

# LGBTQIA+ GUIDE



TOP 10 ADVICE  
FOR THE LGBTQIA+

RELATIONSHIP COUNSELLING:  
WHY YOU MIGHT NEED IT!

*A Thoughtful Guide to Respectful Matchmaking*



# A THOUGHTFUL GUIDE FOR LGBTQIA+ MEMBERS

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*At DanfeMonal.com, we recognise that for many Nepali LGBTQIA+ individuals, the journey toward love and partnership often requires courage, resilience and quiet strength. Navigating identity and relationships in a society that may not always be fully supportive can be emotionally challenging, and many carry personal stories of patience, fear and perseverance that deserve respect.*

*We understand that seeking a life partner is not only about compatibility, but also about finding safety, trust, and affirmation. Some members may still be exploring their identity, balancing family expectations, or protecting their privacy.*

*This guide has been created to honour your journey, support your emotional wellbeing, and help you build connections based on honesty, respect, and understanding. At DanfeMonal.com, your right to find love with dignity and confidence matters, and we are here to help every step of the way!*



*"At Danfemona.com, we believe there's someone out there for everyone, sometimes all it takes is a dash of confidence and a bold leap of faith.*

*Let us help you, one intro at a time!"*

*- Jeny & Jiwan (Co-Founders)*



## 1. ENTER MATCHMAKING WITH SELF-RESPECT & CLARITY

*Before joining:*

- *Reflect on your readiness for a serious relationship*
- *Be honest about what you are seeking*
- *Do not join only due to pressure or loneliness*

*Your journey deserves intention and respect.*

## 2. REPRESENT YOURSELF HONESTLY AND SAFELY

*Your profile should reflect both authenticity and personal safety.*

*When creating your profile:*

- *Share what you are comfortable disclosing*
- *Be truthful about your interests and values*
- *Avoid pretending to be someone you are not*

*You deserve to be loved for who you truly are.*

## 3. PRIORITISE EMOTIONAL & PERSONAL SAFETY

*In a society where stigma still exists, safety matters deeply. Always:*

- *Protect your privacy*
- *Avoid sharing sensitive details too quickly*
- *Trust your instincts*

*Your comfort is more important than pleasing others.*





## 4. COMMUNICATE WITH RESPECT AND SENSITIVITY

*Kind communication builds trust. When interacting:*

- *Be polite and patient*
- *Respect boundaries*
- *Listen actively*

*Avoid:*

- *Pressuring others to “come out”*
- *Fudging their life choices*
- *Making assumptions about identity*

*Everyone’s journey is different.*

## 5. ACCEPT “NO” WITH GRACE AND UNDERSTANDING

*Not every match will be right—and that is normal.*

*If someone declines:*

- *Accept their decision calmly*
- *Do not demand explanations*
- *Move forward respectfully*

*Rejection is not a reflection of your worth.*





## 6. UNDERSTAND SOCIAL AND FAMILY REALITIES

*Many LGBTQIA+ Nepalis balance:*

- *Personal identity*
- *Family expectations*
- *Social pressure*

*Be mindful that:*

- *Some may not be openly out*
- *Timelines may differ*
- *Fear of discrimination is real*

*Compassion strengthens connection.*

## 7. APPROACH MEETINGS AND CONVERSATIONS THOUGHTFULLY

*Whether online or in person:*

- *Choose safe and neutral spaces*
- *Be punctual and respectful*
- *Keep conversations comfortable*

*Do not rush on:*

- *Physical intimacy*
- *Public exposure*
- *Major commitments*

*Trust grows with time.*

## 8. BE HONEST AND CONSISTENT IN YOUR ACTIONS

*Reliability builds emotional security. Remember to:*

- *Follow through on commitments*
- *Communicate changes honestly*
- *Avoid sudden disappearance*

*Consistency shows maturity and care.*

## 9. INVEST IN PERSONAL GROWTH AND WELLBEING

*A healthy relationship begins with self-care.*

*Work on:*

- *Emotional resilience*
- *Confidence in your identity*
- *Communication skills*
- *Mental wellbeing*

*You deserve a partner who meets you as an equal.*

## 10. KEEP YOUR PROFILE AND PREFERENCES UPDATED

*As life changes, your profile should reflect it.*

*Update when:*

- *Your situation changes*
- *Your expectations evolve*
- *Your availability shifts*

*Accurate information supports meaningful matches.*

*\*Refrain from too many conditions. Keep your preferences wide to allow for more matches to flow your way. Use deal-breakers only where absolutely necessary.*





## 11. FILLING THE SUBMISSION FORM

*There are about 90 questions designed by our experts to help us better understand and match you. Our AI-led comprehensive, deep matching is unprecedented and revolutionary on many ways. That's why its so important that you answer each question patiently and sincerely. Remember- the more details you share, better we can match you!*

*Having great photos is essential and we may ask you to upload again if it doesn't match the requirements, which can delay the onboarding process. Please upload 4-5 photos with a mix of casual, traditional and smarts, this lends a variety to your personality. And include atleast 1 full length photo.*

*Also, it is essential that you upload a short video introduction of yourself - say something quirky, smile a lot, and use it as an opportunity to stand out. This truly brings your profile 'alive' and makes a tremendous impact, trust us!*



# A FINAL WORD FOR LGBTQIA+ MEMBERS..

*Being part of LGBTQIA+ community in Nepali society requires courage, patience, and strength. Seeking love in such a context is an act of self-respect and hope.*

*At DanfeMonal.com, we honour members who:*

- *Value honesty and dignity*
- *Respect privacy and boundaries*
- *Support emotional safety*
- *Believe in mutual growth*

*You deserve love that is respectful, secure, and affirming. Walk this journey with pride, patience, and self-kindness—and meaningful connection will follow.*

*"We should all be free to be who we are and love who we love."- Ellen DeGeneres*

*With respect and encouragement,*

*Team DanfeMonal.com*



# RELATIONSHIP COUNSELLING FOR LGBTQIA+ MEMBERS

*In the age of digital matchmaking, many Nepali LGBTQIA+ individuals meet potential partners online. While this can feel exciting, it can also bring stress, doubts and uncertainty. Unlike traditional relationships, LGBTQIA+ may face misunderstanding, privacy concerns, and social pressure leading them to often be guarded and withdrawn. This can lead to questions such as: Can I trust this person? Will they respect my identity? Is it safe to be open?*

*For many members, these worries are shaped by fear of judgment and the need for emotional safety. Building a relationship in such circumstances requires patience, confidence, and self-awareness. Relationship counselling offers a safe and confidential space to explore these concerns. It helps you understand your needs, set healthy boundaries, and communicate openly without pressure.*

*Our trained counsellors understand the unique challenges faced by LGBTQIA+ individuals in Nepal. They are here to support you with care and respect. Book a session today and take a confident step toward healthy, meaningful relationships.*





## DR. SHAILESH SHRESTHA

MEDICAL DOCTOR & MENTAL HEALTH THERAPIST

DR. SHAILESH IS A MEDICAL DOCTOR WHO WORKS PRIMARILY WITH YOUNG PEOPLE, ALONG WITH A LONG-STANDING PASSION FOR MENTAL AND PSYCHOLOGICAL WELL-BEING. THIS LED HIM TO FURTHER COMPLETE A MASTER'S IN CLINICAL PSYCHOLOGY, AND IS NOW CURRENTLY PURSUING MPHIL/PH.D. IN PSYCHOLOGY.

WITH EXPERIENCE WORKING ACROSS ALL AGE GROUPS, INCLUDING WITH INDIVIDUALS AND COUPLES, HE HELPS CLIENTS NAVIGATE THE CHALLENGES AND JOYS OF MODERN RELATIONSHIPS – ESPECIALLY THE RELATIONSHIP THEY HAVE WITH THEMSELVES.

BEYOND HIS PROFESSIONAL LIFE, DR. SHAILESH ENJOYS READING, HIKING, AND SPENDING TIME IN NATURE. HE ONCE DREAMED OF BEING A NEWS FORECASTER OR AN ORANGUTAN PRIMATOLOGIST IN INDONESIA. TODAY, HE IS A DOCTOR, THERAPIST, AND COUNSELLOR, AND AN ASPIRING AUTHOR WHO FIRMLY BELIEVES THAT ONE CAN PURSUE MORE THAN ONE PASSION IN LIFE.

## CHHAM K. GURUNG

MENTAL HEALTH THERAPIST (CBT)

CHHAM GURUNG IS A COGNITIVE BEHAVIOURAL THERAPY (CBT) PRACTITIONER WITH OVER FIFTEEN YEARS OF EXPERIENCE AS A THERAPIST. BORN AND RAISED IN SINGAPORE AS A THIRD-CULTURE INDIVIDUAL, HER EARLY REFLECTIONS ON IDENTITY AND BELONGING DEEPLY SHAPED HER THERAPEUTIC APPROACH. SHE IS ALSO A MOTHER OF TWO YOUNG WOMEN, A ROLE THAT CONTINUES TO INFORM HER UNDERSTANDING OF RELATIONSHIPS AND GROWTH.

HER PRACTICE BLENDS EVIDENCE-BASED CBT WITH A HOLISTIC LENS THAT HONOURS THE CONNECTION BETWEEN MIND, BODY, AND SPIRIT. CHHAM HAS A STRONG FOCUS AND EXPERTISE IN RELATIONSHIP COUNSELLING, WORKING WITH INDIVIDUALS, COUPLES, AND FAMILIES ACROSS ALL AGE GROUPS AND LIFE STAGES. SHE SUPPORTS CLIENTS THROUGH ANXIETY, DEPRESSION, TRANSITIONS, AND RELATIONAL CHALLENGES, WHILE CONTINUALLY UPDATING HER SKILLS AND INTEGRATING NATURE- AND ECO-THERAPY WHERE MEANINGFUL.



## DID YOU KNOW? ...

Among the **Sherpa** community, polyandry (one woman marrying multiple brothers) historically existed in Himalayan villages to prevent family land from being divided. One wife, many husbands—practical mountain economics.

In **Limbu** culture, traditionally the groom paid bride price. If the wife eloped, her family had to return double the amount. Historically, the first husband even had the right to challenge the new partner in a practice called *Jari* - thankfully now obsolete.

At **Bahun** weddings, guests will loudly (and sarcastically) criticize the quality of the Dahi just to see the host scramble. "Is this curd or just water from the Marsyangdi river?" The host is expected to fire back with an equally witty jibe about the guest's appetite.

In many **Newar** weddings, the bride marries a bel fruit (Bael) in a ritual called *Ihi* before marrying a human husband. This ensures she can never technically become a widow because the fruit represents an immortal god.

**Chhetri** grooms often perform a theatrical "strike," acting offended and refusing to enter the bride's house. The women of bride's family have to "woo" him with flattery, jokes, and small bribes until he finally breaks his "tough guy" persona and laughs.

In the **Gurung** community, the *Rodhi Ghar* tradition historically allowed young men and women to socialize, sing and flirt openly. In a *Rodhi*, a girl who could out-sing a boy and make everyone laugh was the most "eligible" and sought after bride material.

**Shah/Thakuri** sometimes practise a ritual where the bride's siblings sneak into the groom's home shortly after marriage to check on her well-being, often leading to playful confrontations with the groom.

In **Tamang** communities, the bride and groom often playfully "cry" during wedding rituals. It's partly theatrical and partly emotional, symbolizing leaving one life and entering another.

Among the **Rai** community, love marriages and elopements have historically been more socially accepted than in many other groups. It was sometimes preferred—way to bypass expensive formal ceremonies.

**Magar** weddings are incredibly festive, where dances can go on all night and the couple is expected to join in, no matter how exhausted they are.

In **Tharu** communities, marriages can involve playful mock fights between the bride and groom's families, full of teasing, jokes, and symbolic resistance.

In the matrilineal/matrilocal **Khasi** communities of Northeast India, inheritance traditionally passes through women, and husbands move into the wife's home.





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*"DanfeMonal.com aims to be a community of discerning, serious singles with serious intent who respect each other. If finding someone is important to you, this is the place, there is no second best!"*

