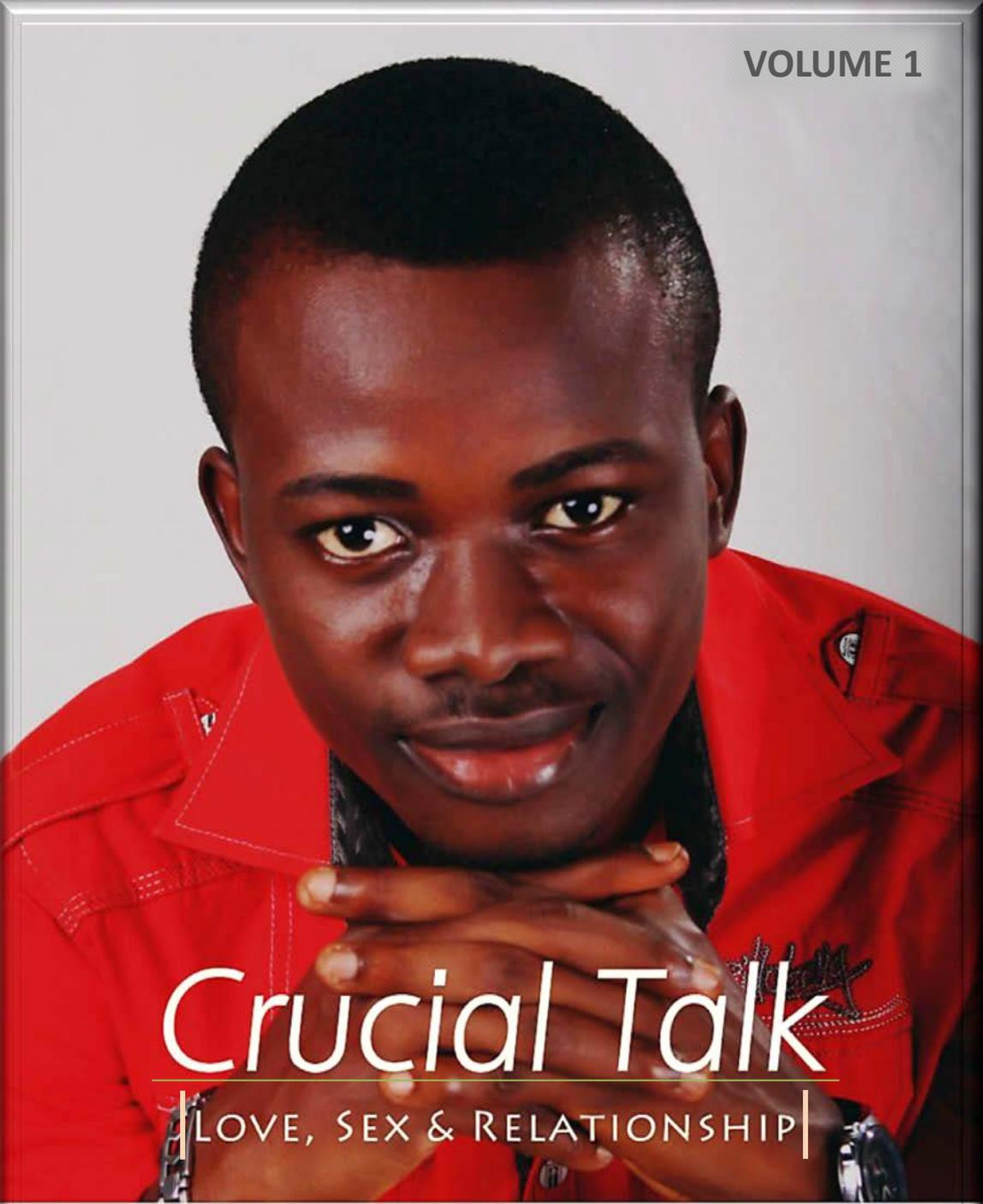


VOLUME 1



*Crucial Talk*

| LOVE, SEX & RELATIONSHIP |

Fortune Chinda  
and friends

I love to Welcome you to..

**CRUCIAL TALK with Fortune Chinda and Friends**

*Issues Arising in our Relationships; and how to help fix them.*

Volume - 1: |Love, Sex & Relationship| - *building Godly Relationships, strengthening love lives*

**Dream 'N' Vision:**

To Reach-out to the Tweenagers/Teenagers/Youths, on Issues having to do with their (Love, Sex and Relationship lives). To help them correct several errors cum mistakes that have been made in the past.

**Aim 'N' Goal:**

To empower the Young generation with the necessary Tools, that will help guide them through; in building Godly Relationship and Strengthening their Love lives. To help them keep things in perspective and move their relationships in a positive direction.

**Dedication:**

To God Almighty; for Life, inspiration and gifting.

To my Team and Counselor friends.

To All lovely Tweenagers/Teenagers and Youths out there, who craves for a better life.

Finally, To my legendary parents, my lovely siblings and friends.

## ON THIS SERIES

### #Relational Issues to Consider

- My partner isn't having a physical affair, but is very close to someone else. I'm worried!
- My partner and I just don't seem to talk any more - it feels as if we've drifted apart. I need help..
- I can't seem to stop arguing with my partner. What can we do?
- I've discovered my partner is having an affair, what do I do?
- My partner and I have a large age gap between us.

Next time you go online, #Meet-the **Blogger**

Go visit:

**[www.fortunechinda.blogspot.com](http://www.fortunechinda.blogspot.com)**

follow the series on |Love, Sex & Relationship|

And see what has been placed there for the young generation.

**Tell a friend:** *You might be helping someone get back on Track.*

**#Join/Partner/Support the Cause**

**#GODBLESSYOU!**

**Low-key Profile:**

the blogger **Fortune Chinda**, is an Idea specialist. A vibrant hyper-creative, multi-talented, cool and calm young gentleman from Rivers State, South-South, Nigeria; He has love for the young generation and craves for a better life.



Fortune Chinda, fondly called 'Mr Phoortunes' Has been into music and entertainment for a couple of years now. He has worked alongside several gospel artistes.

In 2013, by a way of making good use of his musical gift, he dropped a debut single 'Halle reloaded' and a couple of other musical piece. He is an iGospel artiste, a music instructor, songwriter, an entertainment manager; and further-more; a design engineer and planner, consulting with Gerryblings Consults.

Resource person at Gerryblings Group.

Author of 'Craving Thoughts' a motivational script.

[facebook.com/phoortunesgospelmix](https://facebook.com/phoortunesgospelmix) | [reverbnation.com/phoortunesgospelmixcrew](https://reverbnation.com/phoortunesgospelmixcrew)

**Hi friend,**

Take the time! go through this; You sure gonna have a great time reading this little piece and I sincerely hope it will touch you in a way. You can also do a favour, passing it on to your friends.

I'm looking forward to hearing from you, and knowing what your views and opinions are.

**Free to Connect:**

'Just an e-mail, a tweet and a call away from you. I like to hear from you, speak at your meetings, publish on your blog/magazines/space, and more -

Mail the team; We would love to talk with you about the issue and see to what extent we could be of help.

Kind regards!

**Fortune Chinda**

✉ [gerachblings@gmail.com](mailto:gerachblings@gmail.com)

twitter handle: [@gerachblings](https://twitter.com/gerachblings)

☎ +234 (0) 813 1316 171

[www.fortunechinda.blogspot.com](http://www.fortunechinda.blogspot.com)



.. meet you soon

*My partner isn't having a physical affair, but is very close to someone else. I'm worried about this.*

an emotional affair has three features:

- 1. Secrecy, either about the existence of a friendship, or the interactions that take place.*
- 2. Physical chemistry and attraction.*
- 3. When the friend knows more about your primary relationship than you know about the friendship.*

We spend a lot of our time at work with colleagues, we travel away from home and we have mobile phones, messenger applications, social networking sites and E-mails. We have individual friendships.

---

*Emotional affairs like all affairs, are increasing because of the social context in which we live.*

Emotional affairs usually start with a friendship that has 'crossed the line'. By this it is meant that the boundaries around that friendship, that prevented it from posing a threat to your primary relationship, have become blurred over time.

Emotional infidelity occurs when your partner starts exchanging intimacies and secrets with a friend, that they would normally share with you.

If your partner wouldn't have wanted you to hear or see these interactions, a line was crossed. If there was also secrecy involved and physical attraction, there was a high risk that this emotional affair would have evolved into a combined affair, where both physical and emotional infidelity occurred.

*Not every emotional affair will  
Lead to physical infidelity.*

For some individuals, there is a boundary that they won't breach. If your partner decided to end the friendship and has taken the risk to tell you about what has happened, there is a good chance that the relationship would not have progressed further.

Although you are bound to feel hurt, listen to what your partner is saying and take comfort from the fact that they stepped back from the brink of a combined affair and showed sufficient investment in your relationship to be honest about it. As with all affairs, try to see this as a joint opportunity to find out why it happened.

If on the other hand, the emotional affair has ended because of discovery, or because the other party has withdrawn, your partner needs to be as honest as they can about the likely progress of the friendship.

Most people in this situation would like to think that they would not have been physically unfaithful, but this can be a comforting self-delusion.

An emotional affair can be as painful for all parties as a physical, or combined affair.

It is a mistake to minimize the hurt feelings and loss of trust, but with hard work and a willingness to uncover the reason why it happened and agreeing future boundaries for safe friendships, a couple can build a stronger relationship in its wake.

*My partner and I just don't seem to talk any more - it feels as if we've drifted apart. I really need help.*

*Communication is at the heart of all relationships.*

Many couples say that communication break-down is one of the main reasons they have decided to seek counseling.

Most couples, after they have had some Relationship counseling, report that communication between them has improved.

### **What exactly is communication?**

---

*Communication can be described as 'the way we connect to other people'.*

Sounds simple, doesn't it? It is in fact a very complicated process which most of us never deliberately learn - we just do it. The way we communicate or connect with others, can have a major impact on our lives and that's why Relate thinks it is so important, not only in couple relationships but in ALL our other relationships too.

---

### **What then is good communication?**

*Good communication can be described as a dance between two people.*

There's a place for you to dance together, the music sets the scene, you both sense the rhythm;

take it in turns 'to do your thing', follow or take the lead, you do it together, it gives you both pleasure and has a purpose.

*If you are reasonably good at it,  
it should be a satisfying experience.*

Maybe, we wouldn't all feel the same about this dance. Perhaps the setting is wrong, it's not your kind of music, you've never really liked making an exhibition of yourself dancing, etc.

However, if you can hang on to the idea of making the time, creating the right environment, sharing the experience, balancing the inputs, and moving together whilst doing different things, this could be a useful way of looking at the way you and your partner communicate.

### **How do I know if I'm a good communicator?**

---

You could ask a friend to tell you how they find conversations with you.

**Questions that may help you get an idea of how you communicate.**

- 1. Are you a good listener?*
- 2. Do you wait until the other person has finished what they've got to say before you chime in?*
- 3. Do you acknowledge what they have said?*
- 4. Do you find it important to make time to have a conversation?*
- 5. Do you make sure you understand fully what has been said?*

6. *Do you check out what you think you've heard with the person speaking?*
7. *Does your own view of the subject colour what has been said to you?*
8. *Do you relay your story in an interesting and informative way, sharing your feelings about the topic, or do you just give the bare facts?*
9. *Can you stay with what the other person is saying to you without interrupting, even if it makes you feel uncomfortable?*

### **How can I improve communication with my partner?**

---

*Set aside time to talk when you will not be interrupted.*

Take it in turns to have air time - some people find setting a timer for five minutes, one speaking whilst the other listens, then reversing the process, can create a space for each to talk without interruption.

Tell your partner how you felt, feel or will be feeling about something without blaming them.

*This can be tricky but it is a very useful way of owning your feelings.*

Plan to go together somewhere which provides an environment you both find relaxing e.g. a walk in the park, a drink at a pub or a coffee when you're shopping etc.

*Don't be surprised if there isn't an improvement straight away –*

You wouldn't expect to dance the salsa after only one attempt, or would you?

If you think you need to improve your conversations, these tips might be useful.

If you're still having problems communicating as a couple, then find a counselor, pay a visit; where you can find support in learning to talk to each other in a more relaxed, effective, way.

*I can't seem to stop  
arguing with my partner.  
What can we do?*

**Yeah! It's common that at some point, you argue in your relationship.**

Although there can be painful and unpleasant arguments most times.

*But disagreements don't have to end in  
hostile silence or a screaming match.*

Learning ways of handling discussions on emotive topics and looking out for the patterns and triggers in your arguments can really help you improve the situation.

---

**Find out why you argue** - Think about what you're really arguing about. On the surface it could be about money, sex, housework, disciplining children or other family matters.

But question is, *what are you really arguing about?* The book, "Stop Arguing, Start Talking" by author *Susan Quilliam*, compares an argument to an onion; the outer layer is the issue you are actually talking about, deeper layers represent other areas, and understanding these can help you work out why rows sometimes escalate out of all proportion to the original problem.

It might help you to think about your physical feelings, stress or tiredness can intensify a fight. Or think about how other people's input might fuel your anger.

**When you can't stop arguing** - If your conflict is rooted in intractable problems, it may be hard, or even impossible, to alter the pattern. If you recognize any of these factors, you need to find support and help, whether from friends, family or a counselor.

Your lives are moving in totally different directions. Alcoholism, drug addiction or other problems feature in your relationship. One of you is having an affair. One of you no longer loves the other, or has actually decided to leave.

### **How you argue -**

There are as many ways of having an argument as there are couples who argue. Some common and highly destructive patterns are:

1. **Stonewalling:** Total withdrawal and refusal to discuss the issue. Partner feels unvalued and unheard.
2. **Criticism:** Commenting negatively on the other's behavior, over and above the current problem. 'You're always so forgetful.' Partner feels attacked and threatened.
3. **Contempt:** Sneering, belligerence or sarcasm. 'You think you're so clever.' Partner feels humiliated and belittled.
4. **Defensiveness:** Aggressively defending and justifying self to partner. 'You haven't got a clue just how much I have to remember every day.' Partner feels attacked. Row escalates.

## Changing the way you tackle rows –

Think about the ways you and your partner argue, then think about how you would like to change these. Notice how easily you slip into familiar routines of arguing, almost without thinking. Talk this over with your partner if you can, but if that feels too difficult, go ahead and start changing away. Your partner's reactions will alter in response to yours. Aim for a 'win-win' style of disagreeing, where no one feels they've lost. This will let both partners:

1. *Outline their own needs.*
2. *Listen to each other's needs.*
3. *Talk flexibly about solutions that give each of them enough of what they want.*

## Six steps to handling arguments constructively

1. If you want to raise a tricky topic with your partner, start the discussion amicably. Don't go in with all guns firing, or with a sarcastic or critical comment. For instance, in the example of overspending, say, 'Can we talk about the credit card bill - we need to work out a spending limit that suits us both', not, 'I'm furious about that bill - why do you go over the top every time?'
2. Try to understand your partner's reactions, and remember that you are not just arguing about the 'surface' problem.

If your partner says, 'Just let me take care of the money, will you', remember that perhaps in their childhood their role model controlled all household affairs. It will need careful and sensitive negotiation, over a period of time, to alter this pattern of expectations.

3. Respect your partner's views, even if you are annoyed. Instead of saying, 'I'm not a child!' try, 'I know it's important to you to feel able to spend as and when you like, but I need to have a say in how our money is used, too'.

4. Take responsibility for your own emotions. Why you are so upset? Has something from the past been stirred up by this latest row? Do you fear loss of control in other aspects of your life? Saying, 'You make me so angry...' places the blame for your feelings squarely on to your partner. Yes, his or her behaviour may have triggered your feelings, but their depth may have little to do with the current problem.

5. Keep tabs on physical feelings, which warn you if you are close to losing control. A knot in the stomach, breathlessness, tears, all spell trouble. Leave the room, and take time to calm down.

Be prepared to compromise. Often the only way to reach a win-win solution is for both partners to give some ground.

Don't stick rigidly to your desired outcome.

Check out what your partner wants to achieve - don't take it for granted that you already know. Then tell him or her what it is you are hoping for, and explore different possibilities together until you reach a solution that both are happy with.

## **6. Future rows:**

These techniques really do work, and can produce major changes. Unfortunately, this doesn't mean that you will never have another bad row. If it happens, look at what went wrong, think about how you could have handled it better, and aim to do better next time. Then forgive yourself, and your partner, and move on.

*I have discovered my partner is having an affair, what do I do?*

*This is bound to happen in most relationships. You really need to take out the time with your partner and you both will get this resolved.*

---

Create a good-time with your partner to talk about it, sit down together so that you can maintain eye contact with your partner.

Agree to spend appropriate time talking and listening to your partner, even if you fear bad news is at hand.

Try to ensure that there will be no interruptions while you have this conversation.

Avoid cutting in on what your partner is saying. Let him/her finish before responding. You will undoubtedly be shocked and upset, but try not to start shouting or rush out of the room. You need to hear the full story in order to assess exactly what has happened.

Ask your partner to tell you the truth, however painful. Recovery after an affair is always worse if initial lies are told, including lies of omission.

Ask questions if you need to, but try to focus on facts initially, e.g. how long the affair has lasted and what your partner wants to happen now. The most urgent question for many people is “why?” but sometimes a partner cannot tell you this immediately and his/her perspective often changes over time. Avoid asking questions such as “Were they better in bed than me?” You may want answers to these kinds of questions later on, but it is better to establish the facts first and ask those questions later, when feelings are not running as high.

*Avoid immediately blaming your partner, the affair or yourself.*

It may seem tempting to hurl an insult at your partner about his/her fickleness and blame the third party as a seducer, but this often gets in the way of true understanding. You should also resist self-blame. You may wonder if your own short-comings have caused the affair, but while you were both responsible for your relationship, you can never be responsible for your partners behaviour choice, to have an affair. An affair can never be the “fault” of a faithful partner.

Once you have established the facts, if your partner resolves to end the affair and re-commit to your relationship, be slow to judge. You will need to reflect on whether you are able to forgive the breach of trust and you will not yet have all the information with which to make that decision.

Only after talking and establishing the reasons for the affair, will you be able to decide. You can however say that you are willing to work with your partner and try to understand why this has happened.

There are many reasons for affairs and they happen in happy relationships as well as those where there has been discord. Listen to what your partner is telling you and try not to make assumptions if what she is telling you doesn't fit with what you have always believed about affairs. Society is changing and the context in which we live is shifting all the time.

---

*The beliefs you may both have held for a long time might need to be challenged by this experience.*

**| listen and reflect |**

*My partner and I have a large age gap between us.*

These relationships have traditionally been looked at with suspicion, with clichés abounding. *'She's only after his money', 'He's old enough to be her father', 'Cradle snatcher', 'Sugar daddy', 'Toy boy'* to mention but a few, and it's usually been that way, always the man older than the woman.

*This is no longer the case, with many couples now having an age gap where the woman is older than the man, and again these relationships are often viewed with suspicion.*

---

Celebrities such as Joan Collins marrying Percy, Demi Moore and Ashton Kutcher, have gone some way to changing the way we consider *'age gap relationships'*. As have Catherine Zeta-Jones and Michael Douglas and Tom Cruise and Katy Holmes, plus many more both in the public eye and in the community generally.

**But how many years constitutes an age gap that is considered a problem and whose problem is it?**

Official statistics show that generally women in the UK marry men older than themselves, in 2000 the average age gap was just over 2 years.

However couples where there is an age difference don't appear to have the same doubts and concerns, believing that it is a problem for friends and family not the couple.

*The couple themselves don't consider the age difference but do sometimes feel they have to justify and explain themselves, to reassure others that their love is based on nothing more than a wish to be together, mutual respect and a want to make one another happy.*

---

However there are some things that perhaps require more consideration in relationships where there is an age gap of some note. Such as having children, different life stages and expectations and health, different levels of fitness and social interests/attitudes; there are probably many more that are unique to the couple and we mustn't forget personal age sensitivities! What matters is the couple's level of contentment.

It is also important to remember that as people get older so the age gap seems to matter less, a woman of 25 years with a partner of 45 years may get some strange looks but when they are 45 years and 65 years respectively; somehow the gap doesn't sound so big.

A study, published on <http://ezinearticles.com> found that the happiest group of husbands had wives twelve or more years younger, but the happiest wives were from four to ten years older than their husbands. Yet the happiest couples were those in which the husband was from three to five years older.”

*As long as the couple have the same goals for the relationship then it can and does work. Age should not be a deterrent to exploring an adult, healthy, respectful and loving relationship.*

---

## - credits -

---

*I love to say plenty thanks to My Team, my Counselor friends for their inputs.*

*I appreciate my brother, the Director at Zynedesk media, the Director at Venchy Arts; for a great job well done. My brother and friend, the Director at Mozella media.*

*Plenty love to the crew at xcessIdeas; and so lot more to be thankful for.*

---

## - copyright -

---

Copyright © 2013 by Chinda Fortune

All rights reserved.

You have been granted the non-exclusive, non-transferable right to access the text of this eBook on - screen. Except as permitted by the author, no part of this publication may be reproduced, distributed, or transmitted in any form or by any means, or stored in a database or retrieval system, without the prior written permission of the author.

First eBook Edition: October 2013

### ***ChindaFortune***

Gerryblings Group,  
zynedesk media, xcessIdeas inc.  
Port Harcourt, Rivers State.  
Nigeria.

[www.twitter.com/gerachblings](http://www.twitter.com/gerachblings)  
[www.fortunechinda.blogspot.com](http://www.fortunechinda.blogspot.com)



***Crucial Talk*** - Look Out For More Volumes

**Y'Hello!**

*We trust God that one way or the other, this piece has been of help and a blessing to you.*

**We love to hear from you:**

*Do well to write us, share your testimonies and give your comments.*

---

**Mail the team:**

crucial talk with fortune chinda & friends.

✉ **gerachblings@gmail.com**

☎ **+234 (0) 813 1316 171**

---

## **HELP 'N' SHARE CENTRE**

*Don't just stop there; You just might be one step away to helping someone.*

*Go on, go tell someone about this piece and do well to share with your peeps, friends and family.*

**You might just be helping someone get  
over his/her relational issues.**

***Crucial Talk* - Look Out For More Volumes**

**Stay Alive!**