

## Getting it together

## Love is supposed to last

Love has received a lot of bad press lately. The current fashion among writers is to uncover the cynical realities of love. So, it's pictured as a temporary madness, an acute neurosis that leads us into fantasyland and disappointment.

It's called a rarity when love seems to last through the diapers and bills and broken plumbing of marriage. But it's called normal to have affairs, to go to bed lonely every night, and to eat breakfast with a newspaper every morning.

Even psychologists and marriage counselors, who are supposed to be our experts on love, have become some of the most cynical detractors. They've developed methods to help couples live comfortably with loveless marriages. They've begun to tout marriage models based on autonomy and self-sufficiency instead of inter-dependency and love. And derivatives of love, like affection and sensitivity, have been replaced by an emphasis on roles and communication.

AN ENTIRE philosophy of human nature is growing from this apparent

failure of love. It argues that we are basically selfish, narcissistic, and egotistical. And, therefore, loving is opposed to our essential nature.

Being kind, considerate, open, and unselfish are requirements of love, but they are supposedly against our emotional grain as human beings. So, love, according to this philosophy, can never be more than temporary summer fireworks, a flash of passion.

Nothing could be further from the truth, which is that we are actually born lovers. Our nature is to be in harmony with our human surroundings. As participants in emotional ecosystems, we want to function in concert with our fellows.

Our inherent tendency is co-operate and to be inter-dependent. We don't wish to be emotional isolates, just the opposite. We need to be in contact with other humans. We need intimate connectedness with each other.

All of which may sound like a nice, unrealistic philosophy. But it's a lot more than that to me, or to anyone else who has experienced successful, lasting love as an adult.

The proof is in the experience. Even brief moments of intimacy and loving have a feeling of "rightness" to them. It's a feeling of being the way we're made to be, a feeling of "coming home" to our basic nature.

THERE IS A FEELING of relief that goes with moments of successful love. And that's because we are feeling the lifted weight of dropping our defenses, our exhausting, confining defenses.

James Sobczak, of Farmington Hills, will compete at a regional Toastmasters International annual speech contest June 14 in Columbus, Ohio, against speakers from Ohio, Michigan, New York, Pennsylvania and eastern Canada.

Sobczak, president of the Birmingham Toastmasters Club, topped six contestants from metropolitan Detroit and northern Ohio at a May 20 district-wide competition. He is an employee of Ford Motor Co.

Rumor up in that contest was Len Alaimo, of Birmingham. Alaimo, also a Ford Motor Co. employee, is a member of the Dearborn Dynamic Toastmasters Club.

By  
BOB TRENZ.

Ph.D.



In the face of the calm confidence that comes with love, we are able to shed the protections and facades that we built because we were afraid, because we didn't trust the power and sureness of love, and because we didn't feel lovable.

And the ironic tragedy is that these defenses are the very walls that isolate us from each other. These are the barren exteriors that hide our soft, lovable insides. Preparing for life without love becomes a lonely self-filling prophecy.

Love takes so much effort to foster and it can be so fragile. But that's not because love is difficult by nature. It's because we bury our easily-loved interiors under piles of protective garbage, cynicisms, and distrust.

IF WE EVER HOPE to reverse this dilemma and return to our true essence, it's going to take a lot more than timid hopefulness. There are long-standing, widely popular misconceptions to be conquered. There are paralyzing fears and self-doubts that need to be removed.

We don't need crusades and marches. We need personal, individual protests against our growing pessimism. We need little victories, successful moments, loving encounters.

Proofs, not just words. Love is the best dust. Love is supposed to work. It's supposed to last. And we shouldn't settle for anything less.

Bob Trenez is a psychologist and marriage counselor in Rochester. Comments for Dr. Trenez may be sent to P.O. Box 64, Rochester 48063.

## Workshop views options for teachers

A workshop, "Alternative Career Options for Teachers," will be offered by the Continuum Center for Adult Counseling and Leadership Training at Oakland University 9:30 a.m. to 4 p.m. Saturday, June 10.

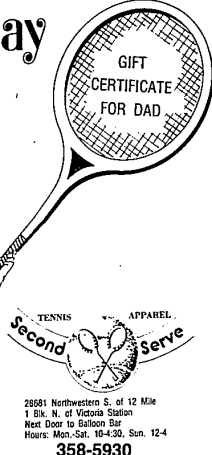
The session to be held in the Oakland Center Building will include a keynote talk on the realities of selecting a new field Ruth Jeffries of Bloomfield Hills, a former teacher who is now successful in the business world.

Alan Scott of Royal Oak, assistant director of the career advising and placement office at Oakland University, will provide information on the current job market.

This is not a job placement service. The fee, including lunch, is \$20. Pre-registration is required at least three days in advance to guarantee lunch. For additional information and registration, please contact the Continuum Center at Oakland University, Rochester, or phone 377-3033.

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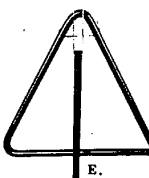
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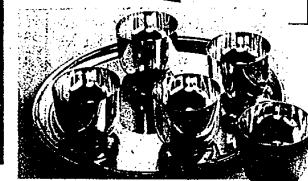


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