

# MEN'S GUIDE

## TOP 10 ADVICE FOR MAN

RELATIONSHIP COUNSELLING:  
WHY YOU MIGHT NEED IT!

*A Thoughtful Guide to Respectful Matchmaking*



# A THOUGHTFUL GUIDE FOR SINGLE MEN

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*At DanfeMonal.com, we believe that successful matchmaking begins with character, respect, and emotional awareness.*

*For Nepali men, seeking a life partner is not just a personal choice; it reflects family values, personal responsibility, socio-cultural compatibility, and long-term commitment.*

*This guide is designed to help you engage in the matchmaking process with dignity, sincerity, and sensitivity, especially in how you communicate with women and understand their signals.*



*"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. APPROACH MATCHMAKING WITH SERIOUS INTENT

*If you are on DanfeMonal.com, it is assumed that you are genuinely interested in a committed relationship, not casual interaction. Before proceeding:*

- *Be honest about your state of readiness*
- *Avoid joining out of curiosity, boredom, or family pressure alone*
- *Understand that every profile represents a real person with emotions and expectations*

*Respect begins with intention.*



## 2. PRESENT YOURSELF HONESTLY AND HUMBLY

*Your profile is your introduction—not a résumé. When completing your profile:*

- *Share your background, work, and aspirations truthfully*
- *Confidence is attractive; exaggeration is not*
- *Avoid boasting about income, status, or influence*

*Rather than*

*“I am very successful,”  
consider:*

*“I am focused on building a stable and meaningful life.”*

*Humility leaves a stronger impression than pride.*



### 3. COMMUNICATE WITH RESPECT AND PATIENCE

*How you speak to a woman matters as much as what you say.*

*When communicating:*

- *Be polite, calm, and attentive*
- *Allow her time to respond—do not pressure for quick replies*
- *Avoid intrusive personal questions early on (income, past relationships, physical appearance)*

*Never:*

- *Comment on her body or looks inappropriately*
- *Use flirtation that could feel uncomfortable*
- *Assume familiarity too quickly*

*Respectful communication builds trust; impatience breaks it.*

### 4. UNDERSTAND THAT “NO” IS A COMPLETE ANSWER

*Not every introduction will lead to a connection—and that is normal. If a woman declines:*

- *Accept her decision gracefully*
- *Do not argue, question, or take it personally*
- *Introspect, learn and move on to the next match*

*A respectful response reflects maturity and good character.*

### 5. BE MINDFUL OF CULTURAL AND EMOTIONAL SENSITIVITIES

*Nepali women often balance Personal aspirations, Family expectations and Emotional safety. Be mindful that:*

- *Trust takes time to build*
- *Many women may be cautious initially*
- *Modern Nepali women are strong and independent*

*Sensitivity is not weakness—it is emotional intelligence.*



## 6. FIRST CONVERSATIONS AND MEETINGS: SET THE RIGHT TONE

*Whether it is a call, video chat, or meeting:*

- *Be punctual and prepared*
- *Listen more than you speak*
- *Avoid dominating the conversation*
- *Keep topics respectful and meaningful*

*Do not rush discussions about:*

- *Physical intimacy*
- *Immediate commitment*
- *Relocation or major decisions*

*Take your time. Let comfort and understanding grow naturally.*



## 7. SHOW CONSISTENCY BETWEEN WORDS AND ACTIONS

*Trust is built when behaviour matches intention.*

- *If you say you will follow up, do so*
- *If your interest changes, communicate honestly*
- *Avoid disappearing without explanation*

*Consistency shows reliability- an essential trait in a life partner.*



## 8. PROVIDE CONSTRUCTIVE AND KIND FEEDBACK

*If a match does not feel right:*

- *Share feedback positively with the matchmaker*
- *Focus on compatibility, not fault*
- *Avoid criticism about appearance, education, or background*

*Example: “She seems kind, but our life goals feel different.”*

*Kindness costs nothing and reflects maturity.*

## 9. TAKE RESPONSIBILITY FOR YOUR GROWTH

*Matchmaking is not just about finding someone—it is also about becoming someone ready for partnership. Consider:*

- *Emotional maturity and self-awareness*
- *Clear, honest communication*
- *Ability to compromise and having realistic expectations*
- *Respect for equality within a relationship*

*A strong partnership is built by two self-aware individuals.*

## 10. KEEP YOUR INFORMATION UPDATED

*Life changes—and your profile should reflect that.*

*Please update your profile if:*

- *You relocate*
- *Your preferences change*
- *Your availability or intentions shift*

*This helps us represent you accurately and respectfully.*

***\*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, 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, the 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 SINGLE NEPALI MEN...

*Being a good match is not about control, status, or expectations—it is about respect, stability, and shared growth. At DanfeMonal.com, we value men who:*

- *Treat women with dignity*
- *Communicate thoughtfully*
- *Understand that partnership is mutual*

*Approach this journey with sincerity, patience, and self-respect— and the right connection will follow.*

*“Love seems the swiftest, but it is the slowest of all growths.” -  
Mark Twain*

*With respect and encouragement,*

*Team DanfeMonal.com*



# RELATIONSHIP COUNSELLING: WHY YOU MIGHT NEED IT!

*In the age of digital matchmaking, finding a potential partner can feel exciting and intimidating. Unlike traditional introductions through family or friends which came with built-in trust, digital connections can raise questions: Can I trust this person? Are we really compatible? What if things don't turn out as expected?*

*This is where relationship counselling makes a real difference. It helps you understand your own expectations, manage the fear of the unknown, and approach new connections with confidence rather than anxiety. Counsellors guide you on how to build trust through honest conversations, healthy boundaries, and realistic timelines without rushing or overthinking.*

*With expert support, such uncertainty feels less overwhelming and more empowering, turning matches into meaningful, well-considered relationships and helping you move forward with clarity, self-awareness, and emotional readiness.*

*Our counsellors are experts in their fields and are ready to help you address all your doubts and concerns. Schedule a session with them today and take that next step with confidence!*





## 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.





DANFEMONAL.COM

*"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!"*

