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Love and Sex Prescription

By Jasbina Ahluwalia

QUESTION

I think I may be getting apathetic about the whole relationship thing. It's not that I haven't dated or haven't found decent guys. It's just that even the decent guys didn't pan out, and it seems like all the guys I've been out with since have been real losers. I'm starting to really wonder whether there are any decent guys left, especially now that I'm already in my thirties.

ANSWER

I'm sorry to hear that, and you're certainly not alone in getting frustrated. That said, let me reassure you, there are definitely great guys out there (given my profession, I speak with them all the time).

In my opinion, what's out there is not the issue (and in any case, it is not something that's under your control). But the beliefs you hold are under your control. I know it may often seem like our beliefs are not subject to our conscious control. On the contrary, I think we are accountable to ourselves for the beliefs we allow ourselves to hold. We think our values are objective/natural/uncontrollable but we can be flexible about them if they stand in the way of the goals we want to achieve.

Given that you chose to spend time and energy on dating in the past, I'm assuming being in a relationship was one of your goals. The important question to ask yourself now is this: Is being in a relationship still one of your goals? Since you reached out to ask your question in the first place, I think it's fair to assume the answer to the above question is yes.

With that in mind, how do you think your belief that there are not any decent guys left may affect your ability to remain open-minded in your interactions with guys? Do you see how this particular belief could unknowingly create a self-fulfilling prophecy?

Ask yourself this key question: Does your belief serve or limit your goal of being in a relationship? Since it will be difficult for you to reach your goal while maintaining this limiting belief, you can choose. Which one would you rather keep?

It's natural to look for evidence backing up our beliefs. We all tend to do that. That is why it is so crucial to choose one's beliefs wisely and be willing to let them go when they no longer (or perhaps never did) serve us. Best wishes!

QUESTION

My sister has confided in me that she suspects her husband of three years may be cheating on her. I feel pretty helpless. Do you know of any potential red flags I can suggest she look out for?

ANSWER

I'm sorry to hear this. There are three signs you may want to suggest she consider. First, has her husband started making any otherwise inexplicable recent changes with respect to his physical appearance (e.g. has he suddenly started working out extensively, changed his hairstyle, changed his wardrobe)?

Secondly, has her husband's routines, schedules, work hours inexplicably changed (e.g. his previous 9 a.m. to 6 p.m. workday now regularly starts earlier and/or ends later)?

Third, has their sex life changed (e.g. he's suddenly interested in either less or more frequent sex and/or has changed his sexual positions or willingness to experiment)?

Please encourage her to consider all of these factors collectively and be open to the possibility that there may be reasons (apart from cheating) for any of the above behaviors. Best wishes to both you and your sister.

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 Jasbina Ahluwalia is the founder of [Intersections Match](#), the first elite, personalized Matchmaking firm for South Asian singles nationwide.

As a former practicing lawyer with a graduate degree in philosophy, Jasbina can relate first-hand to the demands and challenges facing her accomplished clients. As a second-generation Indian-American, Jasbina has a unique understanding of the successful blending of South Asian and American cultures.

For more information, please visit www.IntersectionsMatch.com.
 Jasbina may be contacted directly at Jasbina@IntersectionsMatch.com.

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