

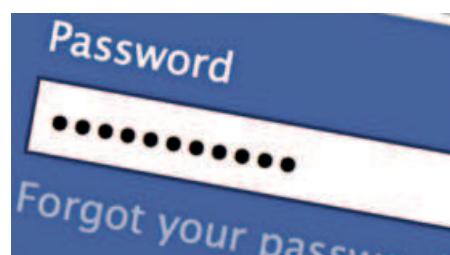
#RELATIONSHIPS &amp; FAMILY

# Sharing passwords with your partner: Is it worth it?

Everybody knows that maintaining a strong, long-lasting relationship is not easy, and because of that, trust is needed. But would you be willing to share a secret with your partner in the form of letters and numbers? Password sharing is quite a controversial topic, and is a practice that many people have mixed opinions on.

Kamran, 36, is a happily married man of eight years. He said, "Me personally? I share mine. My wife and I know all of our passwords for things like our bank accounts and phone passwords, mainly for safety reasons in case of an emergency, but it is not something that we look into much."

He believes that in this generation, nobody wants to give out their passwords



but he still thinks it could be a good idea. Kamran explained that as long as there is a balance and a mutual agreement between you and your partner, exchanging those codes may not seem like a bad idea after all.

This approach can be good, especially in cases of emergency. Having someone who knows your sensitive passwords with a sense of trust can be beneficial in



certain situations and as long as you are not too nosy, this can be a great thing to incorporate into your relationship.

Some people are not so lenient to this idea.

Taslima, a 21-year-old university student, shared her stance on this question, and heavily disagrees on password sharing, almost believing it to be quite oppressive



in nature.

"Password sharing is one of the deadliest giveaways that you and your partner are insecure people," she said and went on to say that people who feel the need to share passwords want a sense of ownership over their loved ones, where the two parties try to exhibit power over the other but end up accomplishing nothing.

In some cases, this can be true! Quite often in relationships, an excessive sharing of private information and possessiveness can lead to strains between the two partners and lead to the relationship breaking apart as a whole.

If you feel that you cannot trust your partner without snooping into their phone multiple times, it may be time to take a few steps back and reflect. Sometimes it is best

to leave things be; your partner deserves a sense of privacy and personal space too.

Others see the beauty of both!

We spoke to 27-year-old Ahana, whose opinion was more nuanced in nature.

"I do not think you should feel like you have to but I choose to share mine with my partner because I have nothing to hide," she expressed.

Ahana told us that she believes sharing passwords depends on what you are sharing and could sometimes also bring a sense of comfort but at the same time, in some cases, can be too invasive.

The truth is that there is no 'correct' answer when it comes to how you handle your relationship.

Password sharing, like many private moments with your loved ones, is built on trust and faith. If sharing your secret codes does not seem like your cup of tea that is perfectly fine.

Knowing your partner's social media, email password, or credit card PIN is a serious commitment and you should never take advantage of that trust. While having access to the personal space of your significant other may seem appealing, it can also be an extreme invasion of privacy — one that can become toxic and suffocating.

We believe it is important to assess the level of trust in your relationship before engaging in this practice.

**By Adiba Islam**

**Photo: Collected**

*Names have been changed to maintain confidentiality.*

#FYI

# The power of small wins: Why celebrating little achievements matters

Satisfaction at jobs is a rare thing in this hyperactive generation; feeling underrated and unappreciated at work or personal life is a common story nowadays. Understandably, this can lead you to feel disengaged from your work or studies. The dilemma arises when people are expected to put in their best efforts irrespective of how they are feeling. Needless to say, people cannot do their best job when they are disengaged. So, how can you do your best? The answer probably lies in

celebrating small wins, even if they seem insignificant!

It can help build momentum. Consider creating a checklist for a cumbersome job. When you break your task into bite-sized, micro-segments and set priorities for each day, you set milestones for yourself to reach. Each milestone is a small win for you.

Creating a checklist and following through with each task will make you want to move to the next task immediately. That's called momentum. You need it so that you



stay put with the course of action. Without momentum, you will stumble upon several roadblocks or setbacks that will be enough to put you off.

Consider this, you give someone a strenuous job and they get it done. You will gain confidence in that person that he can be trusted with important jobs. Likewise,

when you set a commitment for yourself and you stick to it, you start trusting yourself. By doing this, you avoid overwhelming yourself with a big task. Instead, you break it into actionable steps and focus on completing just one step at a time.

Moreover, taking time to celebrate even small accomplishments can rejuvenate your spirit and prevent burnout. Recognising these moments boosts self-esteem and reinforces your confidence in the progress you are making.

Research indicates that individuals who acknowledge their small victories tend to have more energy and are less likely to experience burnout. By reflecting on the progress you have made at the end of each day, you track your own development, enhancing your sense of accomplishment. More importantly, it helps you get through even your bad days easily!

**By Minhazur Rahman Alvee**

**Photo: Collected**

You deserve to celebrate even the smallest of your wins.

