



Married people and people in a relationship usually avoid having close friendship with the opposite sex because it may either become adulterous or viewed as such. I've witnessed several instances of close friendships between colleagues of opposite sex over 45 years of working life. Some of them, mostly single individuals, got married to each other and some who were married got divorced.

Question arises whether it's possible to have a non-sexual or non-emotional relationship between two people of opposite sexes. I've several women who admire my writing and send their appreciation to me, but I don't see them personally unless they happen to be either our family friends or my wife feels comfortable with them.

That's us but that's not the norm. When someone you have an intimate relationship with objects to an opposite-sex friendship, it is a mistake to assume that this is jealousy stemming from insecurity. Partners with high self-esteem will not tolerate poorly handled opposite-sex friendships. This is usually a sign of their emotional intelligence and their understanding of what is required to maintain an intimate bond. The problem very likely isn't the partner who is objecting, it is very likely the way the opposite sex friendship is being handled by one or both of the friends.

There are a lot of female readers who admire my writing and poems. Some even want to meet me or visit my home to have a conversation on certain topics. I outrightly discourage such contacts for personal reasons. I meet both female and male writers in a group setting at the local library but never see them alone on one-to-one basis.

After several initial conflict over this issue with my wife, I have reached this conclusion that if your behavior with your opposite-sex friend is being perceived by your partner as a threat to your intimate bond, then accept it for being exactly that. It is not just your partner's problem to deal with. The intimate bond you have with your partner is being created between the two of you. If this bond is meaningful and worthwhile to you, then you must protect it. Sometimes protecting your relationship means giving up some of your own personal freedom or choice so that you build something that is greater than the sum of its parts. If you are unwilling to do this, then perhaps you aren't ready for the relationship.

I recall that two of my colleagues of the opposite sexes, Larry and Renee were very close to each other. They always went out to lunch together and drove in the same car while going on business trips. They were both married (not to each other) Although there was no proof of impropriety between them, it struck odd to me that they were so intimate with each other.

In heterosexual relationships, partners can sometimes feel jealous when their significant other has a friend of the opposite sex. These jealous feelings stem from fear that their partner may form a deep or romantic connection with their friend. This is more often true. When people become intimate with the opposite sex, it's natural to exchange emotion and feelings with each other. This causes a sexual tension between them which ultimately develops into inner feelings of longing between the two.

The world is full of such instances. Prince Charles, leaving his first wife Princess Diana for Camilla Parker Bowles is a recent example. It's complicated with no clear-cut answer. The great Urdu poet Ghalib has said "There is no control over love or passion. "Love is like fire that can't be started nor can be put out deliberately."

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