



Teenage Relationships.

In my line of work I have teenagers asking me romantic relationship related questions. I write this article with an intention to give teenagers an insight when faced with a similar dilemma.

One of the most essential part of our life is human connection, the simplicity of getting to know one another is what makes us all tick. There is always some commonality to every individual we meet and it is commonality & the curiosity of the unknown that binds us together. With that in mind, imagine the havoc in teenagers when hormones play a role and makes them want to pursue a romantic relationship.

In one of my earlier articles I had mentioned the theory of The Teenage Brain, and how the Prefrontal Cortex, the part responsible for rational decision making is still developing. And yet there are hormonal changes that occur in a teenager compelling them to get attracted to one another. Science is amazing indeed!

So how do we balance this chaos?

Some advice to assist you while navigating romantic relationships:

- Enjoy every phase of your life with a pinch of salt. Have fun!!! Those eye locks, silly giggles, secret smiles shared with a special someone is OKAY! Do not feel guilty about it, its valid to feel this way!
- That out of the way, reflect on how far you want to take this. Your focus at the moment should ideally be academics & grades. Everything else is peripheral so don't dwell more than necessary on anything too serious that takes your attention away from studies. A serious relationship may distract you from your goal.
- Ask yourself: Does this special person encourage you to be a better version of yourself in every aspect? Do they inspire you to push that extra mile for better grades? Do they make you laugh most of the time or are you mulling over them for not giving you enough attention? Are they a toxic presence or a happy influence? An honest answer to these questions will give you clarity on a way forward. Any relationship that makes you feel sad 7 out of 10 times is a toxic space to be in, GET OUT of it NOW. Always opt for your happiness first.
- Imagine yourself at your graduation day speech: Do you want your speech to be about this special someone or about the amazing journey you had during your

school/university with fun inspiring anecdotes & achievements to share with the audience?

Keeping the vision of your graduation day speech & the aforementioned tips in mind, decide for yourself on any relationship dilemmas or decisions you need to make. All of you are capable enough to make the right choice for yourself ;)

Adios, **Binny Brahmhatt-Sharma**