

Auntyji Ko Pucho

By: Auntyji



Auntyji is totally appalled! She was at a party the other night and this man came up to her and told her how he remembered her from the days when she was thin! How awful! Auntyji was really mortified.

Now, Auntyji in no way considers herself fat. She still shops in the petite section, but for years there has been this issue with a ten pound weight differential. Back when she was living up North, she was in good shape but still wanted to be ten pounds lighter. Exercise and dieting did not do much to make that change, but she was able to maintain her girlish figure.

After moving down here to South Florida, the ten pound differential came into play again. Rather than losing the ten pounds that she wanted to, she gained ten pounds. And, living in South Florida she cannot even hide that extra fat under an oversized coat. All that over-indulgence with *paneer pakoras* and dirty martinis is starting to show.

On the other hand, Auntyji likes to see some meat on her men. There should be something to hold on to. Having a lot of muscles is great, but having a larger build is good too. Leave the "skin and bones" look for the women. Fortunately for her, a lot of men are not into dieting, so they are easily able to fill out their bodies.

Now all she needs is a man who will take her extra ten pounds ...

Q: *I had an arranged marriage in India and now live in Florida with my husband. I have been here for three months and I cannot stand my husband. He lies to his friends about all kinds of things, he doesn't treat my parents with respect when we talk on the phone, he is just not what he seemed like when I knew him before I married him. He comes from a good family, our families have been close friends for years. I feel like I have destroyed my life. What can I do to make this feeling go away?*

A: *Arrey* you silly woman ... how well did you really know him before you got married? There are virtues to an arranged marriage, like you mentioned about families knowing each other and being friends. However, in this day and age most prospective brides and grooms take the time to go out and get to know each other to see if they are suitable for each other. Sometimes love is instant, and at other times it takes a while to come. But, there is no use crying over spilt milk ... what is done is done ... and now you need to work with the consequences of your deed.

At this time, you have three choices ... live with it and feel miserable, try to work it out and have a good marriage, or walk away from it all.

You can complain about all his problems but he must have had some good qualities in him for you to be attracted to him. It is easy to fester on tiny irritating things and miss out on the larger picture. You could ignore his annoying habits and try to concentrate on more of your own life, and that might make your situation more bearable. Usually in such a case, you will

create a cocoon around yourself to insulate yourself, but your husband's behavior will probably get more pronounced because it will go unchecked.

A better and more productive solution might be if you discussed your husband's behavior with him rather than fuming about it. It might be simple things that he is unaware of or can change very easily. Let him know of the things that offend you (Auntyji is certain that he will have a list of offensive things about you too), and see how you can negotiate and resolve the irritants. If it is difficult for you to talk to each other, then sometimes you can use the help of friends or family, but you will be airing out your dirty laundry to them. Professional counseling or marriage therapy can be very useful too.

IF all fails, you do have the option on walking away from it all. That would be an extreme step, but it would be better than going through the rest of your life feeling like it has been destroyed.

It is up to you to choose your path. This time give more thought to it than you did when marrying your husband.

Q: *I came across your column when I picked up CityMasala at Sitara Indian store in South Florida. I like your no nonsense and yet practical and caring attitude. I wanted to bring up a problem I am facing. I have a girlfriend who loves me to death and we have been together for 6 years. We are both well employed, attractive people who work hard at everything. The reason I am writing is that there is a woman in my office, who has been flirting with me for the past few months. I*

find her very attractive and would like to see what else is out there. At the same time I do not want to lose my girlfriend if she finds out. Does this happen to every couple? How do they deal with it? I have 2 married friends who are cheating on their spouses.

Sunil in Florida

A: Auntyji senses that you are trying to get her approval on being able to cheat on your girlfriend. You just want to be like one of the boys and be able to boast to your friends about your exploits.

All couples are different. Some live a life based upon honesty and faithfulness. Others live to lie and cheat. Some get to be happy, others miserable. Your girlfriend seems to have decided what she wants. You have to decide what you want. From what you are saying, you are really not ready for what she wants, but want a different kind of relationship.

Auntyji is not going to preach you on what you want to be doing. You are who you are and if you are comfortable with it and can sleep at night knowing what you do, then go live the life you want. Just remember though, if your partner/spouse is not on the same page as you are and does not share the same views, then it will lead to disharmony and unhappiness. At least for one of the parties concerned. Choose wisely, because you will be sleeping in the bed you make.

Don't forget, life is short - live it to the fullest with attitude! Send in your questions to auntyji@citymasala.com.