

Getting it together

Fears, false fronts keep from doing love on purpose

About half of our nation's marriages end in divorce. Most of the divorces half live with scant remnants of their original love relationship.

And it's no wonder. Almost everybody believes in the disease model of love—that love is something you catch like a cold, something you fall helplessly into, the product of a mysterious chemical-emotional reaction.

Almost nobody believes that love is something you can do on purpose. In fact, the idea of systematically producing love seems obnoxious and unnatural to most people. So individuals who don't have love wait patiently for fate to hand them a lover. Spouses whose love has dulled-out turn helplessly to affairs and divorces as their only apparent options.

But they're all so very wrong. LOVE IS NOT just alchemy. It's more than just a passionate impulse. It's an action. It's a state of mind, an attitude. And it's very powerful. Without the strong adhesive effect of love, marriages and families couldn't last. Without its capacity to stabilize and buttress emotions, we'd be easily toppled by daily challenges.

And, most importantly, love is something you can do. It is the act of connecting your tender inner self with that of another human being. It could be called soul-to-soul communication.

Like jobs, sports and other human activities, it can be done well or poorly, depending on how well you understand it, how much effort you commit to it, and how well developed your loving skills are.

Specifically, doing love well means effectively removing emotional obstacles to the intimate connection. When these are gone, our basic nature takes over and draws us together like strong magnets.

What keeps us apart are fears, defenses, false fronts and self-rejection. In the struggle between open intimacy and closed defensiveness, these resistance are almost always the winners. So true intimacy is rare. We are not intimately connected to most human beings we meet, even though such closeness and mutuality would be practically advantageous and theoretically possible.

HOW MUCH EFFORT and frustration is wasted because we relate at such a shallow level to almost everybody? How many dead-ends and misunderstandings could have been prevented by real, person-to-person understanding?

Not to mention such interdependent relationships as marriages and families where it is so easy to step on each other's toes for a lack of real connectedness with sensitivities and needs.

Intimate, mutual understanding is as practical as it is emotionally desirable. And it's something you can learn to do.

It's an art. Primarily, it's the art of alleviating defenses, fears and false fronts, making it possible for our natural attraction for each other's insides to take over.

Coincidentally, it's the same process

that has been used to produce successful professional counseling. And, in that field, decades of research and refinement have developed some sound principles for fostering the intimate connection.

Next week's column will discuss these.

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

By
BOB TREZZ,
Ph.D.



All Carpet cleaners are not alike.

Don't find out the hard way, have them cleaned the Soft Hagopian way.

- Water is softened with special equipment in our trucks
- Water is heated to proper temperature in our trucks
- Power is supplied from our trucks
- Family formulated cleaning solutions are used
- Soil is removed from your carpet (and your home)

P.S. Ask about 3M Scotchgard® protection for your carpet and about our exceptional furniture cleaning.

PHONE 399-2323

THE ORIGINAL

HAGOPIAN

DISTINCTIVE CARPETING — EXPERT CLEANING
14000 West 8 Mile Rd. (1 Mile East of Northland)

OUR ONE AND ONLY LOCATION

CLASSES CLASSES

CLASSES

at

Robert L. Kidd Associates

107 Townsend Street

Birmingham, Michigan

642-3838

Weaving

Design

Rya

LatchHook

Knitting

Crochet

Offloom

Basic and Textured

Needlepoint

Robert L. Kidd Associates

Classes to Begin Sept. 15th

WIGGS

Since 1903

Extraordinary Savings!

LAST NINE DAYS

Pillow-back Chaise Lounge or

Chair and Ottoman . . .

Reg. from \$251 to \$353

Your Choice \$189.

Through special arrangements with the manufacturer, we have purchased some beautiful Close-Out Fabrics: some discontinued patterns, some bolt-ends and an assortment of odds 'n' ends of best-selling materials. NOW AT AN EXTRAORDINARY PRICE OF \$189! For a limited time only, we are able to pass these savings on to you!

We have an excellent group of fabrics. However, our yardage is limited in several patterns. We caution you to shop early so as to not be disappointed. You'll love the style of these pieces, cushioned with soft poly-foam for extra comfort. Order now for Christmas.

TERMS, of course!

TELEGRAPH RD. (at Long Lake—18 Mile) BLOOMFIELD HILLS

*open Mon., Thurs. & Fri. 'til 9 • 644-7370

Have a perm.

Use Wards "Charge-All Credit"

Sale extended to Sat. Sept. 16

WARREN 751-7500

PONTIAC 682-4940

SOUTHFIELD 358-1200

LIVONIA 427-1600

ROCHESTER 425-4542

NORTHVILLE 341-4444

DEARBORN 2235-1234

Human growth week coming

Dr. Frank Falkner of the Children's Hospital staff will address the greater Detroit chapter of the Human Growth Foundation at 2 p.m. Sunday in Children's Hospital, Detroit, as the group kicks off its observance of Human Growth Week.

The days from Saturday-Sept. 23 have been designated by the foundation to help people remember that all tiny adults don't live in story books and dwarfism is as present now as during the middle ages.

Dr. Falkner, speaking on Variations in Normal Linear Growth, will meet with parents of area children with growth disorders.

The foundation provides an opportunity for families of such children to meet, share experiences and resolve mutual problems, providing for each other's mutual support and fostering parent education, research, public education and gland collection.

The speaker is scientific director of the Fels Research Institute and a former associate director of the National Institute of Child Health and Human Development.

The talk is open to the public. Those interested in learning more about the foundation may attend the meeting or call Theresa Chase, 728-2499.

'Luv' is kosher dinner production

The play, "Luv," by Murray Schisgal will be presented at the kosher dinner theater at 6 p.m. Sept. 17 and 24 in the Jewish Community Center of Metropolitan Detroit, 6000 W. Maple, West Bloomfield.

Tickets are \$9 per person and include a full-course meal and the show. Deadline for reservations is one week before the performance. To contact the theater, call the center at 661-1000, ext. 138.

Kingsley Inn

HOTEL

Proudly Presents

our Fabulous English Style

SUNDAY BRUNCH

Served from 10 a.m. to 2:00 p.m.

ADULTS \$4.95 • CHILDREN UNDER 5 \$3.95

DINNERS FROM 12 noon to 10 p.m.

in an incomparable atmosphere



Woodward and Long Lake Road

644-1400

Bloomfield Hills

NETTLE CREEK MASTERCLOOM

Choose from the finest decorator fabrics for custom spreads and draperies at 20% savings, or pick a designer spread from stock and save up to 60%. New shipments arriving

"Custom look at factory prices"

ROCHESTER 425-4542

NORTHVILLE 341-4444

DEARBORN 2235-1234

TELEPHONE 987-6543

TELEPHONE 987-6543

TELEPHONE 987-6543

TELEPHONE 987-6543

TELEPHONE 987-6543

TELEPHONE 987-6543

TELEPHONE 987-6543

TELEPHONE 987-6543

TELEPHONE 987-6543

TELEPHONE 987-6543

TELEPHONE 987-6543

TELEPHONE 987-6543

TELEPHONE 987-6543

TELEPHONE 987-6543

TELEPHONE 987-6543

TELEPHONE 987-6543

TELEPHONE 987-6543

TELEPHONE 987-6543

TELEPHONE 987-6543

TELEPHONE 987-6543

TELEPHONE 987-6543

TELEPHONE 987-6543