Write to Mita



SHAHEEN ANAM

Dear Mita,
I am a sixteen years old student. My father, who is around 40 years, insists on riding his motorcycle without wearing a helmet. He says that the helmet is too inconvenient and he feels uncomfortable while wearing it. When I tried to explain to him why it's important for me, he told me not to worry and pragmatically explained to me that even if anything does happen to him, I would be well provided for. I want my dad to be around for a long time and am at a loss to explain how important he is to me.

Frightened Daughter

Dear Frightened Daughter,
You are very right in being concerned. Your father is not being reasonable. What about your mother, make her talk to him. You could talk to his friends or even his boss. If nothing works then threat him doing the same thing if he does not listen. You can try to ride a bike without helmet! Maybe he will come around and do what you say.



Dear Mita,
I recently broke up with my boyfriend of four years. We've been together since college but I found out sometime back that he was having an affair with another woman. I was heartbroken but when he sought forgiveness I decided to give this relationship another chance. However, a couple of months later I learnt from a source that he was back to his philandering ways. I finally decided that enough was enough and broke up with him. But I can't let go of the hurt he has caused me. I know I can move on but I feel like my feelings were compromised and feel terrible about myself. Is there any way that I can speed up the healing process? I doubt that I can ever have a meaningful relationship with another person.

Heartbroken

Dear Heartbroken,
It is sad to have one's trust betrayed. Your sense of betrayal and indignation should help you heal. Most importantly, you have to believe that he was not worth your love, loyalty or respect. Such insincere people will always exist in society but must be avoided at all cost. However, we as humans make mistakes, the important thing is to learn from these mistakes and not repeat them. Please don't fret about this too much, distract yourself as much as possible and again tell yourself that he is not worth it.