

Getting it together

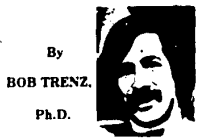
'You're the cream in my coffee'

Love is a necessity. It is not just a luxury, as some pragmatic anti-sentimentalists would argue. It is an important ingredient in our emotional diet. When people have it they thrive, even when the rest of their life is relatively empty. It brings out the best in human beings. Feeling loved means feeling all right about yourself. Feeling loved means feeling really close to another and closer to humanity.

That everyone loves a lover is more than a catchy lyric. It's true. When we feel loved, we are more loving. Feeling loved adds to our ability to be compassionate toward others. And we are more valued and lovable by others because we have become a source of warmth and acceptance to those with whom we come in contact.

Feeling loved and becoming a loving person is one of the best things that can happen to us. But it is as rare as it is precious. Not because people don't want it, but because they discourage it with the very efforts they make to find it.

WE WANT SO desperately to feel less separated from others, but we do exactly the right things to keep us apart. To feel loved for whom we really are means we must first be known. But we are afraid to expose ourselves. We hide behind



By
BOB TRENZ,
Ph.D.

our privacy fence, fearing to share our secret thoughts and experiences with someone who may not understand. So what we never learn is that we are surrounded by people who are much more similar to us inside than they are different.

I am reminded of a remarkable incident that occurred when three young married men decided to level with each other about their "frustrating" secrets.

The first confessed, "I'm so ashamed that, even though I love my wife, I still masturbate by myself a couple of times a week. But before he could continue, he was interrupted by his two startled friends saying almost simultaneously, "You too!"

In addition to the separation of privacy, there is the separation caused by quick

judgments. Trying to be good, moral people we often separate ourselves from others by being closed-minded about values and behavior which we don't understand. We reject people who seem to be different.

But, most of all, we keep apart from each other because we don't really accept ourselves. Instead of expressing all of our inner feelings, we choose only those that seem most acceptable. In order to win another's love we present our most valued, most agreeable side.

WE EMPHASIZE OUR achievements and hide our failures. We act fearless when we are scared to death. We project self-confidence instead of insecurity, gregariousness instead of shyness.

The least acceptable, weaker part of us is stuffed into a closet, hidden behind our public image. In fact, it's not unusual for these repressed parts to be hidden even from ourselves.

And that's the source of our unloved feelings. Those banished segments of our personality are at the heart of our loneliness. For, no matter how much we seem to be loved and admired for our strong exterior, we know that our lover isn't even aware of our secret ugliness. So, we feel loved for our performance, not accepted for being ourselves.

Being loved under these conditions feels tentative. It seems to be contingent upon our ability to keep up an acceptable front. To feel really loved, loved for who we truly are, we must feel known and accepted by our lover. We must admit our true

identity and be fully exposed. Rather than just showing the admirable side of our personality, we also have to admit our weaknesses, the flaws that spoil our image.

If a person wishes to feel loved and accepted, he must take the risk of self-exposure, and the risk of rejection. He must show that behind his strong, independent front there is a weak, insecure child.

HE HAS TO LET his potential lover see that not only is he a warm, generous person, he is also a rejecting, irritable brat.

For deep within our adult personality, we still have the living remnants of the unacceptable side of that little baby we once were. We began rejecting that part of us in an attempt to guarantee our parents' love, and it has been very lonely ever since.

It is that rejected inner child that especially needs to feel lovable. It is that clumsy, helpless, selfish baby in all of us who needs to be cuddled and stroked and reassured that it is accepted, that it doesn't have to live in the closet anymore.

To feel really loved and accepted is to experience the great relief of finally being able to let down our image and just relax. Like many things, it is much easier to describe this process than to actually do it. But there are few things in life that are so worth the effort.

Bob Trenz is a Rochester marriage counselor and psychologist. Questions for Dr. Trenz may be addressed to Rochester Observer & Eccentric, 110 N. Main, Rochester 14603.

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Association ball to pick Cinderfella

The most outstanding, gorgeous, handsome, brightest hunk of masculine puckynude our Tri-County Kingdom has to offer is the way the Women's Committee of the American Lung Association described the man it is looking for to name the Cinderfella of their Cinderfella Ball Saturday, Oct. 2 in Raleigh House, Southfield.

They will also be on the lookout for two brothers to stand beside him and help him reign over the ball. The three men

chosen will receive \$2,000 worth of donated gifts.

The event will include a formal ball and a disco-after party to be followed by the ceremonial selection of the Cinderfella.

To become a candidate a man must have a sponsor. Any restaurant, business, social, religious or political organization may sponsor their own Cinderfella.

Those who attend the ball and the after-party will be asked to vote on a ballot to select the Cinderfella.

The committee asks only that he be a cross between Robert Redford, Charles Bronson, Lorne Green, Yul Brenner, Burt Reynolds, Paul Newman, Marlon Brando and Gregory Peck.

Any combination of two will be eagerly accepted, they pointed out, adding that if he possesses qualities of more than three of those mentioned, he must provide his own protection.

Tickets for the ball are \$65.50 per person and \$136 per couple. For the disco-after party, tickets are \$15 per couple. Proceeds from the event will be donated to the American Lung Association.

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Classes teach decorating

Anyone interested in housing and interiors will be helped by two courses being offered through the College of Lifelong Learning for Wayne State University's department of family and consumer resources this fall.

Introduction to Housing and Interiors meets Monday and Wednesday from 5:30-7:30 p.m. starting Oct. 4. Taught by Arlene Abel, member of the American Society of Interior Designers, it will cover functional, aesthetic, and financial aspects of the home and its furnishings. Floor plans and selection of furnishings will be analyzed.

Twentieth Century Interiors: Art Nouveau through Contemporary, taught by A.S.I.D. member Thomas Nothart, will examine furnishings and accessories in relation to developments in materials and technology. Architectural relevance and market sources will also be explored.

WAC vets pick new officers

The Detroit Chapter of the Women's Army Corps Veterans Association recently installed new officers at a special installation dinner at The Boar's Head Inn, Dearborn Hgts.

New officers for 1976-77 are: president, Dorothy Dicks of Dearborn Hgts.; first vice president, Virginia Nagy of Madison Hgts.; second vice president, Lorraine Wall of Royal Oak; treasurer, Betty Bulger of Detroit; recording secretary, Violet Kincad of Grosse Pointe Park; corresponding secretary, Natalie Kix of Bloomfield Hills; chaplain, Lary Neidman of Novi and Sgt. at-Arms, Bernice Low of Pontiac. Mrs. Bulger was also elected to the office of national Sgt. at-Arms at a recent WAC convention held in Miami.

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