

SEPARATED GUIDE



TOP 10 ADVICE
FOR THE SEPARATED
RELATIONSHIP COUNSELLING:
WHY YOU MIGHT NEED IT!

A Thoughtful Guide to Respectful Matchmaking



A COMPASSIONATE GUIDE FOR THE SEPARATED

At Danfemona.com, we understand that being separated or divorced in Nepali society carries emotional, social, and practical challenges that many others may never fully appreciate or empathize.

For separated individuals, especially those with children, seeking companionship again is not a sign of failure. It is a sign of courage, healing, and hope. This guide is written with respect for your journey - whether your separation was mutual or painful, recent or long ago, you deserve understanding, dignity and the opportunity to rebuild your life with the right partner.

Remember, your past does not define your worth. Your character, values, and forward looking intentions do! And we are here to support you at every step.



"At Danfemonal.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. HONOUR YOUR JOURNEY

Separation is not easy. It often comes with loss, disappointment, and emotional fatigue. Before actively engaging in matchmaking:

- *Take time to reflect on what you learned from your previous relationship*
- *Make sure you are emotionally ready—not just responding to loneliness or pressure*
- *Allow yourself space to heal*

Many separated people are rushed by family to “settle again” quickly. While family intentions may be good, your readiness matters most. A new relationship deserves a healed and thoughtful version of you. Starting again is not weakness. It is resilience.

2. BE HONEST ABOUT YOUR PAST, WITH GRACE AND SELF-RESPECT

Your history is part of your story—but it doesn’t define your future. When creating your profile or speaking with potential matches:

- *Be transparent about your separation*
- *Share relevant details calmly and respectfully*
- *Avoid blaming your former partner or reliving conflicts*

You do not need to justify your past to everyone. Simply communicate with maturity. Honesty builds trust. Bitterness pushes people away.

3. HAVING CHILDREN DOES NOT MAKE YOU LESS DESIRABLE

Many separated members worry that having children makes them “less desirable.” This is simply not true. Your children represent:

- *Your capacity to love*
- *Your sense of responsibility*
- *Your strength in difficult circumstances*

When communicating with potential partners be open about your children early in the process. Share their living arrangements honestly. Express your priorities clearly. The right partner will respect your role as a parent. Anyone who cannot accept your children is not meant for you.



4. APPROACH MATCHMAKING WITH SERIOUS & RESPECTFUL INTENT

If you are on Danfemona.com, it is assumed you are here for genuine companionship and long-term commitment. Please avoid:

- *Joining out of curiosity or boredom*
- *Treating conversations casually when others are serious*
- *Seeking emotional comfort without intention to commit*

Separated members already carry emotional scars. Respect the vulnerability of others. Every profile represents a real person with hopes, fears, responsibilities.

5. COMMUNICATE WITH SENSITIVITY AND PATIENCE

Many separated individuals—especially women—face judgement from society. Trust does not come easily after emotional hardship. When communicating:

- *Be polite and thoughtful*
- *Give space for replies*
- *Avoid intrusive questions early (income, property, intimate details)*

Do not:

- *Make comments that feel personal or inappropriate*
- *Pressure for quick decisions*
- *Assume emotional closeness too fast*

Separated Nepali women in particular are often cautious. Patience is not delay—it is respect. Gentle communication creates safety.





6. ACCEPT THAT REJECTION IS PART OF THE PROCESS

Not every connection will work—and that is normal.

If someone declines:

- *Accept it gracefully*
- *Do not argue or demand explanations*
- *Avoid taking it personally*

Your dignity matters more than any single match.

7. LET ACTIONS MATCH WORDS

Trust is especially important for separated members.

If you say you will call, call. If plans change, communicate. If your interest shifts, be honest. Avoid disappearing without explanation.

Many separated individuals already carry abandonment wounds. Consistency shows emotional maturity and reliability—qualities essential in a life partner.

8. BE REALISTIC ABOUT EXPECTATIONS—FROM YOURSELF & OTHERS

Second relationships are different. You and your potential partner may have:

- *Children*
- *Financial responsibilities*
- *Emotional boundaries*
- *Family pressures*

Avoid expecting perfection. Instead, look for:

- *Kindness*
- *Stability*
- *Communication*
- *Mutual respect*

In Nepali society, blended families require patience and flexibility. Success comes from understanding, not rigid expectations.

9. TAKE RESPONSIBILITY FOR YOUR PERSONAL GROWTH

Matchmaking is not only about finding someone—it is also about becoming someone ready for partnership. Reflect on:

- *Your communication style*
- *Emotional regulation*
- *Ability to compromise*
- *Respect for equality in relationships*

Consider self-improvement in areas such as:

- *Anger management*
- *Listening skills*
- *Co-parenting maturity*
- *Financial responsibility*

A healthy relationship begins with self-awareness.

10. BELIEVE IN SECOND CHANCES—AND PROTECT YOUR SELF-WORTH

Society may label separated individuals unfairly. Some relatives may speak carelessly. Neighbours may gossip. Do not internalize this.

Your worth is not determined by marital status. You deserve:

- *Companionship*
- *Respect*
- *Emotional safety*
- *A peaceful future*

Choosing to love again is brave. Take pride in your strength and your hope.





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 SEPARATED SINGLES..

Being separated does not mean you failed. It means life took a difficult turn—and you are choosing to move forward.

At DanfeMonal.com, we deeply respect members who:

- *Approach relationships sincerely*
- *Honour their responsibilities*
- *Treat others with empathy*
- *Believe in growth after hardship*

Whether you come with children, complex histories, or quiet fears—your journey matters. Approach the process with patience, honesty and self-respect. The right connection is not about replacing the past—it's about building a better future.

“No matter how hard the past, you can always begin again.” -Buddha

With warmth and encouragement,

Team DanfeMonal.com



RELATIONSHIP COUNSELLING: A SUPPORTIVE STEP FORWARD!

Starting over after separation can feel both hopeful and daunting, especially in Nepali society where family expectations, social opinions, and past experiences weigh heavily. Digital matchmaking adds another layer of uncertainty—how do you know if someone will understand your past, accept your child/ren, or truly be compatible?

Relationship counselling offers a safe, confidential space to explore these questions. It helps you process past experiences, clarify your expectations, and build confidence in opening your heart again. Counsellors guide you on setting healthy boundaries, communicating honestly, managing family pressures, and approaching new relationships at a pace that feels right for you. With professional guidance, fear and doubt transform into self-awareness and clarity. Instead of rushing or holding back, you can move forward with confidence, emotional readiness, and hope.

Our counselors specialize in supporting separated singles. They're here to help you with doubts, questions, and concerns. Book a session today and move forward 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!"

