

21 Golden Rules for Indian Women

An Experience Guide

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Contributors :

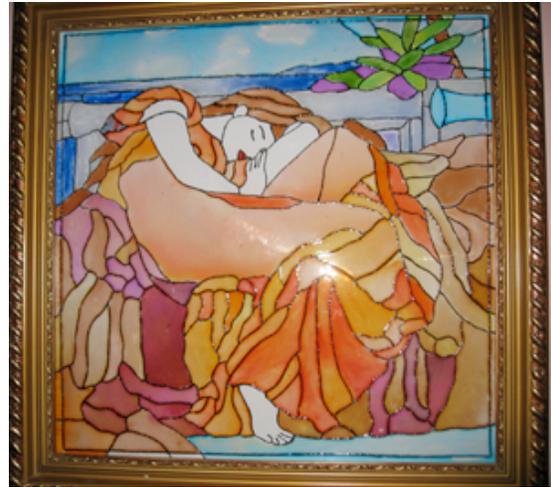
Shanthi, Lavanya, Chitvish, Dewdrop

1. The most important person in your life is YOU. Not your kids, not your hubby, not your parents. You will have to take care of yourself first before taking care of others you love. I learnt this after I had my baby. I had no help and I was always taking care of the baby when she was awake and cooking and cleaning when she was asleep and was miserable as I had no life to live. Slowly I started to cut myself some slack. Started doing things I like like reading, browsing, music instead of cleaning or cooking an elaborate dinner when my daughter was sleeping. I relaxed myself and when my daughter was up I was able to enjoy my time with her. Ofcourse the house was a mess but who cares !

The most important person in your life is YOU. Not your kids, not your hubby, not your parents.

2. Never depend on anyone else to be happy. Never depend on anyone else to make you happy. Being happy is like a job. You have to do it. It is not optional.

3. Contrary to a lot of ideas you may have got from movies and novels accept the fact that you and your husband are really 2 individuals. Nothing bad about that. If you can accept that, then most of your problems will be solved by themselves.



*Glass paintings by aparnasanthosh -
as shared in Indusladies.com*

4. He can have things that he likes, and you may not like them. Instead of forcing yourself do those things with him and ending up bitter, just happily let him do what he wants to and you do things you like.

5. Do not always expect him to do things to make you happy. You do things to make yourself happy. When you are happy you automatically will do things that will make him happy

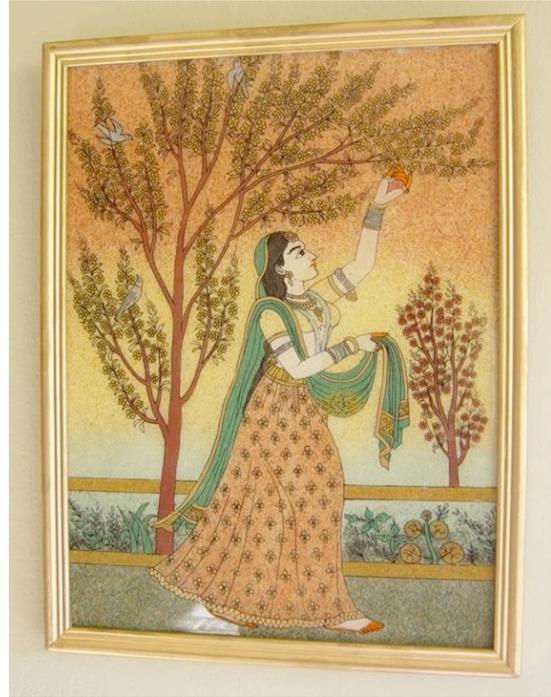
6. If he is upset or depressed with something try to find out why. If he doesn't re-

spond just let him be. Men are like that. They don't like to be talkative when they are upset. When he is better, once again let him know you are willing to listen about the problem, but if he still doesn't want to talk about it, let it go! 75% of the time I don't know why my hubby was upset. I used obsess about it wondering what was wrong etc. Only made me miserable. Then finally I just let go. I let him wallow in his misery for some days and just wait for him to become normal.

Never depend on anyone else to be happy.

7. Just because he is upset or angry doesn't mean that you have to have a long face and give him back the silent treatment. You be cheerful, doing the things you usually do! Talk to him about routine things around the house or jokes, stuff you normally talk about. Talk to friends, play with your kids, go out for a walk, shopping etc. Use this as the time that you have for yourself ... which is a big treat for you. That way you won't be down because he is upset and he can't be upset for a long time because you are cheerful around him.

8. Now what if you are upset. Do things you love to do. Music always cheers me up. Still upset. Talk about my problem to friends. Still upset. Have a good cry (preferably alone)... cry your heart out without any inhibitions.



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9. Still upset. If this is with your husband ... write to him ... seriously a letter will help. If you talk you may cry and not complete what you wanted to say or, yell and say things you never mean or, he may not be in a mood to listen to you. With a letter you will have control over your emotions and not write anything you regret. You will already feel like you are talking to him and told all your problems. By this time mostly you would have over-

come your sadness and a solution will slowly start forming in you. Then you decide whether you want to give it to him. He will definitely read it. If not immediately maybe when he is cooled down. He cannot misinterpret what you have written because it is all there in paper. He will read it atleast twice or more and every time he reads it he will get a better understanding.

You and your husband are really two individuals. If you can accept that, then most of your problems will be solved by themselves.

Still upset !!!! Go to the internet and read the news, look at pictures of a war going on, people killed in bombs, murdered, rape, child marriages, children kidnapped etc. You will feel grateful for what you have and realize how insignificant your problem is.



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10. Times when you feel that you two are caught up in a routine and don't really spend time together just drop all your work and go and give him a big hug and a kiss. Don't wait for him. This is your happiness too. Go and do something about it. Then go back to your work. You make a practice of this you can see the difference.

11. Do not worry about what others say or think. Do what you feel is right for you without hurting others. You are the only person you have to answer to and also the only person who have to be better than.

12. Your child is your responsibility. Your kid shapes her thoughts, habits and beliefs of the world, about herself around you. So whatever your life maybe like portray a confident, brave, loving and cheerful parent before her. More than an expensive education or great savings your child needs to see her parents happy. That is the foundation for them.

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13. If you feel that your husband is not taking care of the kids and you are overloaded just drop everything and 'become' sick for a day. You will be surprised how well your husband can take care of things around the house. They are just lazy and know that they have a choice. If they don't do it you will. But when you crash he will rise to the occasion. This is 100% true. Everything has to be learnt. Soon your kid may want dad for certain things and you will be more relieved

14. There maybe certain things in life that you may not be able to accept. Your hubby may have a certain quality or attitude that is totally against your beliefs. Don't stand up totally against it and fight

it. You love the guy right! He loves you back right ! Well then just learn to live with his little black spots. Sometimes they are part of the package. Don't loose the entire package trying to correct the things you perceive as wrong. You don't have to accept his beliefs, but just let him be. You will find peace with that kind of attitude.

15. Never leave the house without a hug/kiss or a just at least a smile & bye. Similarly, first thing when you get home, be happy that your loved ones are there for you & try to acknowledge even if its with just a smallest peck on the cheek or a cheery Hi. Happiness is definitely contagious.



*Blade paintings by Maddie -
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16. Every one has their own interests & common interests with their partner - don't convert them forcibly... introduce them to your interests but let them make their own decision & at the same time be open to their interests. You don't have to like them all.

17. A marriage is two people with totally different wavelengths trying to make music together. If the pitch & frequency is not complementary, no harmonious melody can be heard ; only static will occur. In most situations, a woman's store of infinite patience, self-belief and seeing things in the broader context of family rather than me/mine, will certainly help, in creating a symphony.

Make sure you give in - All fights should be resolved in bed.

18. Never use any negative words / actions while trying to get your point across to your husband, as men in general do not like to be told/proved that they are wrong. [especially in situations involving 'their' parents, siblings; we the wives will still be considered as the one who came from outside]. If you want your opinion/ views to matter at all, just sugar-coat your advise instead of bluntly telling the bitter reality.

19. After any heated argument or quarrel, never will the husband apologize for his harsh words. Earlier years, I've spent the entire night crying & feeling miserable in the hall, while he will blissfully snore away... The next day or two, I will walk around with a long face & utter only the bare min. words, yet he will have no clue & wouldn't bother at all ! Then, when my silence increases he'll ask , "What happened, any problem?" and this would infuriate me further .



*Blade paintings by monalisa -
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20. For men, words / quarrels are 'silly' , while we women remember who said what to whom & where -- we expect acknowledgement of and the ointment for our hurt feelings, while men take ages to have 'feelings'. It is all like water on a lotus leaf for the men, but for us women, our feelings and emotions are the fuel for life! Getting a balanced state of mind in this circus, is the most precious and wise

act, which all married women are daily trying to achieve.

That's why in most of marriage photos, see after some years, the wife has generally lost her rosy, bright face & looks more tired, older, dull whereas the hubby looks more or less the same, if not better -- as all the tension, caring, keeping the family together is done by his wife.

21. Make sure, you give in - all fights should be resolved in bed. You give up your ego for your own personal gain emotionally. You will notice a magical change in your husband, the next morning. This is one instance where we win ultimately by losing ourselves ! You stand to gain.

Don't agree with above?

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