

# MICRO-DATING:

## Short & sweet dating for busy couples

Struggling to balance both your work and love life? For busy birds, it can seem impossible to keep up with the hardships of annoying tasks and making time for your partner to relax and have fun. However, there is a new trend around town that is helping couples out, one that does not require much time or effort, but can bring about a huge change in your bustling routine. It is none other than micro-dating!



A phenomenon growing increasingly popular among busy couples, micro-dating is a technique where you take short times out of your day, ones where you would perhaps be running small tasks or waiting for the time to pass, to use that for a small date. These can range from around just ten minutes to half an hour.

Although it may not sound like much, these small windows can help you to reconnect with your partner without the need for a grand night out or hours of stressing over the perfect outing with your loved one. At its core, micro-dating is all about taking a step back from the daily hustle to check in with your partner, spend some time with them and reconnect at times that would have otherwise been lost to the stress of work or other parts of our everyday lives. The way you plan to connect with your partner through micro-dating is ultimately up to you. On a day where you may have woken up getting ready for the day alone, perhaps you can start the morning with your partner instead by helping each other prepare for the day along with a side of coffee!

Got a break from work? You can spend that short time calling your partner and treating the sweet moment as a mini 'date.' How about a 15-minute walk with your loved one in the evening, when the both of you are free? These small segments throughout our day, ones that we probably overlook, can be utilised in the best of ways, and that exactly is what micro-dating is all about.

For people with hectic work schedules, or little ones to take care of, micro-dating could be just the thing to make your relationship with your partner even better. Micro-dating is also a great technique for people looking to spend an intimate time with their partner without the need to book an expensive reservation at a fancy restaurant for a date night.

From small cuddles to a hearty laughter with the person you love the most during a short conversation, finding small opportunities to create special moments can strengthen your relationship with your partner. It is a great way to make time for your significant other in just a matter of minutes.

Relationships require patience and commitment, and with so much going on in our lives, an easy yet simple love routine could do the trick. So, if you are someone with very little time in hand, but lots of love in your heart, why not try out micro-dating? An intimate short lunch with your partner might be just the date you need!

**By Adiba Islam**  
**Photo: Collected**

## How to talk about money without ruining the relationship

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Although the term 'financial compatibility' may seem like something out of a premarital counseling brochure, in practice, it's much simpler. It's about whether your ways of earning, spending, saving, and dreaming can live side by side without constant friction. You don't need to have the same salary bracket or the same taste in shoes, but if one person thinks life is too short not to indulge on Friday nights, and the other believes that every spare penny should be kept in a savings account, the road ahead will be bumpy.

Why does it matter?

Because money isn't always just about money. It's about values and security, trust and sometimes, even pride. When couples talk about money openly, what they're really doing is laying out their values, what they prioritise, what they fear, and what they hope for.

That's why an argument over excessive spending is about more than just a shopping bill; it's also about whether or not both parties feel heard, respected, and have a similar outlook on the future.

Compatibility does not imply that you are mirror images of one another. Rather,



it indicates that your approaches can coexist without perpetual hostility. Communication is important, and so is the timeline of it. You can't exactly open with "So, how's your credit score?" on the third date. You can keep it light at first, discuss your preferred weekend activities; whether you're a luxury or low-budget traveller. As the relationship deepens, the questions can too — how do you handle savings, what's your take on debt, how do you envision your future in

five years from now?

The 'how' is equally as important as the 'when.' Money talk isn't an interrogation, it's a conversation. Instead of passing judgment, centre it on curiosity. Instead of, "Why do you spend so much on gadgets?" try, "What makes you excited about buying new tech?" This way, you're not just counting numbers, you're also learning the backstory of the decisions.

Spending habits are often the most visible sign of compatibility. If your idea of relaxation is a lavish dinner every weekend and theirs is cooking lentils at home, it

doesn't mean doom, it means compromise is coming. Saving habits, though, are where cracks can quietly grow. Some people save for stability, others for dreams, and others not at all.

Then there is the bigger discussion on rent, weddings, children, travel, even retirement (yes, someday). Compatibility doesn't mean you agree on every detail, it means you can negotiate without turning it into World War III. You can say, "I need to feel like we're saving for something," and your partner can say, "I need to feel like we're not living in constant austerity." Both can be true, and both deserve space.

The truth is, financial compatibility isn't about being wealthy or frugal, it's all about being transparent. It's knowing whether your partner is the kind of person who feels safe with a fixed deposit or with a spontaneous holiday ticket. And it's being able to say, without shame, "Here's what I can afford, here's what I hope for, and here's how I see us getting there."

In the end, money will always be in the room with you. Either as an unannounced guest who adds stress, or as a quiet friend who keeps you both in balance. What matters isn't the size of the wallet, but whether the two of you can turn the conversation into something honest, because once you can talk about money, you're really talking about how you want to live, side by side.

**By Rehnuma Shahreen**  
**Photo: LS Archive Sazzad Ibne Sayed**