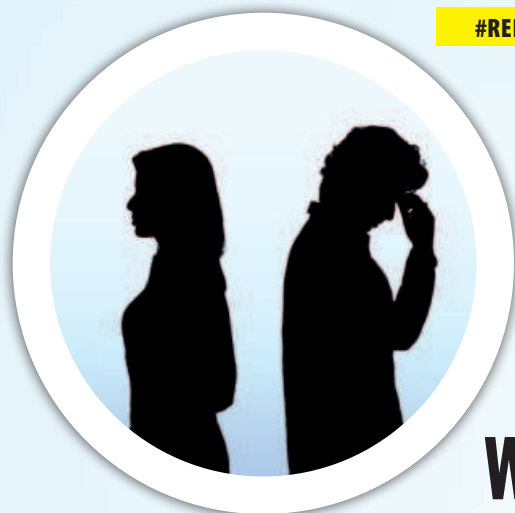


#RELATIONSHIPS & FAMILY



Conversations before commitment

What couples should discuss before marriage

You open your eyes, and for a moment, everything feels heavy. Maybe it's the weight of responsibilities, the buzz of the city, or the fact that you have been putting off heavy topics that must be addressed with your fiancé before the big day. In most cases, we get pulled back to a life of hustling, a welcomed distraction from hard questions. Why? Because you're still figuring things out. For couples, this moment often comes before marriage—when the future beckons and every step forward feels monumental.

Marriage, in its simplicity, is an agreement between two people. But, as Abdul Hamid, a noted psychotherapist at the MONOBIKASH Foundation, aptly puts it, "Without talking, nothing can progress." That's where the journey begins—through conversations long before the wedding day.

The conversations that matter

"What should we talk about?" you might ask. It's tempting to bypass these deep discussions and let the excitement of the wedding carry you forward, but that's where many couples falter. According to Hamid, couples often overlook critical topics like finances, religious compatibility, and family planning. These are not conversations to be saved for later; they form the bedrock of a lasting relationship.

Manisha and Shoeb, a couple who have



been married for 15 years, shared their experience.

"We talked about everything, from where we wanted to live to how we'd handle arguments. It wasn't always easy, but we had to figure it out together," says Manisha.

Their ability to communicate openly early on sets the tone for their marriage. Unlike many who brush things under the carpet, they address issues head-on.

"It wasn't always easy, mind you; it is important to know when to let things leave out for the future," Shoeb says.

It is advised that we always

express each other's opinions clearly. Try to figure out if you're discussing or debating. The purpose of a debate is to beat your opponent, whereas a discussion is to solve problems together.

"Avoid arguing and picking at each other's statements and focus on how to solve the issue at hand," adds Hamid.

Love marriages vs arranged marriages: A different path

There's often a distinction made between love marriages and arranged marriages in Bangladesh. Hamid observes that couples in arranged marriages often think more broadly. "They consider family and couple goals, whereas couples in love marriages tend to focus more on individual achievements."

This may explain why arranged marriages, despite their traditional roots, sometimes foster a sense of responsibility and mutual understanding right from the start.

For Shafroz and Limana,

