Write to Mita



SHAHEEN ANAM

Dear Mita,
I am a 14-year-old girl. I have found out a few weeks back that my parents are splitting up. I have tried to talk to them both about how upset this was making me but they don't consider my feelings. It doesn't help talking to my 18-year-old brother, because he doesn't seem to care about this. I can't even talk to my friends about this because I feel embarrassed. How do I handle this situation?

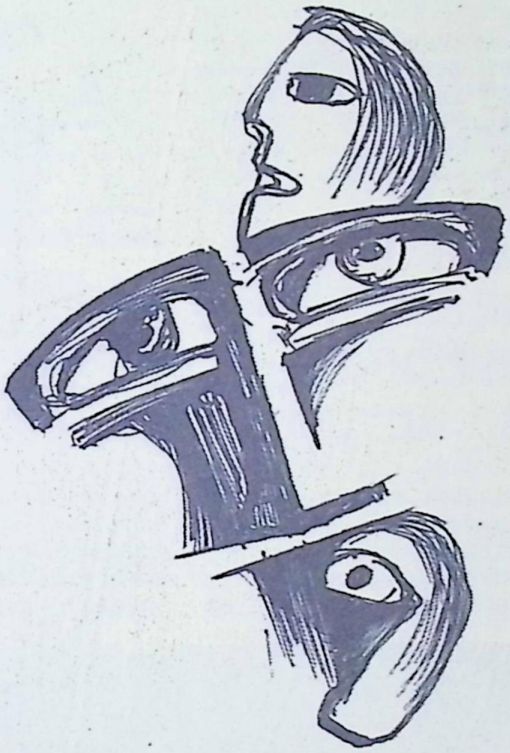
Heartbroken

Dear Heartbroken,
It is always painful to see your parents reach such a point in their marriage that they decide to split. It is also very hard to deal with especially for a 14-year-old girl like you. From their side, they must have thought about it a lot before taking this serious decision. Perhaps nothing will change their decision but they should talk to you and your brother. You must keep on communicating with him, however distant he might appear to be. Who knows, perhaps it is equally painful for him but being a boy he is not revealing his feelings. There is no shame in discussing with your close friends. Divorce and separation are no longer taboo subjects and is being addressed quite publicly nowadays.

Dear Mita,
I think my 16-year-old daughter is suffering from an eating disorder but she refuses to tell anything to me whenever I ask her about it. I see her picking on her food and have also heard her throwing up right after eating, and she's lost a lot of weight in the last few months. I want to help her, and consult with a doctor but I don't know how to approach my daughter on this issue. Please help.

Worried Mother

Dear Worried,
Please take her to a doctor as soon as possible before the problem becomes acute. Sometimes we have to use force for the good of our children. If she will not listen to you then find someone who she will talk to. Eating disorders have long term implications, you should google and find out the symptoms, impact and solutions. However, she needs medical help that is for sure.



Dear Mita,
I am a 24-year-old woman, and have been in a relationship with a guy for the last two years. From the last couple of months, I feel like I have fallen out of love with him. He is a really nice guy and he is very sweet to me but somehow I don't have the same feelings for him. I want to stay friends with him but am scared that if we break up, he will never want to see me again. I don't want to lose a good friend. What do I do?

Distressed

Dear Distressed,
A nice and sweet guy does not always make for a suitable life partner. A life partner is a combination of stability, excitement and sweetness. I commend you for thinking out of the box and realising that he is not the right person for you. You will have to break the news to him however painful, this might result in breaking your friendship but you have to do it. Over time he will get over it and realise that you did the right thing. Selecting a life partner is serious business, nothing should come on its way, not even friendship.