



THE MIND MENTOR

Psychologist Rachel MacLynn offers her life-enhancing advice

My partner's insecurity over my success is spoiling our relationship

Q I've been with my partner for three years after we met through friends. The first two were bliss, then last year I bought my own house and invited him to move in. At first he was reluctant, suggesting that he be included in the financial details, but I have a daughter from a previous relationship and felt this house was my 'nest egg' for her. Since he's been living with me things have

changed. He's very strict about splitting bills 50/50 and paying rent, and won't let me pay for anything when we go out. I earn more than him, as I run my own beauty salon, and he often makes comments about women overtaking men career-wise, and how househusbands are 'copping out'. I wonder if he's jealous of me or feels insecure, but I don't know how to change things.

• Your partner sees how wonderful you are at managing your life and he doesn't know what his role is •

A Your partner is experiencing a deep engrained instinct to be the 'protector-provider'. It has been in the male genes since hunter-gatherer times, so it's not something a chat and a hug is going to change. Men are wired up in such a way that it feels natural for them to be the breadwinner.

Modern life has changed the balance of relationships and women are becoming increasingly independent and successful at holding down a good career, and still looking after the kids and the home.

Your partner sees how wonderful you are at managing your life and subconsciously he doesn't know what his role is. Think about why you need and want to be with him: emotional support, sex, fun and someone to

make you feel soft and feminine every now and then?

He needs some reassurance that he is needed. I am sure there are times when you have a bad day. Talk to your partner, ask for his advice and make him feel valued. Put focus onto the sexual side of your relationship. Make sure that you have fun together and your mind is as much on him as spending time with your daughter or running your salon. Involve him in day-to-day decisions about your daughter so he feels that she needs him too.

Let him pay his way. Don't put up barriers by trying to be independent. You are right to think about the needs of your daughter, but take some steps to make the home feel like both of yours – let him redecorate, or buy some new furniture together. ■

• Rachel is a psychologist and relationship expert for Seventy Thirty, an exclusive matchmaking and partner-headhunting service. She has worked with some of the UK's most eligible celebrities and business leaders. Visit seventy-thirty.com or call

WAYS TO HELP YOUR MAN FEEL SECURE

- Show your softer or more feminine side – if you have had a bad day at work ask for a hug when you get home and tell him that he has made you feel better.
- Confide in your partner – seek his advice, listen to his opinions and value what he says, even if you don't always agree with him.
- Make him feel special – think about what you love most about his physique and his personality and tell him when he is least expecting it.
- Involve him in day-to-day duties by letting him pay his way to a level that you both feel is fair.

