

SENIOR'S GUIDE

TOP 10 ADVICE FOR SENIORS

RELATIONSHIP COUNSELLING:
WHY YOU MIGHT NEED IT!

A Thoughtful Guide to Respectful Matchmaking



A THOUGHTFUL GUIDE FOR SENIOR MEMBERS EMBRACING A SECOND CHAPTER

At DanfeMonal.com, we deeply respect those who have lived a full first chapter—raising families, meeting responsibilities, and navigating life's joys and hardships—and are now courageously opening up their hearts to companionship again.

In Nepali society, seeking love later in life can come with quiet judgment, stigma, or embarrassment. Many senior members carry lived experiences: grown children, past relationships, and years of personal growth. These are not shortcomings.

This guide is offered with empathy and respect, to support you as you explore a new and meaningful connection in this second chapter of life.



"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. HONOR YOUR JOURNEY AND YOUR READINESS

Choosing to seek companionship again is not weakness—it is self-awareness.

Before beginning:

- *Reflect honestly on what you are seeking: companionship, partnership, or remarriage*
- *Make sure this decision feels right for you first and foremost*
- *Allow yourself permission to hope again*

You have already proven resilience. This chapter deserves intention.

2. PRESENT YOURSELF WITH HONESTY AND DIGNITY

Your profile should reflect who you truly are today.

When sharing your story:

- *Be truthful about your background, family situation, and current lifestyle*
- *Speak with humility rather than comparison to your past*
- *Share your values, routines, and hopes for the future*

Life experience is not something to hide. Authenticity builds trust.

3. RELEASE SHAME AROUND STARTING AGAIN

Many senior members may worry: “What will people say?”

Remember:

- *Your children are grown; your responsibilities have been fulfilled*
- *Seeking companionship is a human need at every age*
- *Quiet courage matters more than outside opinion*

You are not replacing the past—you are honoring the present.



4. COMMUNICATE WITH PATIENCE AND EMOTIONAL AWARENESS

At this stage of life, emotional safety matters deeply. When connecting:

- *Speak kindly and listen carefully*
- *Give space for thoughtful responses*
- *Avoid rushing into deeply personal topics too quickly*
- *Be mindful that others may also carry past wounds*

Gentle communication creates comfort.

5. RESPECT EACH OTHER'S LIFE HISTORY

Everyone brings a story—marriage, loss, separation, children, responsibilities.

Be considerate of:

- *Different timelines for trust*
- *Family dynamics and adult children*
- *Health, work, or caregiving commitments*

Compatibility now is not only about attraction—it is about understanding real-life circumstances.



6. LET CONNECTION GROW NATURALLY

There is no need to hurry.

Whether speaking on the phone or meeting in person:

- *Be present and attentive*
- *Share, but also listen*
- *Keep conversations meaningful and grounded*
- *Avoid pressure around immediate decisions or commitments*

At this stage, steady connection is more valuable than speed.

7. ACCEPT OUTCOMES WITH GRACE

Not every introduction will become a partnership.

If things do not progress:

- *Accept it calmly and respectfully*
- *Avoid self-blame or resentment*
- *Thank the matchmaker and move forward*

Maturity is shown in how we handle disappointment.

8. BE CONSISTENT AND CLEAR IN YOUR INTENTIONS

Trust is especially important in second chapters.

Please:

- *Follow through on what you say*
- *Communicate honestly if your feelings change*
- *Avoid disappearing without explanation*

Reliability is one of the most attractive qualities in a life partner.



9. CONTINUE GROWING AS AN INDIVIDUAL

This journey is not only about finding someone—it is also about becoming ready for partnership.

Take time to reflect on:

- *Emotional openness*
- *Ability to compromise*
- *Respect for independence and equality*
- *Willingness to build a shared life slowly*

Two emotionally grounded individuals create a stronger bond.

10. KEEP YOUR PROFILE AND PREFERENCES UPDATED

Life evolves, and so should your information.

Please update DanfeMonal.com if:

- *Your living situation changes*
- *Your expectations shift*
- *Your availability changes*

Accurate details help us support you with care and integrity.



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 SENIOR MEMBERS..

Choosing love again takes courage—especially in a society where such choices are often quietly judged.

But companionship, understanding, and shared laughter are not reserved for the young. They belong to anyone willing to show up with honesty and heart.

At DanfeMonal.com, we honor members who:

- *Respect each other's life experiences*
- *Communicate with kindness*
- *Understand that partnership is mutual*
- *Believe that it is never too late for connection*

May this chapter be guided by patience, self-respect, and gentle hope.

"Grow old along with me! The best is yet to be." – Robert Browning

With respect and encouragement,

Team DanfeMonal.com



RELATIONSHIP COUNSELLING: WHY YOU MIGHT NEED IT!

To seek companionship again later in life is a thoughtful and deeply personal decision. For many Nepali seniors, it also comes with mixed emotions—hope, hesitation, and questions shaped by past experiences, family responsibilities, and social expectations.

Unlike previous relationship, a second chapter often carries more complexity. You may be navigating trust after loss or separation, adjusting to adult children's independence, or wondering how a new relationship fits into an already established life. When connections begin digitally, these questions can feel more pronounced: Are our expectations aligned? How do I move forward without repeating past mistakes?

Relationship counselling offers a safe, confidential space to explore these concerns at your own pace. Rather than telling you what to do, counsellors help you reflect on what you truly want now—companionship, partnership, or emotional connection—and how to communicate that clearly and respectfully. They also support you in rebuilding trust, setting healthy boundaries, and approaching new relationships with calm confidence instead of self-doubt.

Our counsellors are experienced, culturally sensitive, and understand the realities faced by Nepali seniors. If you have questions, concerns, or simply want a supportive conversation, you are welcome to schedule a session with us.





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!"

