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APPENDIX

Appendix A:7 February 2010: Leave him fast

Problem Text

- P1 My husband is 51 and I'm 55.
P2 We have been married about 5 years
P3 He was a divorcee with no kids; I have three grown-up children
P4 He is not easy to get along with
P5 He's temperamental, whereas I am soft-spoken and patient
P6 Whenever I talk, I must be careful not to hurt his feelings
P7 Should I say something wrong, the house becomes a hell, especially if he's had too many drinks
P8 He smokes and gambles and blames others for his mistakes.
P9 He complains about everything I do and is never satisfied.
P10 Sometimes he compares me with his ex-wife, and my daughter with his niece
P11 If what he wants is not done, his temper will flare
P12 He doesn't like my children or siblings
P13 Whenever he sees me with them, he will start an argument
P14 He likes to drag up old stories and says bad things about my first husband, who committed suicide eight years ago.
P15 He claims the deceased is doing evil things to him.
P16 On one occasion, he chased my daughter out of the house (when she and her husband were staying with us).
P17 I have helped him financially many times.
P18 He always reminds me that my savings are for our old age and that I cannot help my daughter even if she is not financially stable.
P19 I feel at peace whenever he goes to work or when he's asleep.
P20 But whenever he is out of a job, my fears start.
P21 He wants to check how I spend my money, and who on.
P22 It's my own savings and money from my late husband
P23 When I won't let him, he kicks up a fuss
P24 He has also asked me to choose between him and my children
P25 Recently he said if I carried on like now, it would be difficult for us to be together
P26 Does this mean he is asking me to leave?
P27 I'm trying very hard to maintain this marriage as I do not wish to be separated at this age—it will make me a laughing stock
P28 I was looking for a kind companion for my old age but ended up with someone unreasonable
P29 I feel very depressed and sometimes think of ending my life.
P30 I'm really at a loss

Suffering in silence

Advice Text

- S1 He will never ask you to leave
S2 The man you chose for companionship at old age is an emotionally insecure bully and tyrant
S3 He will continue to make your life miserable, fearful and lonely
S4 He will endeavour to rid of your loved ones so that you are entirely at his mercy
S5 Deep in your heart, you know you should get away as soon as you can
S6 Why would leaving him make you a laughing stock?
S7 Staying on a marriage that is slowly robbing you of pride, esteem and dignity makes you the greater fool.
S8 And you have been asked to choose between children, siblings and him?
S9 How dare he make such a demand when he should love you and your family from the day he married you
S10 You have absolutely no reason to hang on to your marriage.
S11 When you are expected to watch your words and every step, how can there be love?
S12 He is using emotional intimidation to keep you away from your children and siblings so that he does not have to share you with anyone.
S13 These few years, he has been marking his territory
S14 He wants you to be all his to torture and abuse at his every whim
S15 It sounds horrifying but this man's actions are not normal.
S16 He is watching you, your money and your daily activities
S17 He insults your loved ones and chases them away

S18 He picks on you deliberately, dragging up the past just to belittle and disparage
 S19 He controls you with his volatile temper because he knows you will not retaliate.
 S20 He is exploiting your soft words and patience to instil fear
 S21 And worse, he is blatantly using your money and your love for his own selfish pleasure.
 S22 Do not even think of killing yourself for him.
 S23 He is not worth your life and future
 S24 Consider divorce and plan it carefully
 S25 Consult a lawyer to ensure that your personal wealth is protected
 S26 Talk to a friend or relative who can help you.
 S27 If he ever raises his hand against you, file a police report
 S28 Keep away from him or stay where he cannot find you for a period of time because he will not leave peacefully.
 S29 Consider this marriage an episode that's best forgotten
 S30 Writing to me is your call for help.
 S31 Heed what your heart and mind are telling you.
 S32 You do not want to suffer the rest of your life with a man who is a self-serving, ego-maniac.

Appendix B: 7 February 2010: Foolish sister

Problem Text

P1 I am in my mid-30s, single and having an affair with my brother-in-law A
 P2 This has been going on for a few years and although I feel guilty for betraying my sister, I cannot let him go as I love him.
 P3 I did break up with him several times but he would not let me go
 P4 He says he cannot lose me, but sometimes I wonder if he's in this just for sex
 P5 Once, I had a miscarriage but he never bothered to check on me or take me to a clinic
 P6 He said if he took me to the doctor, they would ask who he was to me
 P7 He never bothers about me when I fall sick.
 P8 Once I told him that his friend had flirted with me and talked about sex-related things but he didn't care.
 P9 He hardly talks to me or share his problems with me.
 P10 He hardly spends time with me except when he wants sex
 P11 When we have sex, he doesn't hug me; once it's over, he'll sit alone
 P12 I'm really confused
 P13 Does he really love me or if am I the one who makes myself seem like a fool?

Confused mid-30s

Advice Text

S1 You know the truth but you have been in denial all these years.
 S2 You are in love with A and you want so much to believe that he cares.
 S3 But deep in your heart, you know that it's just lust
 S4 Why did you allow this to happen?
 S5 Having sex with your brother-in-law on the sly is the worse betrayal to your sister
 S6 You are two people she loves and trusts
 S7 Yet you could not control your feelings and succumbed to his seduction.
 S8 Or did you throw yourself at him?
 S9 How can you continue to love this man who refused to take responsibility when you had a miscarriage?
 S10 How can you not acknowledged the lack of interest in you when he ignored another man's attraction for you?
 S11 Yes, you are such a fool
 S12 You never had any reasons to be confused because he has never shown any love for you
 S13 He is using you for sex
 S14 You tried to break off with him, but went back to him willingly when he asked
 S15 Weak-willed and misguided in your love for him, you are easy pray, an eager victim
 S16 Although he has hurt you many times with his selfish, callous ways, you have allowed yourself to be his sex slave for so many years.

S17	Do not plead guilt for betraying your sister because you never tried hard enough to stop this relationship.
S18	Perhaps you were hoping for A to fall in love with you and ditch her?
S19	You seem so consumed by your feelings you ignored reality and the possible consequences of your behaviour.
S20	How would you sister and family react should they ever find out about your affair?
S21	Would they blame him or you, the sister who should know better?
S22	Do not kid yourself that A will ever fall in love with you.
S23	There is no emotional connection or communication apart from sex.
S24	You know that you should break off but you cannot let go
S25	Until you wise up and walk away, it would appear that you are consciously hanging on to this affair
S26	Blame no one for your actions because you chose to betray your sister from the very start.

Appendix C: 14 February 2010: Romance on Hold

Problem Text

P1	Y is a loving and independent man who is six years older than me
P2	We met each other a year ago through a mutual friend
P3	It started with daily online chats which led to casual dates and five months ago, he confessed his feelings for me
P4	Initially everything went well until my parents found out
P5	They told me that I should focus on my studies and career and nothing else.
P6	I was devastated and heart broken
P7	My parents even confronted Y which I thought was unnecessary
P8	My dad said if he really loved me, he should wait for me to graduate before carrying on with the relationship
P9	What really upsets me is that I am not allowed to choose and make decisions for myself even though I am in my 20s.
P10	My parents are also religious and insist whoever I marry must be of the same religion
P11	I am really frustrated and just feel like moving out
P12	I still care for my parents but how am I supposed to deal with this issue?
P13	I tried talking to them but they just won't listen
P14	Although Y is from a rich family, he has a stable career and is hard working
P15	Why can't my parents be understanding?

Nothing left to say

Advice Text

S1	You have very protective parents who try to keep you safe within the parameters that they have set
S2	They view education, career, tradition and religion as safeguards for a better future and they will endeavour to steer you towards security and success they see it.
S3	They truly have your best interests at heart but unfortunately, they forget that their little girl has grown up and has a mind of her own
S4	They have not accepted that today's youngsters have a strong idea of what they want
S5	They live in their safe little world and expect that their child will do as she is told.
S6	Be patient with the old folks.
S7	Being angry and defiant will not score you any points and they may even blame your boyfriend for being a bad influence.
S8	Prove that you can manage your studies, career and a relationship without getting into trouble
S9	If they refuse to accept your guy, then keep him away until you are both ready for marriage.
S10	Parents are never too difficult because they love you
S11	When they are made aware that you are happy, cared for and loved, then they will make some allowances.
S12	But if they are determined to have their own way, then you will need to have the strength and courage to fight for your own happiness and future with the man of your choice.
S13	Bide your time
S14	You do not really want to upset loved ones and get ostracised but you are an adult and no one can stop

	you from getting married or making your own decisions.
S15	So do not be afraid to fight for love regardless of the obstacles you face at this moment.

Appendix D: 14 February 2010: Find Her and Confess

Problem Text

P1	She was the girlfriend of a close friends
P2	They were together for over seven years but kept quarrelling because my friend has other girlfriends elsewhere
P3	She started staying at my house because we were quite close before all this happened
P4	We talked about sad and happy moments in the past and she'd help and encourage me whenever I had a problem or was unhappy.
P5	I started to fall for her
P6	We really enjoyed our time together
P7	Then, out of the blue, she broke up with her boyfriend
P8	I started thinking I might have caused that, so I stayed away from her for six months.
P9	During that time, I missed her and my feelings for her grew deeper.
P10	Recently, I called her and she was really happy to see me again
P11	We talked and laughed just like before
P12	However, she suddenly changed
P13	She stopped answering my calls and text messages.
P14	This hurts and I really want to know what happened and why
P15	Am I the problem, or does she have her own reasons?
P16	I keep on thinking nonsense and have tried to hurt myself.

Puzzled

Advice Text

S1	She has left no clue or message, so how can you know the reason for her sudden silence?
S2	It was odd that she responded so happily to your call, then cut you off without a word
S3	Thinking about this and hurting yourself will not provide the answers
S4	You need to talk to her, or forget about her
S5	She has broken up with your close friend and there is nothing to stop the two of you from being friends or getting into a relationship
S6	If she likes you or cares about you, then why the hot/ cold behaviour?
S7	Unless you have said something to trigger her reaction, there is simply no reason for her to drop you like a hot bun.
S8	Perhaps she has been waiting for you to confess your feelings
S9	When you stayed away after her break up with her boyfriend, she must have felt disappointed and uncertain about you
S10	Since you had always been friendly and shared so much together, she must have expected you to offer a shoulder to cry on then
S11	A gal cannot read your thoughts and heart.
S12	As you did not have the guts to tell her your feelings, she probably felt it easier to put you away as someone from her past.
S13	If you really like her, then get out there and find her.

Appendix E: 14 March 2010: Choked by Apron String

Problem Text

- P1 I am a 40-year-old single woman with a good career and wonderful life.
P2 Recently, I was told by a male friend that he was interested in me a few years back but never asked me out
P3 He decided not to pursue me after realising I always referred to my mother for everything, even when it came to going out dinner with my colleagues.
P4 He is now married
P5 He told me this because he invited me to his son's first birthday and the first thing I said was, "I'll see if my mum wants to go".
P6 Also, recently, my brother who is 32 and single confided that he had met a great woman and started dating her.
P7 It ended when our mum, upset that her son frequently had dinner and spent weekends outside the home, went to the woman's office and berated her for keeping her son out so much.
P8 Although she had never gone to such an extent previously, the few times either of us had some form of life outside the home was always feel with "peril".
P9 My brother decided to end the relationship for the sake of not hurting the woman.
P10 He also did not want to embarrass our mum and himself, but mother is convinced he did it because, he finally came to his senses.
P11 For years we have tried talking to her but she either denies controlling us or sidesteps the issue
P12 When I shared with her what my male friend told me, she said it's okay to be single
P13 Better to not get married than to have a bad marriage like hers, and we must concentrate on our careers
P14 Don't get us wrong—we love our mum to bits and we know she worries that our love for her might diminish in tandem with our growing love for that someone special.
P15 My brother and I grimly joke about seeing who will enter an asylum first
P16 I am still getting mum's approval to go out with friends at this age!

Give up

Advice Text

- S1 Your mother's love is overwhelming, suffocating and overbearing
S2 She may appear to be the best mother in the world for all her sacrifices, but in holding your freedom to love, to find companionship and a future with families of your own, she is being selfish and obsessive
S3 Her possessiveness is not healthy
S4 Berating your brother's girlfriend at her office was absolutely unreasonable and out of bounds.
S5 That your brother had given up the relationship to appease your mother showed how much control she has over him.
S6 And not going out without seeking mum's approval is simply proves her power over you.
S7 Frankly, you and your brother are deluding yourselves.
S8 You are both terrified of going against her wishes because of her ability to make you feel bad.
S9 In your mind, mum does know best so you will never do anything without her blessing or consent
S10 In mum's mind, the two of you are her babies to protect and to keep safe.
S11 She doesn't want to let you go because she thinks that she is nothing without her children.
S12 She suffered a bad marriage and is stopping you from getting into any relationships.
S13 She believes that she is keeping you from grief and pain
S14 Sadly, she does not realize that she is wrong to hold you back from living.
S15 Two puppets on strings, you are being manipulated and strung along by mother's love.
S16 There is horror in the truth and you must do something about it
S17 Talk to your brother
S18 You must not accept that the rest of lives must be spent by your mother's side.
S19 Your mother will pass on one day
S20 What will happen then?
S21 You must not feel guilty about wanting a life without your mother.
S22 You and your brother are wonderful, filial children.
S23 Your mother knows how blessed she is but she does not understand that her will is destructive and damaging.
S24 You two have been doing the best for mum.
S25 Now it's time to do your best for yourselves.

Appendix F: 14 March 2010: Who Cares?

Problem Text

P1	I'm a student and I often wonder if I have a tag on my forehead which says, "See me if you have any problems."
P2	Even people I hardly know pour their hearts out to me.
P3	Usually I listen and give my advice but I often find that, when a person is so troubled, everything falls on deaf ears.
P4	Why do people look for friends when they have problems?
P5	When they are happy they don't share as much.
P6	I also wonder how some people can talk about others and then act like he or she never said anything behind their backs.
P7	Yet they seem to have a lot of friends.
P8	I hardly do that but I don't have as many friends.
P9	I used to care what others say about me and was a really sensitive person but I am not anymore.
P10	I've learned to be numb and I'm tired of trying to fit into their circle.
P11	I've learnt to stay away from big groups of friends as I do not like feeling left out.
P12	Each time that happens, I start to wonder if there is anything wrong with me.
P13	Is there?

Numb

Advice Text

S1	There is nothing wrong with you.
S2	But instead of being a listener and a friend of others, you need a friend of your own.
S3	You listen and you advise but you feel empty, unrewarded and used.
S4	You see so much of the truth that you have become disillusioned and jaded.
S5	You tried to help but they just seem to forget the moment they walk away
S6	Do not feel too deeply about this.
S7	Human nature is such that people usually want to spew out the venom, rage and hurt
S8	Facebook, twitter, blogs, etc. cater to the generation that simply wants to be heard.
S9	They like to bare their hearts and souls while you guard your privacy zealously.
S10	Knowing those around you, you fear that they will know your weakness, fears and doubts.
S11	So you shut off, you find that you do not fit but it hurts all the same
S12	There is no need to for such intensity
S13	Try not to judge and you won't feel so burdened.
S14	Do not be afraid to reach out to those whom you feel are worth your friendship.
S15	You will feel a lot happier when you find soul mates or good pals to share your life with.
S16	Give without expectations, share without asking
S17	True friends are those who will understand and give back without being asked.

Appendix G: 28 March 2010: You can't have It All

Problem Text

P1	I am 48 living in Kuala Lumpur and married with two children—who introduced me to a free gaming website in June 2008.
P2	I got hooked instantly; it's a relaxing and fun way to pass time in between my commitments as a housewife.
P3	I made a lot of friends of different nationalities and exchanged contact information with a few of them, mostly males.
P4	I knew these men just wanted to have a fling with me, or are looking for a potential girlfriend.
P5	But one guy stood out.
P6	X is 30, single and from Singapore.
P7	Even after I revealed my age and marital status, he continued to chat and play games with me online
P8	Then we exchanged phone numbers.
P9	After a few calls, X expressed his desire to be my lover.
P10	He said he wouldn't mind being my "mistress" and hoped to "present" his virginity to me

- P11 He understood that I love my family and will not leave them.
- P12 We agreed to keep our relationship a secret
- P13 X called almost daily and we chatted about everything.
- P14 Unlike other men I've contacted over the phone before, he's not just concerned about meeting me for sex, but wanted to know about my health and feelings.
- P15 I began sharing my past and everything that he asked
- P16 His phone bill came up to almost S\$3000 (RM6,900) monthly, but never cut down on the frequency of his calls.
- P17 We finally met face to face after four months of only speaking on the phone or chatting online, and he held my hand almost instantly
- P18 After passionate love-making, he doesn't turn his back on me like my husband does or former boyfriends did.
- P19 We've managed to meet a few more times and he is more loving each time
- P20 He sent me cards on special occasions, bought me medicine, gave me presents and nice things to eat, and money to pamper myself with
- P21 X really made me feel special, something I've never experienced in my life before.
- P22 When I just got to know X, my hubby was working in Penang and would only come back on weekends
- P23 He is hot-tempered, unromantic and self-centred
- P24 His only good point is his commitment to bringing home the bacon.
- P25 He says it's my responsibility to raise our children and do the housework, and that I should never talk back to him
- P26 For the past 20-odd years, I devoted myself to his requests
- P27 I gave him sex, made his meals and showed him affection.
- P28 Last year my husband resigned from a good position and was jobless for five months
- P29 Somehow, we managed to get by and I never thought of leaving him
- P30 He withdrew all his EPF money early and used it up to set a business
- P31 I've never received a single cent from him for myself and I don't have much savings.
- P32 Whenever I ask him for money, he gives all sort of excuses
- P33 He asks me to help out in his shop, but I'm not paid and I don't get any days off.
- P34 I've sacrificed so much for the family, but all I get in return are endless complaints that I am not a good wife and mother.
- P35 I feel unappreciated and worried about our future—what if his business doesn't pick up soon?
- P36 X listens to my problems and has offered solutions
- P37 He says I should divorce my husband and marry him
- P38 X doesn't mind our age gap.
- P39 But I'm afraid of the uncertainties; if we marry, how will people judge us?
- P40 Honestly, I have no more love for my husband; X is the only one I love now
- P41 But I cannot let go of my children and I don't wish the family to break apart because of my selfishness
- P42 Am I undeserving of better treatment from my husband?
- P43 X is still devoted to me after one-and-a-half years.
- P44 When I told him to find a single lady to marry, he got angry and said he would rather die than do that as he wants only me as his wife.
- P45 Many women would love to marry X
- P46 I have nothing to offer him and I can't help but wonder why is he so attached to me despite the many eligible and younger ladies around him.
- P47 And I am afraid of losing X; he's a really good man who knows how to treat me well
- P48 I am bound by my duties as a wife and mother
- P49 What should/ can I do to make my husband treat me better?
- P50 How can I be fairer to X while keeping my family intact?
- P51 Is there any way to make everyone happy?

Helpless me

Advice Text

- S1 How can you hope to make everyone happy when you are not?
- S2 You feel trapped in a miserable marriage but are too afraid to consider divorce
- S3 You fear losing the kids, but the idea of marrying your lover tugs at your heartstrings.
- S4 Picking out the worst points about your husband will not make you feel better
- S5 You feel pressured by guilt and shame to hang on to your marriage although you continue to justify your affair
- S6 Surely you would be a happier wife if your husband treated you better?
- S7 And if you had a good marriage, you would not be tempted to have an affair, right?

S8 Yet you do not really want to lose X because he makes you feel loved, cherished and pampered
 S9 Perhaps if he were not so much younger, you would consider running off with him?
 S10 You are in an unenviable position, but unfortunately you cannot have it all
 S11 Keeping X in your life will eventually complicate matters should the affair be exposed.
 S12 You are fully aware that you that you stand to lose almost all that you have now—children, husband and esteem
 S13 Deep in your heart and mind, you probably worry whether X will really marry you
 S14 An 18-year old age gap may be acceptable to him now but will he see you with different eyes as you grow older?
 S15 Instead of getting deeper into the dilemma, think of your marriage and your affair separately.
 S16 Will you divorce your husband if you did not have a lover?
 S17 Although he is hot-tempered and unromantic, he has always been a responsible husband and father.
 S18 His expectations of you as wife and mother are traditional and not unreasonable.
 S19 Perhaps he fails as a husband only because he has always been too busy trying to eke out a living and never has time for you.
 S20 He does not know how to show love or tenderness—perhaps because it is not his nature to do so.
 S21 But in his heart, he probably loves and cares for you.
 S22 You are a lonely wife, who feels emotionally neglected and unappreciated.
 S23 When your husband was away, you were tasked with duties and responsibilities.
 S24 Now that he is back, you feel used, like unpaid labour.
 S25 There is no joy between husband and wife because your man expects you to be subservient, obedient and dutiful.
 S26 In his mind, a wife should be understanding and quietly supportive while you would like him to talk to you, show that he loves and cares about you.
 S27 It is not the perfect marriage.
 S28 The affair is exciting and flattering
 S29 Finally you have found someone who seems truly care about you
 S30 Sex is wonderful because you do not feel used and abused
 S31 And you cannot help but compare because while your husband is taciturn and distant, your lover is sweet, tender and thoughtful.
 S32 He is always sensitive to your needs, thinks of you and wants to marry only you.
 S33 Throwing away the old life may not promise a huge change as relationship always settle into routine or complacency.
 S34 If you want to do it for yourself, do so.
 S35 But do not regret or blame anyone should you feel disappointed
 There are women who are happier when they have love.
 S36 Some would rather have their children to warm their hearts.
 S37 It's your choice, your decision.

Appendix H: 11 April 2010: Sharing the Good and Bad

Problem Text

P1 For some months now, I've been worried about our financial situation before and after marriage.
 P2 But every time I mentioned this to my boyfriend, we end up arguing.
 P3 He believes in the "law of attraction" highlighted in *The Secret*—we must think positively and live life better.
 P4 He believes that with positive thinking, everything will be solved.
 P5 I agree to a certain extent
 P6 But thoughts like "How am I going to live with this amount of money?" or "How am I going to cope with so many things?" creep into my mind.
 P7 I then tell my boyfriend, hoping he will understand my worries.
 P8 But he tells me off every time
 P9 Now, I feel afraid to share any negative thoughts with him.
 P10 This is not the right thing to do especially as we are getting married soon.
 P11 Is he being too optimistic or am I being too pessimistic?

Gene

Advice Text

- | | |
|-----|-------------------------------------------------------------------------------------------------------------------------------------------------------------|
| S1 | You're a woman, and will tend to be more pragmatic. |
| S2 | Your guy is a happy optimist who will never going to see a half-empty cup. |
| S3 | However, if you are going to marry him, the financial problem should not be swept away under optimism. |
| S4 | Marriages often fail because couples fight over money. |
| S5 | Love is wonderful but when the stomach is hungry and you feel deprived, there will be a lot of anger and resentment. |
| S6 | It's fine to have a positive outlook. |
| S7 | But the two of you must start to plan for your future. |
| S8 | If he does not want to harp on issues, then ask him for solutions. |
| S9 | He should not be simply idealistic because reality will hit. |
| S10 | There is nothing wrong with working out your joint finances and discussing savings as you will want to buy a house, have children and a happy secure future |
| S11 | Do not feel that you need to avoid the problems to keep up with his positive outlook |
| S12 | How do you share a life together if you are constantly fearful about your future, while he refuses to talk or communicate? |
| S13 | Remind him that marriage is partnership. |

Appendix I: 18 April 2010: Find Out the Truth

Problem Text

- | | |
|-----|------------------------------------------------------------------------------------------------------------------------------------------|
| P1 | I am in my late 40s and have been married for almost 20 years |
| P2 | I was married once during my teens and have a child from my first marriage |
| P3 | My husband had an affair about seven years ago and had a child with that woman |
| P4 | The affair was traumatising for me because I never thought that he would ever cheat on me |
| P5 | We had a good marriage until we started trying to have a baby |
| P6 | I had two miscarriages which were really stressful; that was the time he had the affair |
| P7 | We managed to work things out and I forgave him. |
| P8 | He goes drinking two to three times a week and meets a lot of people, especially women. |
| P9 | Even though I am unhappy about his frequent outings, there's not much I can do about it since I still love him despite his shortcomings. |
| P10 | He drinks heavily whenever he goes out. |
| P11 | Recently I suspected that he might be having an affair again based on his behaviour and some tell-tale signs. |
| P12 | He has been very cold towards me in the past few months but I have kept mum. |
| P13 | Last month, he lied to me about attending some workshop out of town but instead spent the weekend with his lover. |
| P14 | I was shocked when I found out but didn't even confront him. |
| P15 | I am not sure if it was just a fling or a long-term affair |
| P16 | It was heart breaking but I continued living as if nothing happened |
| P17 | Emotionally however I was in turmoil and had nightmares. |
| P18 | Shortly after that weekend he started being nice to me again and I suspected that things might not have been worked out with his lover. |
| P19 | It has been over a month now and he is his old self again and treats me almost as well as he did before. |
| P20 | I am facing a dilemma; should I let him know I know about his cheating? |
| P21 | I am disappointed and heartbroken but am willing to forgive him again. |
| P22 | But I have to know that his affair is completely over. |
| P23 | Should I continue to pretend to be stupid or have a talk with him? |
| P24 | I cannot share him and will ask him to decide who he wants to be with. |
| P25 | Should I give him another chance or just leave him? |

Help

Advice Text

S1	If you do not find out the truth, you will always be suspiciously looking for tell-tale's signs of your husband's infidelities.
S2	You do not really want to leave your man.
S3	But keeping quiet and pretending that the problems are not there will only deepen your grief and pain
S4	A marriage fraught with distrust and anger will spell doom eventually.
S5	You will never have peace of mind every time your man walks out the front door.
S6	Every call he makes, every whisper into the phone will provoke the feeling that he is cheating on you.
S7	How can you live like this?
S8	If you do not want to leave him, you must talk to him.
S9	While you could not accuse him without proof, you should tell him about the pain you suffered when he was cold and uncaring towards you.
S10	Ask him for reasons; tell him how much you love him.
S11	Do not be too proud to let him know that you want to save this marriage.
S12	However, you must also have the courage to tell him that you will walk away from your marriage if he ever cheats on you again.
S13	Give him the chance you so badly want to give.
S14	But let him know that your love should not be hurt time and again by his lying, cheating ways.

Appendix J: 30 March 2010: She's Lost that Loving Feeling

Problem Text

P1	I am in my late 50s, my wife is retired and I would like to be, too.
P2	Our daughter is married and the two younger boys are studying.
P3	Life was quite normal for us until recently, when I got involved in a business that wiped out all my money.
P4	My skeleton in the cupboard is this woman I've been with from before I was married
P5	I have cared for her as much as I could
P6	She has retired for some time now and is living quite comfortably on her EPF savings
P7	Some years ago, I contributed towards her buying a house.
P8	A few months back, I borrowed some money from her.
P9	Recently, I asked for another smaller sum as I was broke.
P10	I told her that I was going to dispose of one of my houses and pay her back soon.
P11	What happened broke my heart.
P12	She said some unkind, very hurtful stuff; it felt like she had stabbed a knife into my guts and was twisting and turning it
P13	I'd expected that she would be uncomfortable with my second request, but I never expected that she would treat me like dirt.
P14	We have stopped being intimate for some time now and she is hardly loving anymore.
P15	Has she grown out of her feelings for me?
P16	Is she just using me to run her errands?
P17	My immediate thoughts are that she does not care for me anymore
P18	If so should I leave her although she has sacrificed her life for me?

Deeply hurt

Advice Text

S1	Do you blame this woman for trying to protect what she has left for her old age?
S2	She is only your mistress, a secret without security should anything happen to you.
S3	However she would know best if she has been using you for her own end all these years.
S4	If love has waned and passion cooled because you have lost all your money, then you should not have any qualms about leaving her.
S5	But she did loan you the sum of money when you first asked.
S6	Do you expect her to keep on giving you money without worrying if you are using her, just as you suspect her of doing the same?
S7	Be reasonable and stop thinking only of yourself
S8	If you are going through a bad patch in your business venture, do not look for someone to blame.
S9	Do you feel like sex and intimacy in your current frame of mind?
S10	A woman is sensitive and responsive to moods.
S11	If you are constantly depressed and harassed, she will not try to corner you for a romp in bed
S12	Besides, libido dropped with stress and age.
S13	Perhaps you have come to the last crossroad in your life.
S14	You are still married.
S15	The children are grown up and soon, you may be a grandfather
S16	Do you still want a skeleton in your closet, or are you looking for a way out now?

Appendix K: 6 June 2010: Wife is Discontented

Problem Text

P1	I am a 31-year-old man with a five-year-old child.
P2	My wife and I have been married for seven years but have been together for 13
P3	Every time we argue even over a small matter, she moves back to her parents' house and asks for a divorce.
P4	The problem started when we moved into our own apartment
P5	I had to change my job a few years ago and my salary was lower than hers
P6	This raised a problem with my housing loan and she suggested we moved back to our respective parents' homes
P7	When I missed an instalment, she left
P8	I tried to contact her and her family but they refused to talk.
P9	Later, my wife and I made an agreement: move to my parents' home and lease out the apartment.
P10	But when she moved back with me, her father was angry.
P11	That was one-and-a-half years ago.
P12	Recently, problems started again.
P13	After an argument, she said she could no longer live with my parents
P14	She is angry because we have our own home but cannot live in it and once again, has moved in with her parents.
P15	She is looking for a divorce lawyer.
P16	Is our marriage so fragile?
P17	Why is she so cruel?
P18	What can I do to save our marriage when she won't communicate with me?

Sad husband

Advice Text

- | | |
|-----|----------------------------------------------------------------------------------------------------------------------------------------------------------|
| S1 | Your wife seems unhappy and discontented |
| S2 | The many quarrels and threats of divorce are not good for the marriage and your child |
| S3 | Unfortunately, many relationships face problems due to financial pressure. |
| S4 | Your wife should not keep moving back to her parents' home when the going gets tough, especially when she knows that you are going through a rough patch |
| S5 | You are trying your best to make enough for the family. |
| S6 | She should show love and support instead of running home with complaints and issues |
| S7 | Talk to your wife |
| S8 | If she is adamant about divorce, perhaps it's time you call her bluff |
| S9 | Tell her how you really feel. |
| S10 | Perhaps she thinks she can do as she wishes since you are always so gentle and agreeable |
| S11 | Her family could be a partial cause of her behaviour |
| S12 | If her father encourages her to leave, then you are in a weak position |
| S13 | Stand firm and fight for your loved ones |
| S14 | You are not old and still have many opportunities in life. |
| S15 | Do not allow anyone to belittle you and your abilities |
| S16 | Your wife must decide if she loves you enough to stay |
| S17 | There is your child to consider |
| S18 | Regardless of how poor you are, a home filled with love and laughter is wealth to a child. |

Appendix L: 6 June 2010: Boyfriend a Playboy

Problem Text

- P1 All I have every wanted in my life is to be loved sincerely
P2 Is that wrong for me to ask?
P3 I am divorced and has been in a relationship with this man for the past four years
P4 Neither of us are interested in marriage, but we are loyal to each other.
P5 We talk to each other everyday and meet once or twice a week
P6 He is a good man with one bad habit: he is a real charmer
P7 He makes friends easily with girls and within a few meetings/ conversations they will exchange phone numbers and start keeping in touch with each other.
P8 Some of them have fallen in love with him and want to marry him but he always refuses, saying they are just friends.
P9 He lives with his mother and his divorced sister who has three young children, and has even taken some of these girls home to meet them.
P10 He sometimes talks with these girls over the phone or texts them, even at night and he speaks in an endearing manner.
P11 He has also invited some of these girls to family functions to which I am not invited and when I asked him about it he says it's because I will get upset and pull a long face
P12 He has taken photos with some of these girls in a close embrace.
P13 What I have done has been out of love, but I must mention that I have helped him financially and with his business, cooked for him and even fed him with my own hands.
P14 He is hot-tempered and when he is upset with his family, he has taken it out on me
P15 I baby him as a mother would a child.
P16 Is this not what every man wants?
P17 I have tolerated so many things, even abusive words and physical abuse twice.
P18 All I ask in return is his sincere love
P19 I don't like this whole business with other women but he says he is doing nothing wrong as he is nit sleeping with them.
P20 I don't know what kind of thrill this gives him
P21 Even though these relationships don't last very long, it still hurts me so much
P22 Every time we argue, he will walk off and stay away for days/ weeks
P23 I thought he would change as he grows older, but no.
P24 I told him to stop what he is doing as I can't take it anymore
P25 He got angry and said that since I am so frustrated with him, it's best I keep away for good
P26 We have such a beautiful and meaningful relationship, better than even some married people's, and yet it's not fulfilling for him.
P27 Is something wrong with me?
P28 Do I expect too much?
P29 Am I being selfish?
P30 He said that we are not committed to each other.
P31 Obviously, he wants his cake and to eat it too
P32 Should I just let him do whatever he wants as long as he is there for me and is not sleeping around?
P33 I don't know if we will ever get back together again as he is not answering my messages.

Confused and sad

Advice Text

- S1 You haven't done anything wrong so why do you accept physical, verbal and emotional abuse from a man who does not respect you?
- S2 There is no justification for your man's behaviour
- S3 Playing up to the women in your presence is adding insult to injury
- S4 He has been using your body, and your love for his own selfish pleasure.
- S5 When it suits him, he is charming and sweet
- S6 But you are not allowed to question his bad boy tantrums
- S7 You are not his lover but a victim of his whim and fancies
- S8 You are so mentally conditioned that you actually believe that you are at fault for his bullying playboy ways.
- S9 Wake up.
- S10 You are a divorcee who must have suffered a bad marriage.
- S11 So why do you have to compromise your self-esteem and self-respect for another horrible relationship?
- S12 Do not be so desperate to have a man in your life
- S13 This relationship is all about him because you allow it
- S14 As a woman, you probably felt a failure after your divorce.
- S15 So you tell yourself it's all your fault, you will do better the next time around.
- S16 He will never change for you
- S17 If you do not walk away now, you will always be a willing victim to a mean, selfish and callous jerk.

Appendix M: 13 June 2010: The Other Woman

Problem Text

- P1 I am with Help, who wrote the letter titled Sour old lady (Your say, vestibule, StarMag, April 25)
- P2 Until my mother-in-law died, I was in the same predicament.
- P3 I went through a very bad arranged marriage and divorced my husband after my mother-in-law's death.
- P4 All the pain and suffering I went through has made me more considerate.
- P5 I am now living with my only son, his wife (a housewife) and a two-year-old grandson.
- P6 I work as a clerk in private company.
- P7 My daughter-in-law is 22, wicked (and I mean wicked), devious and lazy.
- P8 As a mother-in-law, I have been considerate I do not interfere in their affairs and encourage them to go out and spend time together when my son gets off during the weekends, while I look after my grandson.
- P9 Just so she would be able to spend more quality time with her son, I always cook and complete all the housework before leaving for work.
- P10 For five years, I did this and put up with her nonsense, but she has yet to change.
- P11 Immaturity?
- P12 Could an immature person be as devious?
- P13 Her family's bad influence does not help either.
- P14 My son does not earn much so my three other children (who are working) and I help him out financially whenever the need arises.
- P15 He gets absolutely nothing from her family, except for their interference in our family affairs and their attempts to cause a rift between all of us.
- P16 Basically, I am a very loving, understanding and caring woman.
- P17 Are all these qualities worth having in my predicament?
- P18 God is my only witness, but there has never been a day in the five years that I had hurt or said mean things about my daughter-in-law.
- P19 I cannot bear to see my son caught between his nasty wife and me.
- P20 He is still a good son to me.
- P21 What do you do in such a situation?
- P22 How many others out there are in the same boat as I am?
- P23 Can anyone give me a solution to this issue?

Advice Text

S1	You are a wonderful person who has suffered much in life.
S2	You have learnt to be considerate and sensitive to the needs of others because you love and care about your family.
S3	You are trying very hard to be a good mother-in-law (MIL) but, unfortunately, your son's wife does not understand.
S4	Yours will always be the age-old tale between the in-laws.
S5	While you have your woes, your daughter-in-law (DIL) has her grouses.
S6	Your son is caught between the two women he loves.
S7	So what choice does he have?
S8	He cannot ask his mother to move out as he is gentle and filial.
S9	He also cannot divorce his young wife, who is also mother of his child.
S10	If your daughter-in-law simply does not want you around, there can be no compromise.
S11	You will have to decide if you can live with another of your children or have a place of your own.
S12	Sometimes, we take our old folks too much for granted.
S13	While you have always been helpful and mindful, the DIL does not appreciate your efforts because you are the presence of inconvenience.
S14	Young people like to have their own space and time together without having to constantly worry about offending the MIL.
S15	Perhaps you should move out so that they will realise how much you have been contributing to make their lives so comfortable.
S16	Let them feel your absence in terms of help and financial assistance.
S17	It's also about time that they learn to take care of themselves without the invisible hand that's been doling out goodwill and care without condition or expectation.
S18	Let the wicked wife do the housework, care for the child 24/7.
S19	When she has no extra cash to spend, she will be aware of how kind and generous you have been.
S20	Perhaps her family should help out now since they have always been the factor in causing the rift.
S21	Do not hurt too much.
S22	Allow your son to be the man in his household.
S23	He will learn to manage wife and finances when necessary.
S24	DIL will have to learn to be a better wife and mother, too.
S25	We have all walked this path after marriage.
S26	Trials and tribulation ... we cannot spare them the worse.
S27	They need to be more responsible and careful people for they are now parents.
S28	Let them make the mistakes so they can learn.
S29	You have done your best so have a deserved rest and enjoy life with your hard-earned money.

Appendix N: 13 June 2010: Leave the Sham behind

Problem Text

P1	I am 33, married to a businessman and have two children.
P2	The problems started two years ago when my husband had an affair.
P3	He brought her back to our house and asked me to accept her into the family.
P4	He threatened to divorce me if I did not accept her.
P5	But I did not succumb to his unreasonable demands.
P6	In the end the girl left him and we carried on with our marriage.
P7	We have drifted apart, but for the sake of my kids, I still stay on.
P8	A part of me wishes he will change, but he does not seem to appreciate whatever I have done for him.
P9	Now we seldom talk to each other.
P10	Recently, I found out that he has been contacting my ex-female worker via intimate SMS-es.
P11	<i>I want to confront him but I'm afraid he will threaten to end our marriage.</i>
P12	I am not afraid to leave him, but my children are still very small.
P13	I do not want them to grow up in a broken family.
P14	Two years ago I tried to commit suicide twice.
P15	I don't know why I don't have the courage to end this miserable marriage.

Marital Problems

Advice Text

S1	How happy can your children be right now?
S2	Their father had an affair and brought his mistress home.
S3	Their parents do not talk to each other.
S4	Their mother had tried to commit suicide.
S5	This is the family that you are struggling so hard to keep for your kids?
S6	Do you actually believe they do not know what is going on?
S7	Growing up in an environment that's fraught with anger and misery will do them more harm than good.
S8	There is no love or warmth in your house.
S9	The kids will learn how to survive but not values that will help them to have a bright, cheerful future.
S10	Their father is deceitful.
S11	Their mother is depressed and bitter.
S12	Your children will feel sorry for you but they will never learn strength of character from someone who is weak and submissive.
S13	You are afraid.
S14	You fear kicking your man out because then you will truly be alone.
S15	Sure, you want a father for your children but you also do not want to lose you husband.
S16	Divorce is for failures, for women who cannot please their man.
S17	You have tried hard to win him back but he always turned his back on you.
S18	So you believe that perhaps it's all your fault that he cannot love you?
S19	He will never change.
S20	Accept that he had stopped loving you.
S21	It is painful; it is huge blow to your pride and esteem.
S22	But you will live, and live better if you have the will, courage and determination to beat the odds.
S23	Get a divorce.
S24	Do this for your children, for yourself.
S25	Fill your home with joy, laughter and hope so that your children do not grow up repressed and suppressed.
S26	Fight for them and for yourself.
S27	You deserve better than a man who does not know love.

Appendix O: 20 June 2010: Parents object to Inter-racial Love

Problem Text

P1	My girlfriend and I are in our late twenties.
P2	We were best friends before we decided to get into a relationship.
P3	We have been in love for two years and it's still going strong.
P4	We enjoy doing the simplest things together, like chores and shopping.
P5	We are very open with each other and we talk about anything under the sun.
P6	We also talk about finance and careers.
P7	When it comes to marriage we both wish that some day we can be married, but the problem is our parents.
P8	Both our parents object, especially hers.
P9	The only reason is that they think it will be hard for two people of different races to be together.
P10	My girlfriend's parents were very aggressive on this issue and even disallowed us from meeting or contacting each other.
P11	It was hard for us but our love didn't waver.
P12	At times we think of giving up because age is catching up and it would not be fair to hold her back.
P13	What if we never got married?
P14	Maybe it would be better for her to find someone else, and for me to settle down with someone else, too.
P15	We have talked about it many times, but it is very hard for us to break up just because our parents.
P16	I love her very much and really wish we can be together.
P17	What can I do?

Objection

Advice Text

S1	You are two young people growing up in a multi-racial, multi-religious country where mixed marriages are no longer scandalous or taboo.
S2	This is One Malaysia lah.
S3	If you really love each other, why play marriage martyr?
S4	That you should even consider asking her to find someone else reflects your lack of depth and commitment.
S5	Where is your fighting spirit and courage?
S6	Are you simply going to give in to parental objections, knowing that they were wrong?
S7	Are we all living under false social ideals, where the reality is that race, colour and creed still affect our present and future?
S8	You are both adults, working and financially independent.
S9	What can your parents do if you are insistent and persistent?
S10	You should love and respect your parents, but there will be times when your values, thoughts and aspirations matter.
S11	Parents are not always right even though they want the best for their children.
S12	When they still choose to be bigoted and stubborn, then the next generation will have to show them that true love is more important than superficial skin tones and beliefs.
S13	If you love her, fight for the right to choose your, and your children's future.
S14	It's her choice too, of course.
S15	But should we all succumb to the wrong pressure today, what will happen in the generations to come?
S16	Do we continue to kill and terrorise each other in the name of race and religion?

Appendix P: 16 June 2010: Growing up of Young Love

Problem Text

P1	I am a 20-year-old Indian guy who fell in love with an Indian girl, R.
P2	We started our relationship in 2005, when we were in form 3.
P3	But it ended a year later
P4	Then we started again in lower 6
P5	We were in the same school
P6	We shared a lot of intimate moments
P7	We kissed, we hugged
P8	We almost made love
P9	We used to SMS all day, all night
P10	R gets angry easily, is stubborn and has some ego issues
P11	However, she did promise to change her behaviour
P12	But recently, R, has been treating me badly.
P13	She said that she has no interest in me anymore.
P14	After what we went through, is this what I get in return?
P15	She promised me many things
P16	She said she would take good care of me, appreciate me and not disappoint me.
P17	But all of the promises seemed to be merely words
P18	When R left me in 2005, I had no hard feelings
P19	I accepted her the way she is
P20	She had guys going after her but she chose me
P21	Now I am "garbage" to her.
P22	She also gave that reason that her parents do not like me because a third person said something not-so-nice to them.
P23	She is very scared of her dad
P24	Therefore, since leaving school last year, we have never gone on a date.
P25	I chose the course she likes.
P26	I changed everything about me for her.
P27	R said that once we get into university, she will not go out with me on a date because she is scared her dad will find out
P28	I never objected to that as I understood her problem.
P29	What should I do?
P30	I love her so much and I do not know whether she is doing this because of her thinking or because she does not love me anymore.

Advice Text

S1	You will have to accept that we do change as we grow up.
S2	Your young girlfriend of 15 would be very different as an adult as she evolves in changing environments, meet new contacts and experience relationships outside the first young love she shared with you.
S3	Do not despair and think that it is the end of the world
S4	You are extremely emotional at this point because you are hoping that she will come back to you as before.
S5	You would like someone to reassure you that she still cares about you.
S6	Sadly, it does not appear that she will change her mind this time around.
S7	She had told you point blank that she wanted to end the relationship because she did not have any more feelings for you.
S8	You will find out painfully that love can hurt.
S9	While you believed her when she promised you all those wonderful things, the truth was the final death knell for the relationship.
S10	Accept it, move on.
S11	Forget this girl and do not hate her.
S12	Appreciate her courage, her seeming cruelty as she spared you lies.
S13	At least, she did not betray your love secretly with other men.
S14	You do not want to go through life with regrets and false hopes
S15	Harping on the past and wallowing on self-pity will not help you be a better man.
S16	Be magnanimous in love, wish her well.
S17	Be friends if you cannot be lovers
S18	Love has its many facets and allure
S19	You too will be able to find your own happiness if your heart and mind are ready for another woman, a sweeter love.

Appendix Q: 27 June 2010: Caught in Family Mess

Problem Text

P1	I used to live with my mother in our hometown.
P2	But after my father died, I moved to Kuala Lumpur and stayed with my married sister, A.
P3	She helped me look for a job as a kindergarten teacher and I was happy.
P4	But a new management took over and all the staff had to resign.
P5	I was determined to find another job and remain in KL.
P6	But because of transport and personal problems, I couldn't, so I gave tuition instead.
P7	I was thankful to A for giving me food and shelter.
P8	During my two years at her house, we never quarrelled.
P9	Then my brother and sister-in-law, who live near A, asked my mother to move to KL.
P10	They have a son and a daughter in college.
P11	Our house in our hometown was then put up for sale.
P12	Trouble started when someone wanted to check out the house.
P13	My brother and mother made plans to drive to our hometown to meet him.
P14	Mum asked my nephew to tag along, without realising he had an exam coming up.
P15	My sister-in-law shouted, "Cannot, he got exams!"
P16	My temperamental brother then lashed out at his wife for misbehaving.
P17	My sister-in-law hit back at my mother.
P18	She said she'd enough trouble with my family and accused my mum of complaining to my brother.
P19	Mum tried to explain but was told to "shut up".
P20	Sis-in-law then poisoned her children's mind against mum—they kept away from her whenever they could.
P21	When my brother is around, mum is treated well, but when he's not, she is neglected.
P22	Mum began to visit my sister more frequently and would complain about things in my brother's house.
P23	Initially, A tolerated those complaints.
P24	But one day, she lost her patience and decided to act.
P25	As she did not want to hurt mum's feelings, she used me as a "bait": she told me I was a problem and that I should leave together with mum.
P26	When mum heard that, she decided to follow me back to our hometown.
P27	I have another sister, C, who had asked me to keep looking for a job and not wait for something to happen.
P28	But I trusted A and thought she would never betray me.
P29	When I couldn't find work in my hometown, mum decided to live with my brother again.
P30	He agreed to both of us moving in.
P31	I got a job as a tuition teacher and was determined to work hard and be successful in KL again.
P32	But my sister-in-law wasn't happy.
P33	When mum called my brother and told him that his wife said I could not stay with them, he lost his temper, as usual, and said we were putting the blame on his wife.
P34	He told me to get out of the house at once, so mum and I left at once.
P35	We're back in our hometown.
P36	The saddest part is that we had to leave valuable things behind in my brother's house.
P37	Mum had named him as the sole benefactor of my father's property and money.
P38	Today, all my family members are against me; they think I'm the cause of all the trouble in KL because I suddenly moved out of A's house.
P39	They all want me to look after mum, but what about my future?
P40	I'm jobless and depressed because I know I'm innocent.
P41	Mum has even asked me never to tell my hot-tempered brother the truth about what happened.
P42	I hope my name will be cleared in this mess

Advice Text

S1	When everyone is angry and upset, stay away.
S2	Allow them to cool down before you add more heat to the situation.
S3	Frankly, you should stop considering moving back with your siblings.
S4	They all have families of their own and issues will always crop up when there are too many in a household.
S5	Mother-in-law, daughter-in-law and sister-in-law have always been problems around each other.
S6	If you and your mother truly prefer to live in KL, then think about selling up and getting a place of your own.
S7	Do not even try to explain to your hot-tempered brother, or blame your sister for asking you and your mother to move out.
S8	She has been very patient but when bickering started, she was very wise in putting a stop to it.
S9	Appreciate all that A had done for you instead of picking on the recent events.
S10	It is probably very tough on her, having to put up with you and your mother, and being torn between siblings.
S11	Be considerate and they will be less uptight about having you and your mother around.
S12	Find a job, and keep yourself busy and motivated.
S13	Do not expect others to take care of your problems.
S14	Everyone needs to care for their loved ones and your sister-in-law will have to place their own family before you.
S15	Your brother is not a bad sort as he did allow your mother to stay with him until the quarrels started.
S16	Take a step back and look at the situation from their perspective, too.
S17	Sometimes, it is very tough trying to please everyone.
S18	Perhaps you could discuss your mother and your siblings so that one of them could care for her until you get a job and are financially stable.
S19	Take charge of your own life.
S20	You will be happiest then because you will be doing it all on your own, for yourself.

Appendix R: 27 June 2010: Friend turned Foe

Problem Text

P1 I'm a 30-year-old female senior executive and I met my girlfriend eight months ago.

P2 We hung out all the time and shared many secrets, like best friends.

P3 I trusted her and was always helping her – I would take her to the bus station, out to dinner and the mall, or the clinic when she was sick.

P4 Recently, I decided to rent a new place and she asked to move in as she works near my office.

P5 We found a house and she was excited that we could stay together.

P6 Soon after we moved in, one of her friends lent her a car and I began to notice a change in her.

P7 Whenever I asked her out, she would say she was busy or going somewhere.

P8 Sometimes she would agree to go out, then she say she had “forgotten”.

P9 After work I would eat at home by myself and she would come back late.

P10 I felt I was being taken for granted, so I spoke less to her.

P11 She noticed and asked if I was angry with her for not spending time together.

P12 I asked why she had changed, and if she was avoiding me.

P13 Suddenly she started crying and said I was too negative about her.

P14 She then packed and went to stay at her friend's apartment.

P15 Later she sent me a text message to say how she was disappointed with me for saying she had changed, and how much she cared for me.

P16 She said she was always not home because she was busy with work.

P17 I sent back a message to say I only said what I had noticed and felt.

P18 Then she replied saying I was over-sensitive, negative, emotional, and she was not surprised that people like me were always alone, with no friends.

P19 I agree I'm the sensitive type, but it's sad that the one I cared so much for could insult me for my weaknesses.

P20 We exchanged some messages before I told her I didn't mean to fight.

P21 But she kept insisting she didn't want to stay in the house anymore.

P22 We were silent for two weeks, then I texted her to apologise and asked her to come back.

P23 She said she was sorry, too, but needed two more weeks to cool down.

P24 Two weeks later, she texted to ask how I was, but I didn't reply because my phone had no credit.

P25 The next day she texted to say if I didn't like her anymore, so be it.

P26 I was shocked and upset.

P27 I called her and we fought over the phone.

P28 I then texted her to say I could not accept her as my housemate anymore.

P29 She called and screamed that she would hate me for the rest of her life.

P30 Later that day, her friend came and took away her things.

P31 It has been month since and I've been staying alone at the house.

P32 I feel guilty for chasing her out, and worry about what people may think.

P33 But I'm angry with her for taking me for granted, after all that I've done for her.

P34 I still think of the good times we shared.

P35 I did text her to say I'm confused and disappointed that our friendship has ended this way. She never replied.

P36 I don't want to urge her to come back after the way she treated me.

P37 I'm not mean but this is the first time I'm sticking up for myself.

P38 I have always been a people-pleaser.

P39 Things might not be the same again between us.

P40 Did I over-react in the first place by telling her how I felt?

P41 Did I do the right thing by asking her to move out?

P42 What do I do now?

Confused friend

Advice Text

S1	Take a break from each other.
S2	Cool off and, hopefully, you can patch things up in time.
S3	Forget guilt and stop worrying about what others may think.
S4	It's a cat fight between two women and it's forgivable, so sleep on it.
S5	It all started out with high expectations as you truly believed that this woman was your perfect BFF.
S6	You gave more than she asked but you got upset when she seemed to take you for granted.
S7	You felt betrayed, angry and used.
S8	You felt such a fool for believing that she's the best friend you have ever had.
S9	Do not be so idealistic or be too possessive and intense.
S10	Your friend has a life of her own, whether at work or play.
S11	Sharing an apartment does not mean spending all your available time together.
S12	It should be a carefree arrangement, without obligations or expectations.
S13	A friend is not a companion.
S14	She can be a shoulder to cry on, a confidant when you need sympathy and empathy.
S15	But do not expect her to be there for you at all times.
S16	It's time you explore deeper relationships.
S17	You need more than friendship when you feel lonely and repressed.
S18	Getting so emotional and uptight over this situation could mean you really need someone to share your life with.
S19	Think of marriage, children, and a home of your own.
S20	Having someone to love and being loved could help ease your loneliness and the desperate need for someone closer and dear.
S21	Call your girlfriend or e-mail her when you are emotionally less strung.
S22	Have drinks, relax and have a good laugh over the past.
S23	You are not enemies as you have not done anything to deliberately hurt each other.
S24	Good friends should forgive and forget.
S25	Move on and do not allow this incident to dampen your love for the people you care about.

Appendix S: 4 July 2010: Weighing Options of Two Guys

Problem Text

P1	I'm a college student in my 20s
P2	I started a relationship with K in march and we broke up in May
P3	We had been very happy together and would call or SMS everyday to talk about everything.
P4	We also used to fight but easily made up.
P5	Suddenly there were fewer texts and calls from him.
P6	It felt weird but I loved him and was confident he wouldn't leave me
P7	Then he stopped altogether and wouldn't even reply to my texts.
P8	There had been no fight or misunderstanding so I wondered what I could have done wrong.
P9	He never bothered to explain at all.
P10	In the end, I made up my mind to break up with him and sent him an SMS to say that we should just be happy with our own life.
P11	Recently, M approached me and told me that he loves me a lot.
P12	We are friends and he used to SMS and calls me often although I never replied.
P13	He was really concerned about me.
P14	I told him I had just broken up and didn't want to commit to a relationship again
P15	He said he was willing to wait for me
P16	M is exactly how I want my dream guy to be
P17	But now suddenly K texted me to find out if we could get back together
P18	I called him and told him that I didn't feel the same way about him anymore but I actually miss K.
P19	I'm really confused and don't know whether to accept M's love or to get back with K!
P20	Help me please...

Confused Girl

Advice Text

- | | |
|-----|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| S1 | Why bother with a guy who gave you the flip without a word or explanation? |
| S2 | If K had really cared about you, he would not have hurt you with cold, indifferent silence |
| S3 | However, if you still think that M is not the right guy for you, do not compromise your heart. |
| S4 | Give relationship some time to develop and be fair to the guy. |
| S5 | He has been the sweet understanding bloke who was prepared to wait until you are ready |
| S6 | As long as your heart and mind is still with K, then you should not give M false hopes |
| S7 | Love is not a weighting scale |
| S8 | You cannot really measure if you love more or less |
| S9 | There will always be compromise, fights and arguments. |
| S10 | But if K had loved you, he would not have behaved like the jerk he was. |
| S11 | M seems more sincere and steadfast, a better man on all counts |
| S12 | Take it easy at this point |
| S13 | Enjoy being romanced by M, give him the chance to show you if he too can cause your heart to beat faster. |
| S14 | Sometimes it's the quiet moments you share that are more meaningful than words and promises. |
| S15 | If you can sleep better just knowing that the man will always be there for you, without even hearing his voice at the last note in your ears, then isn't love more tender and secure? |

Appendix T: 11 July 2010: Dirty Old Man

Problem Text

- | | |
|-----|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| P1 | I have been married to a professional for the past 18 years. |
| P2 | He is in his late 50s; I am five years younger |
| P3 | He was divorced early in life and has two children from his previous marriage; we have two daughters together. |
| P4 | All four children now have their own lives. |
| P5 | My husband likes visiting erotic websites and says it is all in fun only. |
| P6 | He has numerous accounts with several social networks and uses Skype (voice over Internet service) a lot. |
| P7 | He says it is all harmless but his conversations over Skype are full of sexual undertones. |
| P8 | We have a healthy sex life and although my husband cannot perform as he did in his younger days, I still tell him how virile he is so as not to hurt his feelings. |
| P9 | Now my son and his wife are about to have their first child and they want me to be with them |
| P10 | This means leaving my husband behind while I spend two months in Canada. |
| P11 | I do not know if I can trust my husband to be faithful or if he will get more serious with the ever-willing Facebook and Skype girls he keeps in touch with. |
| P12 | I have given him the benefits of the doubt and believed him as he does not try to hide the screen if I happen to walk into the room. |
| P13 | However, I do feel that he is being mentally unfaithful to me but he laughs my concerns off as nonsense and says that he loves me. |
| P14 | But is this enough? |
| P15 | Should I trust him and go to Canada, or stay to act as a deterrent? |
| P16 | Or should I just let go and see how far he will go. |

Confused Cameron Highlands

Advice Text

S1	At this point in your lives, do you still feel the need to watch over a man who is less virile and sexually subdued?
S2	If visiting erotic websites is the only way for him to keep his libido and prowess wilt, what is your worry?
S3	Your husband will be a fool if he chooses to betray your love and marriage for sweet young things he has chats online with.
S4	But if a man wants to stray, can a wife ever stops him?
S5	Since you cannot watch him 24/7, you need to either trust him or stay next to him
S6	Forget about visiting your children or having time for yourself.
S7	Your man's online activities will always pose a threat if your main fear is that he will turn his fantasies into reality.
S8	Frankly, your husband is a jerk who believes that his habit is just a joke.
S9	He has little respect for you if he continues to flaunt his dirty websites and enjoy sexual conversations with unsuspecting young girls.
S10	He is a dirty old man grasping at youth because he fears being old and sexually dead.
S11	His behaviour is not worthy of your concern, so if you can live with it, just have a great time with your grandchildren and children
S12	Have a life of your own or you will always be worrying about his activities
S13	If your husband is purely indulgent and harmless, then treat this as bad habit
S14	But warn him that should he betray your love and trust, you will be less forgiving.

Appendix U: 11 July 2010: Cougar on the Prowl

Problem Text

P1	I have been married for more than 10 years.
P2	My husband and I are a loving couple and we have three beautiful kids.
P3	As far as this marriage and family life are concerned, things are moving along smoothly
P4	But I feel "something" for a single, younger colleague of mine
P5	Our acquaintance began a little over a year ago, but there was nothing between us then as I was his immediate superior.
P6	However, this year, we have become more friendly towards each other as I am no longer his boss
P7	To be honest, he really made an impression on me when he first joined the company.
P8	He is unassuming, has a boyish charm, displays a good work ethic and speaks well too.
P9	I thought I would never see him again as he had planned to leave the job last year
P10	Secretly, I am happy that he is still around
P11	As I get to know him better, I realise that we have many things in common
P12	I always enjoy the conversation that we share.
P13	I do not know what I am going through
P14	Why do I think of him all the time?
P15	Why do I yearn to be more than just a colleague to him?
P16	Why do I want to look good when I go to work and why do I find ways to be alone with him?
P17	I get jealous and threatened when he is close with the younger women in the office.
P18	I even have all sort of fantasies about him
P19	I feel like I am turning into Glenn Close's character from the movie Fatal Attraction.
P20	He told me once that his friends (who gave numerological readings) said his aura makes married people feel attracted to him.
P21	And he feels this is not good for him
P22	Is he trying to send me a message?
P23	Then again, why doesn't he make any attempt to avoid me?
P24	Sometimes, I think he is not aware that I am flirting with him.
P25	At other times, I think he too, likes spending time with me.
P26	I cannot read his mind
P27	Is there a possibility that he also feels "something" towards me?
P28	Or is it all in my crazy head and he is just being friendly?
P29	The best part is I talk about him with my husband
P30	Of course, I leave the parts about how I feel about him.
P31	My marriage and my work are not in jeopardy yet because I can still control myself although I feel extremely guilty each time I look at my husband's face.
P32	What is wrong with me and how do I put an end to it?
P33	Believe me, I have tried
P34	But I can't seem stop thinking of him

Advice Text

S1	Your marriage is in jeopardy if you cannot stop thinking and fantasising about another man.
S2	You are flirting with danger and you know it
S3	Do not kid yourself that you are in control
S4	The moment your colleague gives you the slightest hint of encouragement, you will go all the way emotionally and sexually.
S5	You seem a woman in heat and there will be no stopping your passion if you ever have the opportunity.
S6	Talking about this man with your husband is a mental game plan
S7	You are paving the way for a rendezvous, allowing your colleague into your lives slyly
S8	Stop short and challenge your feelings
S9	You are aware of how much you have to lose should you persist with your foolishness
S10	The guy senses your sexual overtures; he is flattered but knows it will be a mistake to have an office affair.
S11	But he is a hot-blooded male who will not be able to resist a sexy, hot and ready woman.
S12	The more you spend time together, the greater the temptation
S13	You love your husband and children
S14	However, you may be bored after 10 years of marriage that has become routine and predictable
S15	Have romance and passion waned in your marriage?
S16	Do you feel physically and emotionally unfulfilled?
S17	If sex has become a chore and conversation dull between you and your husband, then you need to do something to rekindle the excitement and passion
S18	Instead of seeking thrills and sexual gratification with another man, re-ignite your relationship with your husband.
S19	Plan dates with your man, steal kisses and tantalises him with caresses.
S20	Play out your fantasies with him
S21	Surprise him with your lust as no man can resist a woman who finds him sexually appealing
S22	Spend time with him away from the kids so that you do not feel so burdened and pressured by family daily crisis.
S23	Stop flirting with your colleague and avoid him unless you have to work together
S24	Send out a clear message that you are no longer interested.
S25	Be professional and cool
S26	Remember that he has tried to warn you that he is reluctant to be involved with a married woman.
S27	Do not embarrassed yourself as you are his senior at work
S28	You do not need office gossip if you want a sound, unblemished career
S29	You also need to rediscover love, have time to talk and communicate with the man you chose to marry for a life together.
S30	Do not risk love, marriage and family for a moment of weakness.

Appendix V: 18 July 2010: Sister showing Her Selfish Side

Problem Text

- P1 Twenty-two years ago, my sister and eldest brother applied for low-cost houses, but only my sister was successful.
- P2 As my brother was homeless, his name was added to the title.
- P3 My elderly mother was staying with him, and I agreed to pay for everything.
- P4 My brother paid me some “rental” money for a few months.
- P5 Now, two decades later, my mother and brother have passed away.
- P6 His family members have returned the house keys to me as they have their own future to look after.
- P7 My sister, 58, who has not paid a single sen towards the house now wants to claim it for herself.
- P8 I asked for some compensation but she refused.
- P9 I am asking the Legal Aid Bureau to mediate for me (a pensioner).
- P10 Don’t you think my sister is very selfish to claim the house for herself after not contributing anything?
- P11 She should at least return the RM 46000 I paid as the house is worth more (RM 70000).
- P12 Is there any other way I can solve this problem?

Pensioner

Advice Text

- S1 You will have to seek legal advice as the title is in your sister’s name.
- S2 However, if you have proof of payments and your brother’s children can vouch your right to ownership, then perhaps you have some chance of getting monetary compensation.
- S3 Perhaps you could also talk to your sister with other family members.
- S4 Sometimes, it is easier to settle on goodwill than fighting it out in court.
- S5 If you need money for your retirement, then you have more sympathy points with family members.
- S6 If your sister is the one in greater need, then you might not get much help.
- S7 While you have paid for the house with the noble intentions for mother and brother, it is sad and unfortunate that money has reared its ugly head.
- S8 Families can break up because of greed
- S9 Ask yourself if it is worth the heartache and quarrels with your sister.
- S10 If you have a strong case legally, then seek a fair settlement.
- S11 If not, you may simply have to accept that you have done a good deed without returns.

Appendix W: 18 July 2010: Romanticising Love

Problem Text

- P1 I’m a student
- P2 My boyfriend and I have been together for about a year.
- P3 We made love last year
- P4 He was such a loving guy initially but he started to change and now he ignores me.
- P5 I’m truly hurt because I love him with all my heart.
- P6 At times, he is okay with me but sometimes he makes me cry.
- P7 When I asked him why he’s ignoring me, he says he needs to take care of his family.
- P8 He is the only son in his family and has three elder sisters who will be getting married very soon.
- P9 This means he will be responsible for his whole family.
- P10 I understand that but shouldn’t he also spend that time with me?
- P11 We used to talk every night but now we seldom talk and we text only once a week.
- P12 I’m worried that there’s another person between us.
- P13 Whenever I ask him about this, he says he loves me sincerely and his whole family knows about our love.
- P14 I want R to be with me till I die because I love him so much.
- P15 What do I do?

Dying girl

Advice Text

S1	You are still a child who expects love to be sweet, wonderful and perfect.
S2	While you revolve around love, your fellow has to take care of his family.
S3	Do not take this relationship so seriously.
S4	Although you have shared every intimacy, you are also emotionally immature.
S5	You must also learn to read your man.
S6	If he is cool and rarely texts you now, then something is not quite right.
S7	However, check him out.
S8	If he is really bothered by responsibilities at home, then be more understanding of his moods and time.
S9	In the mean time, you need to think of your studies and your future.
S10	Can you afford to throw away your career for this man?
S11	If this relationship can break you into pieces and leave you crying, dying and helpless, then does this mean you will not be able to deal with losing this guy?
S12	Anyone can suffer a failed relationship and heal.
S13	You are young and untried.
S14	Sure, love seems the only thing to live for right now but when you are more in control of your own feelings, you will be able to handle the trials and tribulations better.
S15	Yes, love hurts especially when he is your first.
S16	But if you allow this relationship to make you miserable and depressed, then it's not love at all.

Appendix X: 25 July 2010: What a Cad

Problem Text

P1	I am 35, married for 12 years and have six young children.
P2	We were a happy family until I saw my husband on his mobile every 20 to 30 minutes, and hiding it from me.
P3	I found out that he was having an affair with his recently divorced relative who has three young children.
P4	I went through my husband's phone and got her number but when I called, she didn't answer.
P5	Later I discovered that my husband was paying her phone bills
P6	I asked for the truth and he told me that he couldn't live without her or without me.
P7	I am not the kind of woman who shares her husband.
P8	I love him very much
P9	I have thought about leaving him, but can't for my children's sake.
P10	Please help me.

Heartbroken

Advice Text

S1	As a mother you will always place your children's happiness above your own
S2	So you will continue to suffer your husband's betrayal as you feel you do not have a better option.
S3	Your man will not feel the pain when his heart and body is with his other woman.
S4	He is besotted with his new found love and no matter how much you beg or cry, he will be oblivious to your misery.
S5	He had no qualms telling you he wants the two of you.
S6	His message is very clear; take it or leave.
S7	As a woman, you do not want to accept his callous offer.
S8	It hurts but you want to soldier on because you could not bear to see your children without a father.
S9	But is this the only way?
S10	Will your children truly learn values that will help them as adults?
S11	They see an adulterous father who insults their mother by having another life with another woman.
S12	Will your son do the same to his wife and leave your grandchildren in the same quandary?
S13	Will your daughters accept a husband who cheats and lies and hurts her?
S14	Will they learn self-respect from a mother who compromised for love?

S15	Divorce is always the ugliest, most selfish option
S16	But sometimes, it is the best when your husband and wife are unable to live together.
S17	You have six young children and it is very difficult to consider a life without financial and emotional support.
S18	You would not even dare contemplate stepping out as you worry about a roof over your head and food for your kids.
S19	But take heart in many women who have brought up a whole clan single-handedly and won the love and respect of all.
S20	Check out support groups who can help you.
S21	Seek legal aid and advice.

Appendix Y: 25 July 2010: Naïve but a Good Catch

Problem Text

P1	I'm 31, a businessman and still single
P2	In the past 12 years I have been in three relationships
P3	In the past 18 years, two women have approached me but I do not dare start new relationships even though I really need someone to share my life with because my ex-girlfriends hurt me deeply.
P4	One left me 14 days before our wedding after I had spent RM100000 on preparations and I bought a RM350000 house for another.
P5	I can't afford more failures.
P6	I have even tried to commit suicide.
P7	The girls who have approached me are beautiful, understanding and good but they are both nine years my junior.
P8	They are good friends with each other.
P9	I am afraid that if I choose one this will create anger and misunderstanding between them.
P10	Should I give it a try?

Failure man

Advice Text

S1	If you are 31 and a successful businessman who is generous with love and money what caused your past failures?
S2	What would have driven these young women to run away when they managed to snare an eligible, wealthy bachelor who was ripe and ready for marriage?
S3	Your story leaves many gaps and questions.
S4	Now you have the choice of two lovely ladies who are ready to fight for you.
S5	Why hesitate?
S6	You should not be bashful about picking one since you are not a secret.
S7	They would be more hurt and angry should they find out you are two-timing them.
S8	Your diffidence and thoughtfulness could be charming and guileless.
S9	However, you must be a lot smarter than the persona you present to the world.
S10	Perhaps you should simply be yourself and not play a role to try to attract the ladies.
S11	Women may find honesty and sincerity equally attractive as wealth and success.

Appendix Z: 25 July 2010: Sorrow over Ex's Loan

Problem Text

- | | |
|-----|---------------------------------------------------------------------------|
| P1 | I have known A for more than 20 years |
| P2 | After our schooldays I got married and went overseas with my husband, B. |
| P3 | He borrowed money from A without my knowledge. |
| P4 | When I came back after two years, we got a divorce. |
| P5 | I only found out about the loan when A told me about it. |
| P6 | She wants me to return the money to her. |
| P7 | Since B was the one who borrowed the money, A should be asking him for it |
| P8 | Now A is telling my friends that I owe her money. |
| P9 | I don't know where B is or how to get in touch with him. |
| P10 | Should I give A the money to keep her mouth shut? |
| P11 | It's really very embarrassing. |

Sad & frustrated

Advice Text

- | | |
|-----|------------------------------------------------------------------------------------------------------------|
| S1 | If you do not owe A any money, why do you have to agree to her unreasonable demand? |
| S2 | She is not a friend if she has been spreading lies about you just to recover a debt owed by your ex. |
| S3 | Besides, where is the proof that the loan was ever given? |
| S4 | Show A up to be harsh, ruthless person she is for forcing you to repay your ex's debt. |
| S5 | Speak up and post the truth on Facebook or e-mail friends. |
| S6 | You have nothing to lose and should not be embarrassed by a liar. |
| S7 | You are at your most vulnerable and emotional point |
| S8 | You do not want to suffer anymore humiliation and pain as you wish to put your failed marriage behind you. |
| S9 | Do you think that paying this woman is going to shut her up? |
| S10 | Forget people like A who are not true pals. |
| S11 | Find a job, settle down and find support with a new circle of friends. |
| S12 | Do not be blackmailed by your past for which you never play a part. |

Appendix A1: 25 July 2010: Cut Your Son Off

Problem Text

- | | |
|-----|------------------------------------------------------------------------------------------------------------|
| P1 | I am really at a loss about to manage my 22-year-old son. |
| P2 | A year ago he started gambling online. |
| P3 | He took a few hundred ringgit from my husband without our knowledge. |
| P4 | Then he started mixing with people who live the high life. |
| P5 | He borrowed money twice from the loan sharks to gamble and maintain the lifestyle. |
| P6 | We had to settle his debts amounting to RM150000. |
| P7 | He skips lectures and goes out all night. |
| P8 | We have talked to and advised him but to no avail. |
| P9 | We have even taken him to see a psychotherapist |
| P10 | We then decided to send him to study overseas this year to cut him off from his friends. |
| P11 | I thought everything was fine until I found out he uses his living allowance to gamble at casinos. |
| P12 | Should we as parents continue to help him or just accept that he's an adult and let him sort his own mess? |

At a loss

Advice Text

- S1 You have tried your best to help your son.
S2 If he chooses to ignore your advice and continues to indulge in his bad habit, it's time he grows up and deals with his problems.
S3 You have done a lot to help him, yet he has remained addicted to gambling.
S4 As parents, you cannot do more.
S5 So cut him off and make it clear that you will disown him if he squanders away his allowance.
S6 Your son needs to learn the hard way.
S7 As long as you continue to bail him out, he will not stop gambling.
S8 He does not know hunger, loneliness and poverty.
S9 When he has nothing and knows that help is not forthcoming, hopefully he will wake up.
S10 Should you and his father weaken and start helping him financially, he will never make the break.
S11 Addicts have to go through rehabilitation.
S12 Be there with him.
S13 Monitor his daily schedule and online activities, manage his money for him.
S14 Do not let him have access to funds.
S15 He will rage, say horrible things, put you through the worst guilt trip because he knows to play on your love.
S16 But if you love him and want to save him, harden your heart and mind.
S17 It will be a painful process for all of you but it must be done.
S18 If your son becomes a hardcore gambler, he has no future.

Appendix B1: 8 august 2010: He can't be Yours

Problem Text

- P1 I met A five years ago when I was 19
P2 He was my first love
P3 But he had just broken up with his girlfriend of seven years and was not ready for a serious relationship
P4 I told him I was willing to wait for him.
P5 We went out three months mostly with his friends.
P6 Then I had to leave for a course in Britain and that required me to be away for five years.
P7 That was another reason why A refused to go steady with me although he told me that he would wait until I was done with university.
P8 Whilst overseas, I met B who bought me gifts and showered me with attention.
P9 I genuinely believed that B was a better man for me even though I was still in love with A.
P10 I went out with B and gave 100% to our relationship, thinking that I could fall in love with him in time.
P11 But we had many arguments maybe due to his age; he was 20 then I was 22.
P12 After 18 months, we broke up because B could not get over the fact that I was still in love with A.
P13 During those months, A messaged to say he was still thinking of me and called me several times, but I ignored him because *I wanted* to concentrate on my relationship with B; *I wanted* to show that I was loyal to him and not to A.
P14 After breaking off with B, I was shattered when I found out that A has gotten back with his ex and was getting married.
P15 I did not contact him when I returned home during my winter break.
P16 But he called me one day and asked why I did not keep my promise to wait for him.
P17 I was very sad but could not do anything then.
P18 A married his ex-girlfriend but I am still in love with him.
P19 He was my true love and I feel so overwhelmed with guilt and regret that I threw my world with him away for heartless B.
P20 A calls me when I come back for holidays, but only after he has had a few drinks; the call stop the next day.
P21 I don't blame him as he is married, but what should I do?
P22 I'm afraid that I will never meet another man that I love as much as him.
P23 Please tell me how to let go of this regret and guilt.
P24 Should I wait for A or should I let him go?

Still in love with married ex

Advice Text

- S1 You were both young and had your chance at love, but blew it.
 S2 Now he is married and unavailable.
 S3 You need to forget him and leave him alone so that he will not be emotionally torn by sweet memories and delusions.
 S4 You were together only for three months, but A had been with his ex for seven years.
 S5 Both of you had decided that there would be no commitment while you were abroad so why the intense desire for each other now?
 S6 B was a bad relationship for you but A must know that marriage should not be taken lightly.
 S7 Perhaps A is simply unhappy.
 S8 When he called you to remind you of your promise to wait for him, hadn't he forgotten his own vow?
 S9 Getting married was his decision and he should not blame you.
 S10 Why should you be made to feel guilty when he was not forced into marriage?
 S11 Do not get in deep or you will find yourself getting into a relationship that will break you up.
 S12 Being the third party in a marriage is painful and smothering.
 S13 You will soon hate yourself because you will appear to be the main cause of another woman's unhappiness.
 S14 Do not play A's game.
 S15 He is toying with your raw, vulnerable feelings.
 S16 He can probably sense your regret, and feels your need to be loved.
 S17 You only want to remember the good times with A, forgetting that he was the one who opted out of commitment when you were overseas.
 S18 He was sure of himself, as you were sure that B was the perfect guy for you.
 S19 When it was over, you started hankering for A, the man now out of reach
 S20 Do not be fools caught in the mood for love
 S21 Allow A the chance to nurture his marriage, and give love space and opportunity.
 S22 You are the intruder, the unwelcome presence
 S23 Accept that A cannot be yours.
 S24 It is time for you to leave A alone, go away and find your own love, and follow your dreams.

Appendix C1: 15 August 2010: Poor, Used Guy

Problem Text

- P1 I met A when I was looking for a job a few years ago, as my company was downsizing.
 P2 I'm middle-aged and quite attractive.
 P3 She is slightly older than me, a single mother and owns a company.
 P4 She asked me to help her run the company and offered me a junior executive's salary.
 P5 She is supposedly a millionaire but keeps a low profile and lives a humble life.
 P6 We fell madly in love and she asked me to move into her house but I was reluctant to live under her shelter as I was brought up to be independent.
 P7 But I work for her whole-heartedly—24/7, late nights and weekends.
 P8 My friends call me a fool as I can earn much more my university qualifications and experience, which I gained during my years in Canada.
 P9 But I tell them I love her very much and it is okay as long as can help her run her business.
 P10 I also do the cooking and washing for her and run her errands.
 P11 But after awhile, I felt like I was being used.
 P12 I could hardly meet my friends and family and dropped my hobbies due to my job.
 P13 I feel sad that she can spend a few thousand ringgit on a branded apparel, but will ask me to pick something for a few hundred ringgit, then ask me to pay her back in monthly instalment.
 P14 I have never used her money or borrowed a single sen from her.
 P15 I've never taken things for granted or used her and never will.
 P16 But she does not know how to capture my heart with little things.
 P17 She even accuses me of being demanding if I were to ask something for the company.
 P18 Is my commitment to the job worth the low salary I'm earning?
 P19 I plan to seek a better-paying job, but I feel sympathy for her.
 P20 I'm afraid to speak to her about this because she might think I'm a money-minded person who is hard up for her money.
 P21 I just needed to be treated fairly.

Poor boyfriend

Advice Text

S1	If she had been using you, poor guy, you seemed happy to comply.
S2	You accepted a salary way below your qualifications.
S3	You cooked, cleaned and run errands for her without a quibble.
S4	You had not time for family, friends and neglected your hobbies.
S5	But you now question your love and her intentions.
S6	If you feel used, then the cracks are showing in the relationship.
S7	Perhaps you expected more than playing housekeeper and office boy.
S8	You have been patient but now you feel that she has been keeping love at bay while seemingly exploiting your love and goodwill.
S9	Perhaps you should talk to her and tell her your feelings.
S10	Or, move out and get a better job.
S11	When you can date her on your own terms instead of being in her employment, the relationship could be better.
S12	Neither party needs to have any obligations other than emotional attachments and hopefully, love.
S13	Do not be too harsh on her.
S14	As a single mother, she needs to be careful about her wealth and the man in her life.
S15	And there are Casanovas on the prowl for lonely, wealthy and vulnerable women.
S16	Be patient if you truly care for her.
S17	Earn your own money and build trust between each other.
S18	Love cannot be sustained if you are both wary and calculating.

Appendix D1: 15 August 2010: Not-gay Dilemma

Problem Text

S1	I'm a single, good-looking guy.
S2	I have had a few relationships but they didn't work out.
S3	My problem started when I met my friend, K, seven years ago.
S4	I adore him because he is a family man and a good husband and father.
S5	We developed a good friendship even though many people dislike him.
S6	Lately I have fallen in love with K.
S7	I do not know how this happened.
S8	My heart beats fast every time I meet him and feel sad when people say he's flirting or sleeping around.
S9	I respect him.
S10	To me he is the ideal man that woman are looking for.
S11	I even have fantasies about him in bed.
S12	My feelings towards K have grown stronger.
S13	I'm not gay, so I don't know why I have such a feeling for a guy?

Advice Text

S1	If you feel that your feelings for K are a "problem", then you are a reluctant homosexual.
S2	Your mind repels this idea but your heart still beats too fast for this man.
S3	Love for men or women are sometimes beyond our control.
S4	If you are inclined to fall for a male, then fighting your feelings will cause more confusion and emotional dilemmas.
S5	K is your ideal man although you write that he is perfect for women.
S6	You seem to idolise him, and refuse to hear or accept that he has flaws and vices.
S7	He excites you sexually and this is where you find the resistance to your feelings.
S8	Perhaps you should allow your true sexual orientation to develop, but not with K.
S9	He is married and has never shown any inclination to develop a relationship with you or anyone of his own gender.
S10	If you declare your feelings for him, you may even lose his friendship.
S11	Date the girls again or hang out in places where you are most likely to find gay guys.
S12	Search internet sites for information, chat in cyberspace, and shock your system to find your true

	feelings.
S13	Homosexuality is no longer a closet topic and gays have rights and voices now.
S14	Do not feel shame or guilt as love is not to be scorned, regardless of gender.
S15	Find the right partner and you will be a happier man.
S16	K is someone you admire because he seems to have it all.
S17	Do not mistake your feelings for love when all you want is a partner, kids and family.

Appendix E1: 15 August 2010: In Time, You will See

Problem Text

P1	We liked each other for a year before getting together.
P2	Those were the best moments we had.
P3	Things went smoothly and we decided to make it official.
P4	Then things fell apart and we no longer fit each other.
P5	His heart is icy cold now
P6	He is not bothered about the pain I'm going through
P7	He is jolly about the way things are while I'm left with a broken heart.
P8	Will he ever come back to me?
P9	I secretly wish he will.
P10	But deep inside, I know he won't.
P11	To him, I'm horrid.
P12	I admit I picked silly arguments with him before and he says it's all my fault.
P13	But it takes two parties to make a relationship work.
P14	How can I end all this heartache and feel nothing towards him anymore?

Helpless

Advice Text

S1	Take off your shroud of misery and self-pity.
S2	You can live without a man.
S3	Don't play martyr because this guy never truly gives you his heart.
S4	He probably walked away because he was not ready for a commitment.
S5	It was fine when you were just dating and romancing.
S6	But being "official" sounded the death knell for the relationship.
S7	Some guys just cannot be with a woman who seems to clingy and possessive.
S8	He probably preferred fun, easy laughter and flirtatious banter.
S9	But when it became all too serious and intense, he backed off.
S10	Never blame yourself.
S11	A guy who piles the guilt on you to justify his bad behaviour is a jerk.
S12	See him for what he is, a person with no depth of feelings or sincerity.
S13	If you want to shed tears and pine secretly for him, then you will be miserable for a long time.
S14	Right now, you do not care if the whole world tells you he is not worthy of your love.
S15	Your heart is bleeding, you feel numb with pain and hurt.
S16	The memories are bittersweet but you do not allow yourself to forget.
S17	You simply want to believe that he loved you, as much as you loved him.
S18	You do not want to accept that this love is over, and your heart and life are in shambles.
S19	Love can be bewitching, a liar that causes despair and false hope.
S20	When life seems bleak and empty, you wish for him.
S21	You hate him sometimes, but you want him back.
S22	Stop wishing and hoping.
S23	It's truly over, so stop hurting yourself.
S24	It takes time but you will wake up one day and realise how small a part he had played in your young life.
S25	Life goes on and you will find another love.

Appendix F1: 15 August 2010: Don't be Fooled Again

Problem Text

- P1 I am a housewife in my forties, with two kids.
P2 My husband is loving and caring and always listens to what I say.
P3 But I don't feel any enjoyment with him.
P4 Five years ago, I met C, who is humorous and caring and we started a relationship.
P5 C is richer than my husband and is able to satisfy my strong sexual needs.
P6 We used to have sex regularly outside when my husband was at work.
P7 We maintained our relationship for two years, until C's wife found out about us.
P8 He broke up with me without saying a word.
P9 I tried looking for him but in vain.
P10 Last year, I received an SMS from C, who said he wanted to continue our relationship.
P11 I wanted to say yes because I missed him and enjoyed having sex with him.
P12 But I was afraid my husband would find out and I knew C was not serious about me.
P13 I think he just wanted to have sex with me, while my husband provided me security.
P14 So I told C "no".
P15 He got very angry and threatened to tell my husband about our affair.
P16 He did send some SMS messages, but luckily my husband trusted me.
P17 Should I tell my husband about my affair with C?
P18 Or should I continue with C, who told me he divorced his wife.
P19 In fact I love him more than my husband.

Desperate housewife

Advice Text

- S1 Do not be a greater fool.
S2 C dumped you without second thought when his marriage was threatened.
S3 You knew he was simply using you for sex.
S4 If you truly believe that you love C more than your husband, then you do not deserve to be in a happy marriage with a good man.
S5 If C had any feelings for you, he would not try to blackmail you into having sex with him again.
S6 That he could resort to threatening your husband about the affair shows him to be selfish, ruthless and devious.
S7 He has no qualms about manipulating your fear and guilt to get what he wants.
S8 If he is divorced now, has he offered you marriage?
S9 Or is he just panting for free sex without strings?
S10 It was a cheap, sordid affair and you knew it.
S11 You wanted to believe that it was for love, but you enjoyed the thrill and secrecy of sex on the sly with a man you admired to be richer than your husband.
S12 You were a bored housewife who wanted more, sexually and materially.
S13 Comparing your husband with C was weak justification for betraying your man.
S14 Have you tried harder to make your marriage more exciting and fulfilling?
S15 Cut C off and do not allow a moment of weakness to let him back into your life.
S16 He is a bully who will back off when he knows you will not be swayed.
S17 Fight for your marriage and your children.
S18 Learn to appreciate what you have instead of hankering for what you lack.

Appendix G1: 5 September 2010: Topsy-turvy Love Affair

Problem Text

- | | |
|-----|-----------------------------------------------------------------------------------------------------------------------|
| P1 | I started dating my girlfriend three years ago, but we met only four times because we were separated by distance. |
| P2 | After a good first year, though, our relationship broke down. |
| P3 | It was mainly my fault for bring jealous. |
| P4 | I would scold and shout at her, make her wait and put my friends first. |
| P5 | But then she broke up with me and I realised what I had lost. |
| P6 | I tried to win her back, but she developed feelings for another guy. |
| P7 | He was persistent and they became a couple. |
| P8 | To solve this problem, I met with her and convinced her to take me back. |
| P9 | She told me she would break it off with him but didn't. |
| P10 | After a while she decided she wanted the other guy not me... but at that point, this guy got to know we were meeting. |
| P11 | He broke up with her and she was devastated. |
| P12 | Now she is with me, but wants him back, and she is miserable with me. |
| P13 | I care for her so tried to talk to him, to tell him that she loves him but he just wants to be friends with her now. |
| P14 | I love her so much and can't move on, but I just want her to be happy. |
| P15 | Should I go away or continue waiting for her like I am now? |

Virgo guy

Advice Text

- | | |
|-----|---------------------------------------------------------------------------------------------------------|
| S1 | You are an idiot. |
| S2 | What man would offer the woman he loves to another? |
| S3 | Do not act the martyr, go ahead and try to get your girl back if you love her. |
| S4 | Or perhaps the melodrama is due to the lack of depth between someone you have only met so infrequently. |
| S5 | You seem to enjoy wallowing in your own feelings, hyperventilating when love wavers and falters. |
| S6 | You started a relationship like two juveniles playing "she loves me, loves me not". |
| S7 | You quarrelled, fought and patched up again. |
| S8 | She left you, you pursued and the game started all over again. |
| S9 | Now, she told you she loves another. |
| S10 | But the fellow doesn't want her and you tried persuading him of her love for him? |
| S11 | What sick game is this? |
| S12 | Perhaps you should just leave them alone and get on with your life. |
| S13 | They do really need you to mediate if the guy has lost interest in her. |
| S14 | You are a strange fellow who loves the effect of your feelings. |
| S15 | You seem to enjoy the drama of the love triangle, getting into the mood of the wounded lover. |
| S16 | Yet you want only to make her happy, hence you become the sacrificing hero. |
| S17 | And in the same breath, you proclaim you cannot live without her. |
| S18 | Cut it out. |
| S19 | Just get out of the mess you have created and walk away. |
| S20 | If they love each other, they will reconcile. |
| S21 | If she loves you, she will come after you. |
| S22 | Or you could go charging back for her. |
| S23 | Take your pick but do not bother to play hero in the game of love. |
| S24 | No one who loves so sincerely will give up so easily. |

Appendix H1: 5 September 2010: Is He Just Not That Into Me?

Problem Text

- | | |
|----|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| P1 | I'm 30 years old; my friend introduce me to a guy who is three years older than I am. |
| P2 | He is also from Kuching, but works in Singapore. |
| P3 | We chatted online for almost four months before finally meeting up recently when he came home. |
| P4 | Before he came to Kuching to meet me, though, he already knew that I had feelings for him, but he said he wanted to focus on his work first and that we had not even met each other yet. |
| P5 | When we met, he was polite and gentlemanly, but he said we should be friends first and maybe I could find someone else better than him. |
| P6 | When he went back to Singapore, I told him I wanted to post something to him, but he asked me not to waste my money, that posting is expensive. |
| P7 | Since then, I've been calling and texting him and he responds, and we still chat online. |
| P8 | Thelma, do you think he has feelings for me that he isn't admitting or is he looking for excuses to reject me? |

Sad girl

Advice Text

- | | |
|-----|------------------------------------------------------------------------------------------------------------------------------------------------------------|
| S1 | The guy is probably being truthful and honest so be glad that he is not an online vulture preying on a trusting gal like you. |
| S2 | Do not feel so dejected as he is still happy to be your internet pal. |
| S3 | You do not really want to meet a guy for the first time and allow him to take advantage of you physically and emotionally. |
| S4 | If he is not ready for a serious relationship, then allow him the time and space he needs. |
| S5 | Sometimes, it is better to start a relationship on friendship before love and lust takes over. |
| S6 | Let him focus on his job, encourage him and support him. |
| S7 | Be the friend and confidant, someone who listens and cares. |
| S8 | If the fellow is interested, he will soon reciprocate your feelings. |
| S9 | You seem to be a lonely woman who is desperate for love and attention. |
| S10 | Be careful that you are not easily seduced by sweet empty promises. |
| S11 | There are so many cases of reported rapes, money scams and cons, assault and battery by strangers who pretended to be online friends. |
| S12 | While you have been fortunate, loneliness could drive you to continue seeking such friendship that could end with more than heartbreak and disappointment. |
| S13 | Instead of wishing for someone who is not ready for love, look out for guys who are available and within reach. |
| S14 | Create opportunities, be bold and brave if you want to catch the fellow that catches your eyes. |
| S15 | Date him, intrigue him with your womanly wiles. |
| S16 | Feel secure and confident about yourself. |
| S17 | But do not be easy with your body and your love. |

Appendix I1: 19 September 2010: Blowing Hot and Cold

Problem Text

- P1 I have been with DA for about six months.
P2 I do love him because he showed effort in our relationship.
P3 I could see he loved me very much.
P4 But after a few months, he seemed to take me for granted.
P5 No, he did not cheat.
P6 He just does not appreciate me liked he used to.
P7 I felt it and everyone said so, too.
P8 One day, I confronted him and all he did was try to touch me, as if that would solve the matter.
P9 I got hurt and did not talk to him for hours.
P10 He did the same.
P11 Then he asked if there was anything I wanted to tell him.
P12 I told him he seemed not to care so much about me and that sometimes he just left me hanging.
P13 I told him he wasn't ready for me whenever I needed him.
P14 He then told me he had tried and offered a suggestion—that is, break up.
P15 I gave up everything for him.
P16 Have his feelings for me changed?
P17 I always thought that if a person loves you very much, he will not give up so easily.
P18 He once broke up with me when I was cold to him for two days, without asking for any explanation from me.
P19 Have I just been used?
P20 Was it a mistake to tell him how I felt?
P21 Does he love me as much as I think he does?
P22 Sometimes, I am cold to him because I need to get his attention when he doesn't treat me like he should.
P23 I know it's very wrong, still, I did confront him.

Gone & happy

Advice Text

- S1 Blowing hot and cold on a guy can get him confused and silly.
S2 He probably feels uncertain about your feelings and is at a loss over how to make you happy.
S3 If you care about the fellow, you have got to stop playing mind games with him.
S4 Tell him if you feel you are not appreciated.
S5 Show him how to do things right for you.
S6 However, always remember that you are not the only one who matters in a relationship.
S7 The guy needs to feel loved and needed too.
S8 You have known each other for only six months and there is so much to nurture and develop in this very fresh relationship.
S9 Do not expect too much of the guy.
S10 He is not a mind reader and would not know when you need him.
S11 Acting the diva shows up a spoilt, pouting personality that is difficult and unattractive.
S12 A man with character would not come running every time you beckon your little finger.
S13 He should be respected and appreciated too.

Appendix J1: 26 September 2010: Well Rid of Two-timer **Problem Text**

P1 I met V at 17 and after the SPM, he told me he loved me.
P2 I knew I loved him too.
P3 Things went well between us until he started college.
P4 V began to ignore me, we talked less and argued very often.
P5 Some days, he didn't call or text me.
P6 I felt something was wrong but we carried on because in my eyes, he was this wonderful guy who was extremely nice every time we met up.
P7 We had oral sex, although I felt guilty about it.
P8 I'm a Christian and I've never allowed him to go all the way.
P9 He's a Hindu.
P10 I saw lots of girls' names in his mobile phone but every time I asked about that, he would give some vague answer.
P11 I believed him but we continued to argue for three years.
P12 Sometimes I would cry and talk about our problems, but he didn't really bother.
P13 Once, he told me off when I asked why he hadn't come to see me for some time.
P14 To get V's attention, and make him treat me right, I met up with another guy and told him about it.
P15 But V called my friends and cried to them.
P16 I felt guilty and returned to him.
P17 To make him feel better I uploaded our pictures on Facebook, but he asked me to remove them.
P18 I had the feeling he was cheating on me, so every time we talked, I would scold him.
P19 I asked to break up a few times.
P20 Because of that, he ignored me for a month, didn't attend my birthday party and told his cousin about our private affairs.
P21 V would sometimes fetch me home from college; my parents met him and things were okay.
P22 We talked about getting engaged and he seemed okay with it.
P23 A week before our last meeting in April, V treated me the way I'd always wanted.
P24 It was my happiest week in three years.
P25 Then a chat friend in his college told me he had often seen V holding hands and having lunch with a girl, S.
P26 I felt like I would die.
P27 I phoned V and asked him about S.
P28 He said he'd call back but didn't.
P29 V's friend told me he had been with S for two years.
P30 When I pressured V to tell me the truth, he kept saying "yes" and "no".
P31 He said I was rude and always shouted at him, and had asked him to attend church.
P32 My weight was also an issue.
P33 I'm 52kg; if I'm overweight, he would not be able to have sex in the future, he added.
P34 If I want to be with him, I had to listen to him—or get on with my life, he said.
P35 That made me cry; he brought me down as a woman and was like a total stranger to me.
All of a sudden, the wonderful guy had turned into a heartless beast.
P36 The next day, V blamed his words on exam stress.
P37 By then, I wanted to call it off, so I ignored him.
P38 Then I found out that he had a Facebook account.
P39 I pretended to be someone else and chatted him up.
P40 He told "me" that he had broken up with his girlfriend as she was very emotional and didn't place him as a priority; if she loved him, why did she refuse to have sex with him?
P41 He also confessed that he didn't love her.
P42 The guy in V's college then told me he is a womaniser who has flirted with over 20 girls.
P43 I was shocked; V had never behaved badly towards me.
P44 V had tried to contact me many times but I have told my mum to tell him off.
P45 It's been four months now and I feel helpless to go on.
P46 I don't know what is true or not true.
P47 I just know I don't want to be abused emotionally anymore.
P48 Was it my fault?
P49 I can't sleep or concentrate on my studies.
P50 I hate guys and don't trust them anymore.
P51 I feel like I'm going through hell.
P52 I feel angry and lonely and miss V a lot.
P53 What should I do?

Advice Text

S1	Give in to your raging wrath.
S2	Hate him, think of many things he has done to betray your love and trust.
S3	You are going through the pain of break up and you need to vent the pent-up feelings in your heart and soul.
S4	But soon, you will heal.
S5	You know this man for what he is.
S6	He has been two-timing you, flirting with other girls and has little regards and consideration for your feelings.
S7	First love is always hard.
S8	You were fresh and young, and believed that he was the best guy in the world for you.
S9	You shared everything with him.
S10	But thank your lucky stars that you did not give in to his demand for sex.
S11	He tried to make you feel at fault till the very end.
S12	Too emotional; would not have sex with him; did not always place him as your priority.
S13	Is this relationship all about him?
S14	He is simply selfish and self-centred if he believes that you should always be the one to compromise and give in to his wishes and desires
S15	This is not love but a man's need to feed his ego and lust.
S16	Never think that you cannot live without a man.
S17	While you may feel that the world has ended with this loss, this is only an episode that will soon be forgotten.
S18	Keep busy and useful.
S19	Seek solace and guidance in your faith for this is the time to ask for peace within.
S20	You need to be cleansed of pain and hatred.
S21	Guilt and regret over love can provoke many emotions.
S22	When you no longer dream or think of him all the time, you will be ready to move on.

Appendix K1: 26 September 2010: He Needs A Buddy not A Gal

Problem Text

P1	I have been hanging out with this guy whom I had broken up with five years ago.
P2	We enjoy whole days of shopping and movie outings.
P3	I admit that I do have feelings fro him.
P4	However, I do not know what he thinks about me and whether or not he feels the same way.
P5	He told me he'd just broken up with his girlfriend some weeks ago.
P6	I am always in a state of confusion because he never calls or texts me.
P7	But he does ask me out.
P8	Based on this, do you think he has feelings for me?
P9	It really makes me so confused.

BF/ Buddy

Advice Text

S1	If this guy has just broken up with his girlfriend, it would be unlikely for him to shout out his feelings.
S2	But he seems to enjoy your friendship, and time out together, so play it cool and easy until he gets over his gal.
S3	Getting back together after breaking up five years ago must be a difference experience for both of you.
S4	You are now older, more mature and hopefully, wiser.
S5	So do not rush into another relationship until you are emotionally ready to deal with a guy who might still be thinking of his ex.
S6	Give him space.
S7	Be his buddy when he needs someone to spend time with.
S8	Have fun without working yourself into a knot.
S9	This fellow is not ready to rekindle past love.
S10	He probably does not call or text you because he wants to avoid emotional commitment.
S11	At this juncture, he needs a friend, not a girlfriend.
S12	Be patient and simply be happy when you are with him.
S13	Why bother to dig deep when most of the fun is in building up romance and love?
S14	A fellow is usually more careful and sombre after a failed relationship.
S15	Allow him time to recover his pride and self-esteem after his painful tumble.
S16	Stop teasing yourself into a frenzy.
S17	Guessing his intentions and trying to count his heartbeats can be tiring and frustrating.
S18	This is the best time for you to cultivate his interest in you, so be charming, understanding and encouraging.
S19	Do not add on the pressure of expecting the guy to declare his feelings when he is quietly licking his wounded heart.

Appendix L1: 26 September 2010: Turning A Deaf Ear

Problem Text

P1	My wife grew up in an abusive household with her only sister.
P2	Their father was a drunkard and womaniser who used to hit their mother.
P3	When drunk and angry, he would beat up his daughters and abuse them verbally, using foul words.
P4	We got married two years ago and are blessed with a four-month-old son.
P5	Recently my wife was diagnosed with diabetes and thyroid problems.
P6	She has been depressed due to her weight gain and with having to take care of the baby.
P7	And me.
P8	Yes, I have caused many problems as I was not supportive even when she was sick.
P9	I enjoyed looking at other women, even in her presence.
P10	I was a mean bastard who jibed her about her weight and compared her with other gorgeous, slim women.
P11	My wife's main problem is that she often thinks about what her father did to her and her sister.
P12	She often has nightmares about the abuse, but I never bothered to listen.
P13	I ignored her and pretended I didn't hear her cries at night.
P14	I was stressed out at work and did not want to be involved with her problems.
P15	Now, my wife has told me she wants a divorce.
P16	I have realised my mistakes but she does not want to listen anymore.
P17	How do I convince her that I am sorry?

Sorry husband

Advice Text

S1	Your wife does not want you to leave.
S2	She needs help to overcome her depression.
S3	She needs someone to help her with the baby so that she has time to take care of herself.
S4	She needs a husband who goes not shirk his responsibilities.
S5	Do not pay lip service if you are sincere.
S6	Roll up your sleeves and think of way to ease your wife's immediate burdens.
S7	Can you get a relative/ friend or hire help to care for the baby and take over the household chores?
S8	Help make appointments with the doctors for your wife so that she does not feel alone, without care or hope.
S9	Diabetes and thyroid can be controlled with proper medication and diet.
S10	Give her support and encouragement, and be there for her when she needs you.
S11	More critical would be her struggle with her abusive past.
S12	She needs professional counselling to get over her fears and emotional trauma.
S13	You must learn to talk to her, and soothe her when she cries during recurring nightmares.
S14	Hold her, comfort her.
S15	She needs assurance that she is now safe from pain and harm.
S16	You are supposed to love, cherish and protect your wife.
S17	Never ridicule or put her down with your actions and your words.
S18	All of us can never hold on to youth and beauty on the flesh.
S19	Yes, you are a man who is often tempted by womanly curves and seductive smiles.
S20	But think of the woman whom you have promised a life of happiness, the mother of your child.
S21	Does she deserve such callous behaviour?

Appendix M1: 3 October 2010: Fatal Attraction

Problem Text

P1	My husband has just come home after working overseas for a year.
P2	Barely 24 hours after his return, his best friend confronted him, claiming that my husband has been messing around with his wife before he left.
P3	I couldn't believe my ears.
P4	My husband denied it at first.
P5	I confronted his friend's wife and she admitted it.
P6	Thinking about it, there were signs back then.
P7	Finally, my husband admitted that he had been unfaithful.
P8	I'm trying to figure out what to do.
P9	He says that being away has made him realise that he loves me only.
P10	He does not want to lose me—that was all he could think about while abroad.
P11	He also said he tried to break off with her, but every time, she threatened to tell his friend and me.
P12	He thought it was over when they had a baby.
P13	My husband lost his best friend.
P14	The woman is acting like she's done nothing wrong.
P15	She basically told her husband it happened, then asked him to leave.
P16	Her husband doesn't want to leave because of the baby, but he doesn't see anything changing.
P17	She gets mad whenever he questions her, which is a complete contrast from my husband, who has been totally honest and has apologised like crazy for how much he has hurt me.
P18	But how do I get over the pain my husband has caused?
P19	He's gone overseas again so I'm trying to sort out my own head right now.
P20	Then I'll see if he is for real when he gets back.
P21	He says he felt like he wasn't loved or wanted and she gave him that.
P22	This is killing me.
P23	I am afraid she will try to get at my husband again.

Love/ hate

Advice Text

- | | |
|-----|------------------------------------------------------------------------------------------------------------------------------------------------|
| S1 | If you love your man, you must forgive and try to forget. |
| S2 | Sure, the betrayal hurts and the wounds will take a long time to heal. |
| S3 | But there is another woman waiting to claim him so be warned. |
| S4 | The friend's wife seems to be a case of fatal attraction. |
| S5 | If she had no qualms telling her husband the truth, and was only too happy to confess, what else couldn't or wouldn't she do to grab your guy? |
| S6 | This woman is determined and eager to wreck your marriage and is hell-bent on getting rid of her husband. |
| S7 | He must love her a lot to want to stay, even for the baby. |
| S8 | But her heart is like stone towards him while she is hot and wild for your man. |
| S9 | If you have the opportunity, take time out to go overseas with your husband. |
| S10 | Send the message that you will fight for your guy, that she has no hope of ever getting him. |
| S11 | She needs to know that her words cannot hurt or taunt you. |
| S12 | Your marriage is stronger than before, the love more intense and steadfast. |
| S13 | Flaunt your husband's love for you in her face so that she will not dare cross the line again. |

Appendix N1: 3 October 2010: Woeful Shotgun Marriage

Problem Text

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|-----|----------------------------------------------------------------------------------------------------------------------------------------|
| P1 | Just over two years ago, my brother started seeing a girl from Ipoh, and almost immediately, she got pregnant. |
| P2 | Anyway, my brother married her and moved to Ipoh to please her. |
| P3 | He found a job there, bought a house and took responsibility as a husband and a father. |
| P4 | She does not work but wanted her mother to stay with her to help with the baby. |
| P5 | Soon, the cracks started to appear. |
| P6 | The mother-in-law is a complete control freak and got too involved in their relationship. |
| P7 | She even went on holiday with them, claiming she would look after the baby. |
| P8 | Our family hardly gets to see the baby at all. |
| P9 | Lately, they've been fighting over the most petty things—she claims to have with big issue with him for not closing the door properly! |
| P10 | My brother works hard, hardly drinks, doesn't smoke or do drugs. |
| P11 | He doesn't even have a social life any more because he hates his work and surroundings, and doesn't have any friends where he is now. |
| P12 | On the other hand, she has everything and still complains all the time. |
| P13 | One day, my brother came back late from work. |
| P14 | She was hysterical and started hitting him while carrying the baby. |
| P15 | There have been many more fights and arguments and my brother can't take it anymore. |
| P16 | He wants to leave her but he is afraid he will lose the baby. |
| P17 | What can he do? |

Married to a shrew

Advice Text

- | | |
|-----|---------------------------------------------------------------------------------------------------------------------------------------------|
| S1 | Your sister-in-law was probably aware that your brother had married her out of obligation, not love. |
| S2 | There must be a lot of ill feelings, suspicion and underlying hostility flying around their marriage. |
| S3 | Perhaps your brother should calm down before taking any action. |
| S4 | He may be an exemplary, dutiful husband, but are love, romance and tenderness missing in this relationship? |
| S5 | His wife's petty tantrums, complaints and shrewish ways could be calls for some show of love and attention. |
| S6 | The big showdown when your brother got back late from work was a desperate act from a very insecure woman who was afraid of losing her man. |
| S7 | Your brother does not really want to walk away. |
| S8 | He loves the baby and it would help if you and your family could lend support instead of throwing darts at your sis-in-law and her mother. |
| S9 | Forgive her mum for hovering and controlling—she only wants to help her daughter out. |
| S10 | You are a wonderful sister. |
| S11 | You should advise your brother to restart the relationship on a better note; the marriage may still have a chance |

	then.
S12	Instead of feeling trapped, perhaps the two of them could start dating and romancing to try nurture their relationship.
S13	The baby should not be fought over like a prized possession.
S14	Protect her sweet innocence, for she is the bond of love and forgiveness.
S15	Your family could visit more often and take time to care for and enjoy the child.
S16	Blaming others is lame if you really wish to be with the baby.
S17	Allow the young couple to take some time to iron out the issues and problems.
S18	Do not try to interfere or be intrusive.
S19	Hopefully, love will find its way in with patience, understanding and compromise.

Appendix O1: 3 October 2010: Father's Lost Manhood

Problem Text

P1	My dad (who is divorced from my mum) has had a long string of horrible girlfriends.
P2	His current girlfriend is worse than the others as she has slowly begun to control his entire life.
P3	He started dating her about 14 months ago and she told my dad that she loved him on their third date.
P4	Unfortunately dad is stupid in love, so he didn't see this as a red flag.
P5	She was having sex with him and being nice to him, so he just rolled with it.
P6	She then moved into our house (I'm an only child) right away while ignoring me completely.
P7	After a while, she started to claim ownership of the house.
P8	One of the bathrooms is now off limits to any guest as it is "her" bathroom.
P9	She will not allow people to come over to visit my dad anymore.
P10	Should anybody come over when she's about to get home, my dad gets nervous and will push this person out of his house.
P11	My dad's friend from out of town was staying at his house a few weeks back (as he had done for the last 15 years), and she was furious with him as he didn't consult her and it is "their" house.
P12	Dad is literally not allowed to have his brother over when she's there.
P13	The reason she hates my uncle so much is that he warned dad that she might be a gold digger.
P14	She then refused to marry my dad just to show how angry she was.
P15	My dad really takes care of her.
P16	He makes sure that the maid cooks for her and waits on her as she has a job and there can be no change to their eating schedule.
P17	He was helping me with something the other day, and she was really upset because she had returned early from work to spend time with him.
P18	She knew he was going to help me that night; she does everything in her power to prevent him from spending time with anybody but her.
P19	How can I get my dad to rediscover his manhood?
P20	He caves in to her every demand and it seems like he's terrified of making her angry.
P21	They don't have that spark that good couples have, and I'm pretty sure dad doesn't even like her that much.
P22	He's stupid enough to do anything to preserve the status quo though, as he is scared of being alone.
P23	My uncle had a long talk with him and claimed to have gotten through to him, but I doubt that's true.
P24	Please help.

Helpless 18

Advice Text

S1	You are smart enough to realise that your dad is scared of being alone, which is why he is hanging on to this woman that he does not even like.
S2	But until he wises up to her true self, there is little you can do.
S3	Your uncle has been doing the favour of talking to your dad.
S4	However, a man who needs a woman does not usually heed good advice.
S5	At this moment, he is not thinking with his head and few people can persuade him to kick out this woman who has her ways and wiles to keep him happy.
S6	She is a smart cookie, too, and manages to keep your dad around her little finger.
S7	Perhaps you should talk to your dad, but not pass derogatory remarks or criticise his woman.
S8	Let him think about your education and future.
S9	You need his financial support and hopefully, his girlfriend will not thwart your plan.
S10	If she plays the mean wicked stepmother, hopefully your dad will soon wake up to her real persona.
S11	But you do need to get your father on your side, so try to be understandings instead of getting angry about his weaknesses.
S12	You love your dad and it must be tough watching him being a fool.
S13	You want to yell at him for being so stupid, a warning that will save so much heartache and pain.
S14	Hopefully, this woman truly loves him even though she seems to be cold and indifferent towards you.
S15	Adults are such a mess sometimes.
S16	We do not really know what we want except to be loved.
S17	At 18, you are an independent young woman.
S18	Bide your time and ensure that you have your future mapped out.
S19	If your dad can afford it, get him to put aside enough money for your studies at least.
S20	When you are out of the house, you can be more empathetic as you do not feel the constant friction and frustration of watching your dad and his woman.
S21	Wish your dad well.
S22	Be happy for him so that you do not have to deal with rage, guilt and bitterness from being helpless.
S23	Love him, show him that you care.
S24	This is the best you can do right now.

Appendix P1: 10 October 2010: Tyrant in Disguise

Problem Text

P1	I've been married for 18 years and have two teenage children.
P2	I can't stand my wife's stupidity.
P3	I'm busy, unlike her, and I'm stressed out.
P4	She is a housewife (a foreigner staying here on a social pass) and does not understand my feelings.
P5	I used to ignore her whenever she talked to me because she said nothing that was worth listening to.
P6	I felt I needed some space so I started to sleep at another house which I rented.
P7	I keep this arrangement secret, even from my close friends.
P8	She annoyed me by confronting me about this.
P9	How ungrateful.
P10	Who bought the house she is living in?
P11	Who bought the car she drives?
P12	Who pays the household expenses?
P13	I sometimes tell my friends and family how stupid she is, to her face, so she will learn that other people cannot tolerate her.
P14	I think she has influenced our children's mind in a negative way—they stopped talking to me.
P15	I want to remove this woman from my life, but I don't want to be blamed because she is the one who has no ability to satisfy me.
P16	How can I convince her to go back to her country?

Stupid wife

Advice Text

S1	Yes, your wife is certainly not very clever because she chose to marry you.
S2	How silly to have lived with a man for 18 years, borne him two children and yet be treated like a fool, without love, respect or dignity.
S3	Do you realise that you have been subjecting your wife to emotional abuse and neglect?
S4	Insulting her in front of friends and family, belittling her, ignoring her and not talking to her is being very cruel.
S5	Who do you think your children have stopped talking to you?
S6	They see the tyrant that you are, the mean and callous husband who has been mistreating their mother for so many years.
S7	You have stopped loving this woman and want to get her to leave you.
S8	Showing your true feelings, staying in a rental house, and allowing her to suffer in silence is your way of trying to get rid of her.
S9	You want to look good to others so you make sure that this "foreigner" knows she is a mere irritant in your life.
S10	You want her to get out on her accord so that you can be absolved from this failure of marriage.
S11	You are a selfish, sadistic man.
S12	You know your wife has no choice but to tolerate your mode of torture because foreign spouses in Malaysia have no other recourse if they do not want to lose their children.
S13	Divorce means that she will have to leave this country as she needs you to renew her visa every year.
S14	The good news for you is that you can apply for permanent residence for her.
S15	If you want to be rid of her so badly, allow her the option to remain.
S16	Tell her you want a divorce once she gets this status.
S17	Give her a life line so that you can live without regret and hatred brewing in your dark heart.

Appendix Q1: 31 October 2010: Ignored and Irritated

Problem Text

- P1 I work in a lawyer's firm and my department consists of three people; myself and two women, one of whom is married.
- P2 The problem is, these two women always ignore me and tend to talk to each other only.
- P3 And whenever there are company activities they know about, they don't bother to inform me.
- P4 When I confronted them about this once and pointed out that I am still alive, I'm not dead yet, they just lamely said they had forgotten to tell me.
- P5 So now I only communicate with them about official matters.
- P6 This has been going on for almost two years.
- P7 In other departments, I see staff members mingling and socialising be it for lunch or on festive occasions.
- P8 Some of them have asked me about what is happening in my department.
- P9 The only answer I can give was that some people are not as friendly or sociable as they are.
- P10 Curiously, I find these staff members from other departments are friendly towards me, which only makes me wonder even more about these two women—don't they get bored talking only to each other every day?
- P11 Whenever either one is on leave, I never talk to the other, not even to say "good morning" because I know neither of them is friendly.
- P12 But I don't understand why they aren't.
- P13 They both know that I am already married and have a family of my own so I'm not a threat.
- P14 I am not going to get involved in some love triangle.
- P15 I am a very sincere person and I love my wife very much.
- P16 I have special plan in my mind.
- P17 I intend not to inform them when I resign or retire from the company in a few years' time.
- P18 And if they ask why I didn't, I shall just brush the matter off by telling them there is no need for a farewell lunch or whatever.
- P19 Why do these women behave like this?
- P20 It burdens me with sorrow.

Very strange behaviour

Advice Text

- S1 There is nothing strange about the two women in your department.
- S2 Why should they talk to someone who never greets them and who will only talk to them on official matters in an unfriendly tone and manner?
- S3 Others are friendly towards you because they probably do not know you very well.
- S4 That you are plotting to get back at your two colleagues (frankly, would they even care if you resign or retire?) shows your vindictive nature and your narrow circumscribed mind set.
- S5 You resent the two women who talk to each other and appear to shut you out deliberately.
- S6 But are you determined to be unfriendly because you are married and do not want to encourage third party love affairs.
- S7 Your supreme male ego must be difficult for your colleagues to comprehend and tolerate.
- S8 Were you nice, friendly and approachable from the beginning?
- S9 And did you really have to scold the women for not informing you about office events and functions?
- S10 Surely you have worked long enough in an office environment to know that respect must be earned and not demanded?
- S11 Perhaps you started out being so egocentric and cold that nobody would want to be friendly and sociable with you?
- S12 It is good that you love your wife and are constantly reminding yourself not to get involved in office affairs.
- S13 But why would any woman try to jump on you if you are not of that mode?
- S14 Or are you fearful that you are vulnerable to attractive females and decided that putting up barriers would help to hold temptation at bay?
- S15 Frankly, you are the strange fellow in your office set up.
- S16 The two women obviously dread having you around as you appear to be the grumpy gump.
- S17 If you want a better work environment, try to be more pleasant and considerate.
- S18 Greet the ladies, smile and invite them for lunch with a few others (they probably would not dare to lunch alone with you) to break the ice.
- S19 Spare some humour to lighten up work stress and pressure.
- S20 You will be pleasantly surprised at how being a better colleague will bring better productivity and enhance work relationships.

Appendix R1: 14 November 2010: No One Forced His Hand

Problem Text

- P1 My friend D was forced to marry C who is much older than him, six years ago.
P2 She was good-looking then.
P3 For a lady nearing 60, she was presentable, had a steady job and grownup kids.
P4 Now, with age catching up, she started to wrinkle and dry up.
P5 Coupled with various illnesses, she looks haggard.
P6 D is finding life different, having to take care of an old lady who is not able to satisfy his sexual needs.
P7 He is active in games and in bed, and has begun to stray.
P8 He now eyes younger women and dates them secretly.
P9 D says he needs to rejuvenate himself, a phrase which discontented men always use.
P10 He has even contemplated taking a mistress.
P11 Divorce is out of the question.
P12 C is still working but pops medications which have led her to her present condition.
P13 She works six days a week, travels outstation to visit her children and spends weekends away from home.
P14 D had been exposed to temptation but, so far, has only had flings.
P15 C is unable to bear him any children.
P16 So you have two lonely adults, with the lady being older and weaker.
P17 D feels as if he has been short-changed.
P18 He regrets marrying a woman who cannot bear him children and will soon be unable to fulfil her duties as a wife.
P19 What would be the best solution?
P20 Please tell D that whatever he does, he should not break C's heart.

Younger husband

Advice Text

- S1 Who could have forced a grown up man to marry a woman he did not love?
S2 Especially someone who cannot bear him children and who soon wrinkled like a dried up prune in his eyes and heart?
S3 And if he has decided to stray to appease his sexual appetite, how could he not hurt his much older wife?
S4 It is difficult to sympathize with your friend.
S5 He knew the score when he married this woman.
S6 If he cannot divorce her despite feeling the way he does, then he has simply sold his body and soul for whatever reasons.
S7 If it is for her money, then he deserves what he gets.
S8 This poor woman probably married him for companionship and happiness.
S9 Her children are all grown up and she must have felt lonely to have forced a man into her life.
S10 Your friend seems to have decided on ways to keep himself happy.
S11 Seeking sex on the sly by looking for a mistress is a solution to his unhappy marriage.
S12 While his wife lives in sad ignorance of her fate, he is just living it up.
S13 He feels justified because he blames her for his misery.
S14 He thinks that it is all her fault for aging, and taking pills that make her look haggard.
S15 But why does she have to work at her age?
S16 For all his complaints, your friend seems happy enough to stick around for the benefits.
S17 If D regrets this marriage, he should divorce his wife.
S18 There are many marriages where the younger husband seems to actually love and appreciate a mature woman.
S19 The truthful reasons are these younger husbands enjoy the wealth and mothering that come with such partnerships.
S20 Guys are not fools.
S21 They prefer an easy life that rich, older women can provide.
S22 But if they have to close their eyes and pretend to enjoy the sex, then it's the price to pay.
S23 Ask your friend to think hard.
S24 If he is not prepared to fulfil his part in this marriage, then he should not go around speaking ill of his wife.
S25 Talking about her aging body and failing libido is disrespectful and insulting.
S26 As his friend, do not take sides or accept such weak selfish excuses from this jerk.

Appendix S1: 14 November 2010: Okay to Pay for a Passion

Problem Text

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|-----|----------------------------------------------------------------------------------------------------------------------|
| P1 | Recently I acquired an interesting hobby which is hard to give up. |
| P2 | I like high-end collectibles. |
| P3 | But they are not cheap, seeing as I need to work as a waiter for half a month to get them. |
| P4 | I've invested most of my savings and time on this hobby. |
| P5 | My parents say it's a waste of money. |
| P6 | Although I use my own money, I feel guilty because the cost of these collectibles is enough to feed a lot of people. |
| P7 | Another reason is that I have observed other people who have such collectibles and most of them are working. |
| P8 | I'm still studying but I'm tempted to buy more because of their intricate details. |
| P9 | Should I continue with my hobby or keep the money for future use? |
| P10 | I feel guilty but at the same time I want them so badly. |

Thinking forever

Advice Text

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|-----|----------------------------------------------------------------------------------------------------------------------------------------------------|
| S1 | If you have worked hard for the money, do not feel guilty spending it. |
| S2 | Having a passion is not a bad thing as too many of us are trapped in a life without funs and thrills. |
| S3 | It is normal for your parents to caution you against spending money unwisely. |
| S4 | But if your collectibles appreciate in value and can be resold for profit, then you will have a good business you find enjoyable and challenging. |
| S5 | And why do you worry that other collectors are older? |
| S6 | Age does not matter as you are smart, knowledgeable and determined to get what you desire. |
| S7 | When you have made some money from your collectibles, donate to the poor so you need not feel so bad about those who are starving while you spend. |
| S8 | Your conscience is commendable as many people, young and old, give little thought to the less fortunate. |
| S9 | Do not convince yourself that your hobby is wasteful and frivolous. |
| S10 | We all like to indulge in things that give us satisfaction and happiness. |
| S11 | We also need to have focus, goals and aim in life. |
| S12 | If you want to play it safe, then always put away some savings and buy the collectibles you must have. |
| S13 | But never give up your love, zest and passion as money without purpose is worthless. |

Appendix T1: 28 November 2010: Look Ahead

Problem Text

- P1 I am a 28-year old Malaysian currently working in Singapore.
P2 I'm just an ordinary white-collar executive.
P3 I lost two love relationships within this year, after graduating in 2004, I left my family in Kuala Lumpur for Singapore because of SC.
P4 But after six years of happy and sad moments, we broke up last April.
P5 The main reason was her father – he disliked me from the first day I dated SC.
P6 I had proposed to her last December but he insisted that she break up with me.
P7 I used to visit SC's family during every festive occasion and tried my best to be a good prospective son-in-law by bringing them presents.
P8 I know her father disliked me because I was afraid to communicate with him.
P9 He never spoke to me and I was not confident enough to show him that I am the right man for SC, who is my age.
P10 She tried to change her father's mind about me, but he gave her a lot of stress.
P11 She had no choice but to break up with me.
P12 In July, I met SF, 26, an only child.
P13 It was love at first sight and she was my new hope as we shared the same interests and hobbies.
P14 We could talk endlessly about any topic and our personalities suited each other.
P15 We had sex one month after meeting and I liked her even more as she is a great sex partner.
P16 SF had had five boyfriends before me but I accepted her as my girlfriend because I wanted to give her a sense of security and show that I love her and could take care of her.
P17 SF had failed in her previous relationships because her parents had always controlled her life.
P18 Besides, she has low self-esteem—she always feels she isn't pretty.
P19 In August, when her parents visited Singapore, I invited them for dinner.
P20 But her mum didn't like me because I'm not rich.
P21 Besides, I only have a bachelor's degree while SF has a master's.
P22 SF is not concerned about all that—we had planned to move back to KL and settle down there.
P23 But she couldn't take the pressure from her mother, so she broke up with me last month.
P24 She also asked me to get a new girlfriend.
P25 I am back to my single life.
P26 I'm not happy working in Singapore anymore and want to return to KL and focus on my F&B business plan.
P27 But I worry about culture shock because I've never worked there before.
P28 I meet up with SC occasionally and realise that she still cares for me and understands me very well.
P29 I also miss SF, who has urged me to get a master's degree and fulfil her mother's wish.
P30 But I do not want to study anymore.
P31 I've told both SC and SF that I will only look for them if my F&B business succeeds.
P32 I'm confused: which woman do I love?
P33 Or should I just get another girlfriend in the future?
P34 Did these two women really love me?

Confused

Advice Text

S1	It would appear that SC and SF did care about you.
S2	Unfortunately, they had to bend to the pressure and wishes of their respective families.
S3	So instead of waiting and hoping, it would be best to find your new love as you have already broken up with both ladies.
S4	Right now, concentrate on your potential business plan.
S5	Going back to KL would be a good move as you will have the love and support of your own family to boost your confidence and help you heal from your failed relationships.
S6	Since your graduation, you had compromised your career.
S7	If you are not happy with what you are doing, you will not be able to drive yourself to your full potential.
S8	Perhaps this is the change you need.
S9	You are a sweet, tender soul who loves deeply.
S10	But you have not found someone strong enough to fight for love with you.
S11	SC and SF are both very young and do not have the heart to hurt their parents.
S12	If they are still interested in being friends, there is no harm in keeping in touch.
S13	Do not be so intimidated by the parents of your target love.
S14	You are a graduate with a good job and bright future prospects.
S15	You are young and capable.
S16	You could become an entrepreneur with a chain of F&B outlets or the CEO of a company.
S17	As long as you work hard and set your sights high, no one should look down on you.
S18	Have more pride and confidence in yourself.
S19	You need not shy away from the expectations of your girlfriends' parents as everyone should be given the chance to prove himself.
S20	Having an MBA does not make the man.
S21	You have a heart and soul and any girl will be lucky to find a guy like you.

Appendix U1: 28 November 2010: Go for Love, Not a Lover

Problem Text

P1	I am a 25-year old male.
P2	I have been struggling with my sexual orientation since I was 12.
P3	It has been very hard for me to eventually accept myself as gay.
P4	I have only told a few best friends and colleagues about my sexual needs and some of them are really against me.
P5	I have done many things to find my real sexual preference, such as trying to date a girl just like other normal guys, searching for advice on the internet and getting involved in religious activities.
P6	But they all seem to be in vain.
P7	I also tried looking for a gay party who was willing to talk and mingle with me, only to realise that most of them deliberately took advantage of me to fulfil their lust.
P8	What makes it worse is that I have now become addicted to gay porn movies.
P9	Who should I blame?
P10	Parents?
P11	God?
P12	Maybe myself?
P13	Or, should I be thankful to them for giving me the ability to fall in love with a man?
P14	I really need a lover right now.
P15	I am suffering and confuse.

Desperate gay guy

Advice Text

S1	Why blame God, your parents or yourself for being the way you are?
S2	Homosexuality is neither a sickness nor a crime.
S3	Gay guys who suffer are those who do not understand, and are ashamed of, the love they feel.
S4	You have been trying too hard to find yourself.
S5	When you are fearful and desperate, you make more mistakes and get more confused by emotional conflict.
S6	You want to be assured that you are a regular, “normal” fellow.
S7	But there is a tug-of-war in your heart and mind because you keep turning to the guys, not the gals.
S8	You want to know if you are truly gay or just a guy who hasn’t found the right woman.
S9	Why rush yourself?
S10	You need love, not a lover.
S11	Sex is shallow and hollow if you do not have any feelings for your partner.
S12	Lust is very misleading.
S13	Follow your heart and do not allow your mind to bring in fear and doubts to mar your true orientation.
S14	Continue to check out the gals and guys.
S15	There is no need to have sex to prove your feelings.
S16	Take it easy and allow your feelings to guide you.
S17	You will know when you find your true love.