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Getting it together

Always giving in--one way to end a marriage

The perfect mate - she is always supportive of her husband, even when she feels he is wrong. He is always complimentary to his wife, even when he doesn't like something about her.
 She is always forgiving when her husband is unkind or demanding. He is always warm and affectionate no matter how tired or bored he actually feels inside.
 After all, isn't it true that a happy marriage is one in which there are no grapes no nagging, no emotional arguments?
 Haven't we learned that the art of successful marriage is the art of giving in, of giving and tolerating?

By **BOB TRENZ, Ph.D.**



The answer is Yes, we have learned all of these things, and they could hardly be more wrong.
 In fact, no other factor is as responsible for miserable marriages and divorce. Rigid, unrealistic and dishonest roles are by far the major detriment to marital success.

YET, DAMAGING as these attitudes are, they are extremely prevalent at our institutions, our parents and even our entertainment media come the strong messages. Marriage requires a lot of sacrifices, a lot of giving in.
 According to our traditional marriage beliefs, being a perfect husband or wife means being adept at playing dishonest roles, being able to completely hide real feelings when they are not positive and polite.

IF MEANS being able to put up with great quantities of subtle and direct abuse from a mate, avoiding confrontations at all costs.
 Women have learned that all men have fragile egos and need to be supported constantly. To be a perfect wife just avoid being critical of your husband.

Men are trained in the art of flatters. They are taught that women are suckers for gifts, remembered anniversaries and whispered sweet nothings.
 To keep a woman happy, they have learned just tell her how sexy she is.
 At an early age, we begin to see that the art of being successfully married is the art

of self-denial and surrender. We learn that honest selfishness and dishonesty cause fights. We learn that fights are bad for the marriage. They lead to divorce.

TO THE CONTRARY, the fact is that many more divorces come from couples who didn't fight enough than from those who fight too much.
 To avoid the immediate discomfort of a hassle, couples have buried their grapes until they have accumulated an unbearable pile of little resentments. Facing such a vast pile of unresolved differences, it's no wonder that couples throw up their hands and head for an attorney.
 For the sake of temporary peace, husbands and wives have learned to put up with resentments and frustrations. Often, they have been so effective at covering their real feelings that their spouses is completely oblivious to their dissatisfaction.

AN EXTREMELY common remark for spouses who are suddenly faced with their mate's unhappiness is "I could hardly believe she wanted a divorce. I thought we had a good marriage."
 This is because too many people feel that a good marriage is one in which everyone is hassle-free, one in which everyone is playing out their roles like perfect mates, no matter how he feels inside.

If marriages are to ever become happy places for happy people, then we will have to update our old beliefs.
 We need to be teaching our kids and our wives a new more realistic model for marital success.
 We need to see that a comfortable peaceful marriage is not necessarily a successful one. We need to learn how to express resentments and differences openly, as soon as they are felt. We have to find ways of living with our mates which don't require constant sacrifice and a facade of happiness.

Bob Trenz is a Rochester psychologist and marriage counselor. Questions for Dr. Trenz may be sent to the Rochester Observer & Eccentric, 418 N. Main, Rochester, 14663.

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Diabetic teens offered day of winter sports

A free all-day winter sports outing with ice skating, snowmobiling, swimming and hiking is being offered to diabetic teen-agers 11 through 18 years of age on Saturday, Jan. 31, by the North Oakland County Unit of the Michigan Diabetes Association.
 Dave Goldman, youth director, said the unit will provide a free diabetic luncheon and free transportation.
 The outing will be held on a 50-acre farm owned by Clark and Margaret Morgan, at 9670 River Holly. They have four two-seater snowmobiles, each with a two-seater towing sled, a two-acre ice pond, a 34-foot indoor swimming pool and woods and fields.
 Swimmers should bring suits and towels, snowmobilers extra heavy winter-assistant clothing. The Morgans, whose daughter, Sue, 15, is diabetic, operate the Kearsy Electric Company of Dravton Plains, contractors and appliance sellers.
 Unit autos will leave from the main entrance of St. Joseph Hospital, 900 Woodward, Pontiac, at 9:30 a.m. and return at 5 p.m. Goldman added that diabetic teenagers with their own transportation or from adjoining counties will be welcome at the farm.
 The idea of the outing originated with

the Morgans and Goldman and is primarily designed to bring together teenagers with common problems and troubles. A physician will answer questions about diabetes during informal rap sessions.
 To register please call the unit at 313 342-9333 and ask for Dan Donagan.

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