

Mija Dating w/ Nessa

Hola mis Latinas! Hope you are doing well in your lives as well as in your relationships.

Many relationships have been known to fail and ended because of "he say she say." I want to tell you that if YOU do not see it or hear it then let it go. Many times, we women fail to *listen* to our men and end up losing them because a "friend" heard this or saw that. Do not let what others say stress you out about your man. If you feel something is not right then check it out for yourself. Believe it when you have evidence to prove it. Why mess up a relationship that is probably going good. There is NO perfect relationship. Problems can help strengthen a relationship. They help to know where you each stand during the hard times. I have heard men say that it is a turn off and annoying for a woman to keep accusing or asking questions about their infidelity. It almost leads them right into cheating because they figure 'Well, she thinks I am cheating and she is still with me so why not?' Is that an excuse to do it?

Why do men cheat? Why stay with the one you are hurting? Why not just leave her and let her move on? Why do women stay in these types of relationships? We all have our reasons. We have at one point or another decided to accept the faults of a man that we had deep feelings for. Men have told me that they were raised to believe having different women was a must and the more women they had the bigger their status. Some have even told me that it isn't cheating unless they are caught. On the other hand, some men feel that it is definitely wrong to cheat on their girlfriends. I have spoken with handsome, intelligent men who love to treat their women to dinner, movies, massages, and all that good stuff. Now a man will not feel that he is cheating on you if you are not his *woman/girlfriend*. So make sure that you are both on the same page as for as what your relationship is. Are you sex buddies or are you just friends that accidentally slept together a few times? Or are you just flat out his girlfriend? Sometimes men want to stay single because they have more to juggle. It's the excitement and the lack of problems attached with commitments that some men dread.

As Latina women, we need to be strong and confident about ourselves and be aware of our surroundings. Sometimes we need to keep the idea that 'men can not be trusted' in the back of our minds. Sometimes it is best to prepare for the worst. But don't let that thought ruin the good times. Why live each day worrying about what your man is doing? Men usually do not give things as much thought as we do, nor do they worry as much as we do. If you are in doubt about your relationship then maybe it's time to step back and think hard about what you want for yourself. It is up to you how much you are willing to deal with. Sometimes we put ourselves in the situations we are in but we learn, mature, and move on.

