, fun, and romantic holiday.

How to have a Summer Romance

Romance is a natural experience that most people endure once, or twice in their lives. Holding hands, and being with another person, can be the bud of a blossoming romantic relationship. Many people experience romance in the warmer months, when everything is blooming, and coming to life in nature. The reason for this increase in romance, during the warm season, is due to everything in nature producing, mating, and developing into beautiful trees, flowers, and many other living creatures. Watching nature blossom, gives us a euphoric urge, and desire to find a mate to produce children, or experience what nature has to offer. Passionate encounters, and walking along the beach together, are some of the activities people, who are romantically involved enjoy. The natural beauty, and the warm sun, are contributing factors to summer romances. This type of romance is usually only for the summer months, which are the warmest,

and most exquisite time of year, because of everything coming to life around the world. If you love to share this special time of the year with a person, who you care for in an intimate way, it is important for both people to understand that it is a summer romance, and will end after the summer months are over. Many activities encourage this quick, yet fun romance, so if you don't want it to develop into a committed relationship, know how to have fun, and experience the romance, while it is summer.

The basis of a summer romance usually begins with two people meeting at a social gathering, such as a pool party. This environment is very romantic, because people are having fun, enjoying the feeling of the water, and are usually scantily clad. Moreover, their outward appearance, the emphasis on desire, and physical lust in an outdoor environment, can help a romance begin. The two people, who are physically attracted to each other are able to meet, and express their desires to have a summer romance by drinking alcoholic, or carbonated beverages, swimming in the water, and participating in sporting activities. This is important for a romance to blossom, because these activities are done together, and require a lot of energy, and physical stimulation, which increases the natural desire to have a passionate evening, or moment together.

Now that you have met at a romantic party, and have enjoyed swimming, and other fun activities together, while dressed, and in the mood for romance, Enjoying other activities, such as walking along the beach in the evening, attending quiet restaurants, and participating in thrilling, and energetic activities, such as rock climbing, will establish the romance, because the two of you are enjoying unique experiences, and engaging in activities that are thrilling, while improving your physical appearance to impress each other. Refrain from talking about a serious relationship, or participating in any activities, or tasks that require family involvement, so the

romance is light, yet enjoyable.

If you experience a summer romance, enjoy your time together, and do as many fun, and thrilling activities that you both agree to try. Taking small, yet unique trips together to enhance the passion, and physical excitement that you both feel. If you are willing to end the romance after the summer months are over, these activities will help you, and your romantic partner keep the promise to have a summer romance, and nothing more.

Teenage Romance

Romance is a physical, and emotional experience for many people around the world. Feelings of passion, and euphoria are often induced, because of the physical chemistry, desire, and unique experiences that two people share. The two people are unfamiliarity, and the unique adventures, and personalities that two people exhibit, make the need for romance irresistible. Although many parents forbid romance in their adolescent children, it is inevitable. Scientists are struggling to find reasons why teenagers are experiencing romance at such young ages, but many feel that the reason does not need extensive scientific study. The need to socialize, and learn from experiences, is necessary, so they can learn the difference between romance, and a committed relationship. How is a teenaged romance different from those experienced by adults? Let us examine this issue, so adults, and teenagers can learn how to deal, and enjoy this important, and intense time in their lives.

When teenagers meet, it is usually at their local secondary school, or at a party with friends. These are not the only places that a teenaged romance can blossom. Many romances begin by friends introducing the boy, and girl to each other. The two meet, and if there is a physical attraction, and chemistry, the romance will develop. Touching, and experimenting with various physical, and intimate activities, are some of the aspects of a romance between teenagers. This is not to say that this is any different from a romance that is between two adults. In fact, it is the same. The difference is that the two teenagers often ponder the idea of marriage, or committing themselves to their romantic partner. Also, the feelings of passion, and the rush of being intimately close to some one, is often experienced for the first time. Media, such as television shows, movies, literature, and music also play an important factor in how teenagers develop, and define romance. Most, who crave romance, are looking for a person, who is the societal standard of beautiful. The tall, beautiful girl with blond hair, and blue eyes, will probably have more opportunities to experience romance at a young age. The romance will probably also involve sporting, and other fun, and strenuous activities together, because the feeling of physical activity, and having fun together, also adds to one's physical appearance, sexual appeal, and ability to help the other person enjoy unique experiences in physical passion, and activities.

Romance between teenagers is very similar to adult romance encounters, because they desire the same physical qualities, and mental stimulation. What is different, is that in many cases, the two teenagers will mistake the feelings of passion, poetic letters, gifts of chocolate, and the various activities that they do together, to be a loving, and committed relationship. Romance is a physical attraction, and the desire to experience a person, who is unique, or enjoy

different activities, and experiences together. If you are a teenager, and are experiencing the feelings of excitement, passion, and are constantly judging each other on your outward appearance, this is a romance, and not a serious relationship. If you wish to have a committed relationship, romance can be an important part, but it might be a better idea for both of you to end the romance, before it causes hurt, and deep pain. Feeling guilty is natural, but if you have a romance, while you are a teenager, then you will be able to have a serious, and more developed relationship, when you are older, or when the right person walks into your life.

Romance of Diversity

Many cultures around the world have romantic qualities that attract visitors. The more exotic the culture is to people, the more enticing it is for them to visit, and find a romantic partner. From Paris, to the tropical breezes, and resorts of the Caribbean: many tourists, and romantic buffs flock to hopefully find romance, and experience the thrill of the new surroundings. The tourist industry captures the feeling of romance in their marketing campaigns. Advertisements of beautiful men, and women dancing, and running in illustrious clothing in the tropical sun, or the small Parisian Cafes, make people want to experience this feeling of romance at any cost. Some visitors try to find local residents. If they are lucky, they will find a person, who is willing to give them romantic gifts, and a unique adventure. Furthermore, emphasis on the unique cultures, who are wanting to learn about each other, and experience unique dances, restaurants, and exquisite forms of luxury together, is romantic. It is important to understand that romance is a universal desire, so if you are traveling to another

country, make sure that you bring your energy, light hearted attitude, and the ability to end the romance, when you return home. This must be agreed upon, so the romance can flourish without the fear of hurting each other, when you are returning to your Native country.

You, or your potential romantic interest have just arrived in your new temporary destination. Everything is unique, including the language, lifestyle, and food. If you meet a person, who is a resident of this country, and if the physical chemistry is an equal mixture, one can expect a romance to blossom for as long as you are staying in your new destination. Talking to each other is important, so you both understand that this is a romantic encounter that will not develop into a relationship. This understanding should be a mutual agreement, and it should be only in the event that you, or your partner are unable to relocate, or do not wish to blend different traditions, and religious values into a committed relationship. Traveling to different parts of the city, and experiencing unique foods with each other, add some flavour to the romance, because you are both able to share, and experience your time together in these new, and exotic environments. Using ancient methods of transportation, such as a cruise around the countryside, can be very romantic for the local resident, and the newcomer, because it is a country that he, or she has never seen before, and the local resident is enjoying the romance, because of the stories that his, or her partner tell him, or her, while floating down the river, or on the ocean in the cruise ship. Buying each other gifts from your different countries is also romantic, because the gifts that people buy in a romance are usually extravagant, and unique to fuel the fire of passion for a romantic evening, or weekend together.

If you, and your romantic partner know that the romance is a unique experience, and are

willing to end it, when you, or your partner return home, this romance can bring knowledge of cultures, and unique experiences to two people that they will never forget. Relationships happen between different cultures every day, and so does romance. Moreover, if you, and your partner are looking to find a light-hearted romance, while traveling to a new country, the diversity, and passion that you both bring into the romance, will provide both of you with stories, and experiences to tell your friends in your own country.

Caribbean Romance

The Caribbean has a similar economic structure, in the sense that each island relies heavily on tourists from North America, Europe, and other wealthy countries. People, who work in average jobs, and want to escape the realities of their stressful lives, are lured to stay on elegant, and luxurious resorts on islands, such as Jamaica, Trinidad, and more. These companies appeal to the psyche of many by marketing the islands as a place of tropical warmth, and romance. Tourists spend millions of dollars yearly to travel to these resorts, and are treated to a variety of unique experiences. The exotic portrayal is further illustrated by showing photos of the so-called exotic Caribbean man, or woman walking on the sandy beach. Making tourists pay to stay on these resorts for the chance to have a romantic encounter with a local man, or woman. Although this can occur, most people who fall into this trap, are setting themselves up to be financially, and emotionally drained. It is important to understand that there is a booming industry in poorer countries, such as the Caribbean islands, called Sex Tourism, or Romance tourism. This industry is designed to have local people flocking to hotels, beaches, and other

popular places for money. Men, and women, who work in this industry, often leave their poorly paid jobs, or academic studies to have romances with rich tourists, who will often pay them thousands of dollars for the unique experiences the Caribbean has to offer. Consequently, sexual transmitted diseases are spread, financial ruin is pandemic, and exploitation of local people is the criminal element of this fast-growing industry. How can one experience romance in the Caribbean without suffering serious consequences?

You have just met an attractive man, or woman. (Depending upon your preference). The man, or woman has invited you to attend a local dance, and you oblige, because you are wanting to experience the Caribbean culture, and you are also attracted to this new person. When you arrive at the dance, it is unique. Everyone is drinking, dancing, and dressed in unique, and sexy costumes. Your new romantic partner wants to share a drink with you, so you agree, and the evening of romance, and fun continues into the next morning. Enjoy yourself at this party, but tell your partner that you only want a romance, and no relationship. Remain polite, but do not speak about your financial situation in your own country, because if you tell him, or her that you make a substantial amount of wealth, he, or she might ask for expensive jewellery, clothes, or even a vehicle. You might wish to impress, and strengthen the feeling of romance by taking him, or her out for an expensive dinner at a North American, or European restaurant. This will impress your partner, because it is a unique experience, and this is what romance is all about for many people around the world. Swim in the ocean together, and keep the conversations interesting, but do not discuss assistance for immigration, or marriage. This is not to say that it is impossible to marry a person from the Caribbean. Most people, who have relationships with Caribbean men, or women are happy, and eventually marry each other. This is just for people,

who want to have a romance, while staying in the Caribbean, without commitment, or marriage.

If you keep the romance unique, and answer your partner's questions honestly regarding life in wealthier countries, your romance will not leave you financially, or emotionally ruined. Remember to not discuss your financial wealth, and do not be seduced into purchasing expensive gifts that are beyond your financial means. This is for people, who just want a fun, and quick romance, so they can remember the Caribbean, and relish the experience for many years to come. Romance in the Caribbean is a unique experience, so enjoy it, and you might wish to return for more.

Online Romance

The Internet has created many opportunities for business, education, commerce, and building relationships. It is human nature to establish relationships, including ones that are strictly for romance. Websites that advertise people looking for romance are very popular on the Internet, thus, online romance is growing at a fast rate. This method of romance is growing, because it is an element of fantasy between two people. Social, economic, and physical attributes are what people desire in a romantic partner.

Online romances have many of these qualities. Many people, who are having a romantic encounter online, shower each other with expensive gifts, and poetic e-mails. Online romances are not started when the two people meet. They usually begin with a mutual attraction to the two profiles, and with a simple, yet blunt text, or voice conversation to learn whether or not you

both agree to have a romance online. How can two people have a romantic encounter online, without meeting each other in person?

Many websites promote romance between two people, so find one that is reputable, and put your profile on it for a potential romance to bloom. When a person of interest e-mails you, respond back. Inform him, or her that you wish to have a romance, but no deep relationship. Correspond through text messaging for two, or three months, so you can have a better idea about what he, or she is looking for in a romance. Once you are acquainted with each other, and your intentions, you might wish to have a voice conversation over the Internet. Purchase a microphone at your local electronic store, and ask him, or her what he, or she has accomplished, previous traveling experience, and food preferences. If you have a web camera, the romance will develop faster, and be more thrilling. You should both have web cameras, and if not, ask your partner to purchase one. They are relatively inexpensive for most people. When you both have your web cameras, you might wish to have a voice conversation, and eat dinner in front of the camera. Make sure that you are both eating the same, or similar meals, so it will make the experience more romantic, and interactive. If you both enjoy the same alcoholic, or non-alcoholic drink, share a glass of your favourite drink together in front of your web cameras, when the meal is finished.

Online romance is an excellent way to have a fantasy with a person in your own city, or on the other side of the world, without the worries of hurting his, or her feelings, and traveling to meet him, or her each day. Purchasing small gifts, writing small, romantic poems to send to him, or her through e-mail, are some of the ways that people can have a successful, and harmless

romance on the internet.

Relationships are unique, and diverse. They are not only formed among friends, but are also established between family members every day. Although human relationships are complex, and diverse, they bring us closer together, and are the foundation of all communities, countries, and human development. From romantic encounters, to the marriages that are announced, and celebrated around the world: forming, and strengthening relationships is the genius within us all.