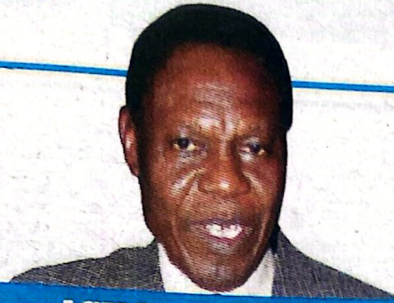


icious on every
would get the
I found."

KAMATTE, STUDENT

letter in his trouser pockets. This would save
me from boiling in anger."

LIZ BWIZA, STUDENT



ASK UNCLE JOE

lifemagazine@ug.nationmedia.com

I dislike my wife's friends

I dislike my wife's friends but they insist on coming to our home. Please help. Reagan O.L.

Dear Reagan, as highlighted last week in part one of my response, note that marriage is intended to make us one. We are under obligation to protect it against any intrusion. On many occasions, intrusion in our marriages may come as a result of existent gaps. For example, failure to understand and accept that each of you is different and has both weak and strong points. Your wife has strengths and weaknesses just like you. Effective communication, acceptance, consultation and unconditional love for each other now may help you mend the gaps. The marital relationship is vital and as much as friends are good they should have a limit on how far they get into the house, how long they stay, how much you help them and the things they get involved in as regards your relationship.

It would also be good for you to check out why your dear wife invites her friends than feel good around you. Sometimes issues that may cause women to seek company among friends include; boredom, denying each other a special place in your lives, inability to live with differences or resolve them amicably, overlooking intimacy problems, insecurity depending on past experience, financial dependency, sharing secrets, emptiness in marriage and other stressful situations. There could also be issues concerning your personalities or temperaments or failure to identify what Dr Gary Chapman refers to as *The Five Primary Love Languages*. Do you know your wife's love language and does she know yours? Chapman in his book highlights the five languages as; words of affirmation, quality time, gifts, acts of service and physical touch. What about temperaments, do you know your wife's temperament/personality and does she know yours. These are important aspects that should have been handled during premarital counseling (if you had one).

For instance, there are four temperaments; Phlegmatic, Melancholy, Sanguine and Choleric and each of these temperaments have strength and weaknesses and we all, under them. It is also been observed that what attracts to each other as traits of these temperament may be a source of conflict in one's relationship in future. Reagan, I cannot all exhaust here. I would instead encourage you to seek services of a professional counsellor.

Joseph Musaalo is a Counselling Psychologist.

NEXT WEEK'S ISSUE

How do I tell her that I have not got sexual satisfaction. Orlean L.