

Love life

oh happy days!

Love and happiness may be an eternal search for some. We say find happiness, and you'll find love!

It's that time of the year where coupledness takes the town over! More than ever, we find ourselves looking for that someone who'll turn our seemingly sad lonely lives into a bright fulfilling one. The fact of the matter is, the opposite is true. How you feel single, dictates how you'll feel in a relationship. **Don't just take it from us; we spoke to Life Coach, Sharmini Hensen who shared her professional insight on love and happiness.**

Q: Why is it **BETTER** to be a happy single person?

SHARMINI: Can you imagine how your relationship would look like, if you were sad, moody and needy. That's right, probably the same or worse. When you are clear of the kind of experience you want in a relationship; love, joy, trust, fun and the list goes on, that is a good list of what qualities and characteristics you ought to nurture in yourself. **You will attract the same qualities in your partner** and your relationship will resemble more of what you imagine it to be.

Q: What **DOES IT TAKE** to be a better happy single person?

SHARMINI: You need to be **disciplined** about your happiness. Irrespective of the good or bad that is happening in your life, **you choose to be happy.** Once you master the art of happiness, no thing and no one gets you down. It just means you are now the captain of your ship, master of your soul and you choose how you want to feel about the events and people in your life. You can choose to be the victim or victor. You have that power and you are that powerful.

Q: How **IMPORTANT** is it?

SHARMINI: It is so important, that many find out too late. After countless painful break ups, we are **scarred by the emotional baggage** of our past relationships. At this point, to get into a new relationship, it takes a lot of hard work, to break old patterns and heal the pain. So instead of making the same mistakes again, **learn from those who have gone before you.** Your mothers' advice might be old-fashioned, remember it comes from wisdom of experience.

Q: How does being a happy single person **CHANGE** the dynamics of a relationship?

SHARMINI: Being happy doesn't just change, it transforms a relationship. **What you give, you get back in folds.** You are fun to be with; you respond graciously rather than turning into a drama queen. Now that you love yourself, you know how to love and where to draw the boundaries. You have the courage to ask for what you want and the patience to let it happen in good time. You are steady and consistently happy, that creates a **good foundation** to nurture a relationship.

what if?

SITUATION

“I'm already with someone, but I feel as an individual I'm not entirely happy.”

“I feel like I'm a happy person, but I'm still having trouble holding down a relationship. I end up feeling sad as a result.”

“I can't stand the idea of being alone, I feel like I always need someone there for me.”

YOUR GOAL

Find out what's holding you back and fix it!

Stay the course and keep the focus on YOU.

Learn to love yourself and be comfortable in your own skin.

STRATEGY

Talk to your partner about how you've been feeling, so he's not left in the dark. **Keep track of your emotions**, then look for the triggers beyond those trigger situations.

There is **so much more to life** than just boys and relationships! Just keep trucking on, and **take charge of your happiness.** The rest will fall into place with time (and mostly when you least expect it!).

List down all your **loving qualities.** Get your good friends and family members to list down what they love about you. Then pin it up to remind yourself of the gorgeous person you are.

EXPERT SAYS:

“Explain to your partner what it is you **need and want.** A loving partner would surely support you. You have to **take responsibility for your change.** He cannot change himself to make you happy, it will just tire him out to live up to your expectations.”

“Remember that you are still in charge of your happiness, even when you're with someone. When you believe that, it is **easier to create the life and relationship you desire.** You can change your behaviour, when you start to change your beliefs and feelings about yourself.”

“Being alone holds a negative meaning for you. Look inside and **find what the real issue is.** Having a partner may give you the validation you are worthy to be loved. However, it is **temporary.** Be confident that you are never really alone. **Reach out** to those who already love you just as you are.”

SECRET WEAPON

A journal—to keep track of your emotions.



A mirror—to remind you that you're in charge!



A pin up board for all those lists.



QUICK FIXES

We all have low points in our lives. This doesn't make you an unhappy person. Try these tips to bring back that cheery person!



exercise

Those endorphins will kick that frown upside down in no time! Add people to the mix and you may just find a few laughs too!



pay it forward

A study done by the University of Michigan recorded that knowing someone who is happy makes you 15.3% more likely to be happy!



get social

No man is an island (no woman for that matter either!) Get in touch with your friends, even if it's for nothing more than to whinge!

Life Mantra

“I cause all the effects in my life.”

Remember that happiness doesn't just happen. It's a choice, and one that's **made by you!**

I'm all smiles NOW!

“This is truly a life lesson that took me awhile to master! **I was unhappy**, but I always thought that it was a result of my surroundings. It was because of the grade I didn't make, the arguments I had, as well as the guy I didn't have. It wasn't till I hit rock bottom when I realised that I had to **stop shifting blame** and that **I could personally take hold of my happiness.** I started making **positive changes** with how I viewed the things around me, including relationships. **I was finally happy and loving life.** Oddly enough, a couple of months after I found someone to love too!”



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