

» CONTINUED FROM PAGE 22
WORKAHOLISM

1 Change your mind: If you feel anxious when you are not working but feel drained and unhappy when you are at work, you need to sort out some things in your head. Take a sheet of paper and make two columns. On one side, write down your beliefs. For example, if I don't work 15 hours a day, I will be a failure. In the right-hand side column, argue with yourself. Your perception that working hard and long is a solution to your insecurities is simply illogical.

2 Leave: In the second week, teach yourself that the world does not collapse without you. If you believe work just can't be finished before 8 pm, tell your colleagues you will leave office at 6.30 pm. You will be surprised how everyone works around your timing once you stick by it. Colleagues take others for granted when they know they will stay back late.

3 No timepass: Time management is critical. In the third week, practise not just with to-do lists but by distinguishing between what is 'important' and what is 'urgent'. Don't let your 'important' tasks become urgent by leaving them undone until the last moment. There will be a few urgent things that will come up, but most work, you will find, can be done in advance. Don't waste time worrying about work. Do it.

ALCOHOLISM

1 Start talking: Although alcoholics know, deep inside, that their alcoholism has gone out of hand and they want to give it up, they live in denial. So friends should talk to them and help them deal with it. You should sign up for counseling, group therapy and anger management sessions to deal with underlying issues that cause this dependence.

2 Reevaluate: Every facet of an alcoholic's life becomes dependent on alcohol. The first step is in undoing that association. For instance, an alcoholic's personality deteriorates so radically that he or she loses sense of time, money and relationships. If an addict can learn to value these again, there is chance for reform.

3 Rehab is critical: For most alcoholics, the first step to recovery is getting into a rehab programme. If you want to clean up your act, it is best to go about it scientifically and clinically. First, detoxify with medicines and drugs such as Librium to deal with the withdrawals. Vitamin and protein supplements are important while the body recovers.

4 Get a doctor on board: Alcoholics are often diabetics due to the high sugar in alcohol. Regular alcohol intake suppresses several diseases. As soon as you stop, these ailments can resurface. So seek medical check-ups regularly.



PORN ADDICTION

1 Use your imagination: Most addicts cannot fantasise because they don't know what they want sexually. Because of this confusion, they feel unsatisfied, even after masturbation. Instead of watching porn, an addict should make an effort to be creative mentally. You will feel less inadequate and dependent if you can turn to your own mind.

2 Go public: If you are obsessive about porn, it is time to make your private life public. This does not mean you tell everyone what you are doing. Rather, shift your computer to a place where everyone can see you. For instance,

don't keep it in the bedroom but shift it to the living room.

3 Stop surfing: People addicted to porn are often depressed and vulnerable. The last thing you want to do is to isolate yourself more by Internet surfing. If you go online, you will be tempted to go to that porn website you are addicted to. Over the next month, don't go online. Don't alone at home. Go for a walk or an outing. Surround yourself with friends constantly. Going online for self-help tutorials is like an alcoholic going to a bar to get rid of his addiction. So resist this temptation.

4 Turn to Yoga: You need to get your sense of control back. Yoga goes a long way in helping you feel calm. Bhramari Pranayama or Shivasana regulate your heartbeat, breathing and flow of blood which help you stay out of the 'zone'.

5 Red alert: Counselors say that too much porn can lead to deviant behaviour. When the addiction becomes pathological, addicts have been known to indulge in pedophilia or bestiality and even commit rape. If you spot any behavioural changes, press the alarm button. See a psychologist pronto.

'I was swimming in alcohol'

FIRST PERSON

Around five years ago, soon after my parents passed away, I was alone and devastated. I took to heavy drinking. As I was a software consultant, I began meeting my clients and marketing friends in bars. Within days, my drinking went out of hand. I would down four-five glasses of neat whisky daily. My craving for alcohol was insatiable. I wasn't drinking alcohol, I was swimming in it. I couldn't imagine getting by for a day without getting sloshed. A year later, I got married but my alcoholism didn't subside. My wife and relatives put me in rehab, where I couldn't eat well or meet anybody. After three months of staying in what felt like jail, I returned home to drink even more, as if with a vengeance.

I had no money and my relationship with my wife had hit rock bottom. I met Dr Harish Shetty about three months ago because my boss asked me to. The doctor turned out to be the voice of reason for me, and, sometimes, that is really all you need. He was confident that I wouldn't drink after that session. When I stepped out from the meeting, I just didn't feel like doing it any more. I quit cold turkey. I used my willpower to keep of it. In fact, when I pass by my usual haunts; the bar and the wine shop, I don't feel the craving any more. My relationship with my wife and professional life is back on track. **—NEIL D'BRITTO, 33, VASAI**



—Ankit Ajmera, Kevin Lobo and Anand Holla

OUR PANEL OF EXPERTS

DR NUPUR KRISHNAN,
CLINICAL NUTRITIONIST
AND DIRECTOR OF BIO-LOGICS HEALTHCARE



SEXOLOGIST DR PRAKASH KOTHARI



MIRROR READER SAKET JHA WHO QUIT SMOKING A YEAR AGO



SUPRIYA NAIR, CLINICAL PSYCHOLOGIST AT ASCEND PSYCHOLOGY



PRITAM DATTA, FOUNDER, LIVING FREE FOUNDATION (REHAB CENTRES)



ASK THE SEXPERT

DR MAHINDER WATSA



1 I am a 20-year-old girl. I had sex with a shemale. She inserted her penis inside my vagina without a condom. Now I have missed my periods. Am I pregnant?

If you were having regular periods earlier, there are chances that you could be pregnant. Check with a urine pregnancy kit from the chemist. Are you sure the person did not have an infection?

2 I am 37. In my teens, 20s and early 30s, my semen was pure white. But for the past two years, it has turned pale yellow. I have read that semen changes color with age and becomes yellowish. But in the past few months, my semen has become pure white again! Whether watery or thick, it is clearly white again. I'm happy but I'd like to know if semen tends to become yellowish in the 30s? If it doesn't, what is the cause behind my yellowish semen? Does it indicate an infection? And if semen becomes yellowish in the 30s, how has mine regained its original white color after being yellow?

What you need to do is to throw away your colorometer and stop looking. Have you nothing better to do? The colour of the semen can change with the amount of fluid.

3 My penis was very sensitive till my late 20s. When I encircled my penis with the thumb and index finger and gently stroked myself then, it would produce intense shudders of pleasure. But in my 30s, that sensation just vanished. I know that sensation decreases with age and men experience a sharp decline in their sexual power, is my case normal? I had a bad bout of jaundice at 28 and I lost 90 per cent of my body strength which I never regained. I have also used steroids (clobetasol propionate) for a long time to treat my tight foreskin. I really want to experience that sensation again and be able to make sex more enjoyable.

The shuddering may be less but I am sure it is there. Your illness and the ointment may have decreased the sensation. The bottom line is, can you have intercourse or not?

SEND YOUR QUERIES TO: Ask the Sexpert, Mumbai Mirror, Times Of India Building, Dr D N Road, Mumbai 400001 or email at drwatsa@indiatimes.com. Contact Dr Watsa, send an email to mcwatsa@hotmail.com