

WOMEN'S GUIDE

TOP 10 ADVICE FOR WOMEN

RELATIONSHIP COUNSELLING:
WHY YOU MIGHT NEED IT!

A Thoughtful Guide to Respectful Matchmaking



A THOUGHTFUL GUIDE FOR SINGLE WOMEN

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

For Nepali women, 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 men 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. BEGIN WITH CLARITY, NOT PRESSURE

Choosing your match is a significant life decision, and it's okay to take your time.

Before engaging deeply in matchmaking:

- *Reflect on what kind of life and partnership you want*
- *Separate societal pressure from your personal readiness*
- *Be honest with yourself about your priorities—emotional compatibility matters as much as background*

Matchmaking works best when you are clear, calm and open-minded—not rushed.



2. BE THOUGHTFUL WHEN COMPLETING YOUR PROFILE

Your profile is often the first introduction to a potential match.

When answering questions:

- *Write as if your future partner (and possibly family) may read it*
- *Focus on who you are, not what you want*
- *Share your interests, values, and lifestyle honestly, without exaggeration*

Avoid:

- *Harsh or rigid statements*
- *Long lists of conditions*
- *Comparisons to others*

Instead of “I want a successful man”, consider:

“I value responsibility, stability, and a shared vision for the future.”



3. KEEP AN OPEN MIND, WITH CLEAR BOUNDARIES

Having dealbreakers is healthy. Being overly rigid is not.

Healthy dealbreakers may include:

- *Core values*
- *Respectful behaviour*
- *Life goals (marriage, children, location)*

Try to remain flexible on:

- *Minor lifestyle differences*
- *Superficial preferences*
- *First impressions on paper*

Many strong connections grow with time and conversation.



4. PHOTOS MATTER—KEEP THEM NATURAL AND RESPECTFUL

Photos help matchmakers and potential matches understand you better. Best practices:

- *Use clear, recent photos*
- *Include at least one full-length photo*
- *Dress neatly and confidently—traditional or modern is both fine*
- *A warm, genuine smile goes a long way*

Avoid:

- *Heavy filters*
- *Group photos where you're hard to identify*
- *Overly posed or misleading images*

Authenticity is always more attractive than perfection.



5. RESPOND KINDLY AND PROMPTLY

When you receive a match introduction:

- *Respond in a timely manner, even if the answer is no*
- *If you decline, do so respectfully and briefly*
- *If unsure, ask your matchmaker for more context*

Silence or abrupt responses make it harder for matchmakers to advocate for you.

6. FIRST MEETINGS: GRACE, SAFETY, AND SELF-RESPECT

Whether it's a call, video chat, or in-person meeting:

- *Be punctual and polite*
- *Keep expectations realistic*
- *You don't need to overshare personal or family matters early on*
- *Trust your instincts, but stay courteous*

Most importantly stay safe, avoid lonely spots, let your friends or family know who you are meeting and where, and have them check up with you regularly. Remember, better safe than sorry!

It is perfectly okay if there is no second meeting. Compatibility cannot be forced.

7. SHARE FEEDBACK HONESTLY (AND KINDLY)

Your feedback helps improve future matches.

When sharing:

- *Focus on compatibility, not criticism*
- *Be honest but respectful*
- *Avoid judgments about appearance or status*

Example:

“He was kind and respectful, but I didn't feel our communication styles matched.”

8. REMEMBER: THERE ARE NO GUARANTEES—ONLY POSSIBILITIES

Matchmaking increases your chances; it does not promise outcomes.

Sometimes:

- *Matches take time*
- *The right person appears unexpectedly*
- *Growth happens through the process itself*

Patience, openness, and self-respect are your strongest allies.

9. 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*

****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.***





10. 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, 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 WOMEN MEMBERS...

Choosing to seek a partner through matchmaking is not a weakness—it is a deliberate, thoughtful choice. You deserve:

- *Respect*
- *Emotional safety*
- *A partnership built on mutual understanding*

At DanfeMonal.com, we are here to support you—not rush you—on this important journey.

“To you I shall say, as I have often said before, do not be in a hurry, the right man will come at last.” —Jane Austen

With care and sincerity,

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.





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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!"

