How you don't rekindle love

Who poses the most challenging problem for a marriage counselor? I would nominate the couple who want to revive love feelings that have been buried for a long time. They used to love each other; at least, they think they did. In fact, they may have adorde each other. She still smiles at some of the precious things he did to ocur her. He remembers clearly how it left when she caref low the clear that the state of the clear that the careful alive under a gile of unresolved issues and unspoken hurts? It's been so long since those feelings were felt that it's hard to guess what happened to them. But, in love or not, neither partner wants to give up. He can't stand the thought of leaving his kids. She is terrified of being single again. The awful prospect of divorce makes them both want to give their marriage one more try.

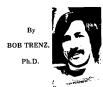
BUT HOW? How can you revive feelings of love that don't seem to exist? How do you dig through the years of unidentified resentments? How can you inspire romance to grow in an atmosphere of boredom and discouragement edifficulty, a lot of Juppiles of the difficulty, a lot of Juppiles of the complete of

In spite of the ditricuity, a not couples have tried. In fact, Some of the methods they've used have been attempted so often that they have become modern marital cliches. And that must explain their continued popularity. For these bliched methods have certainly not earned their status by their proven effectiveness. Old stand-bys like the second honeymoon, pretending to be lovers, open marriage, and separation rarely work. But it seems like everyone tries them anyway.

But it seems line every vacation anyway.

Some diehards use every vacation they as a second honeymoon. And what they learn is that love feelings seem to revive whenever they get away from the routine and responsibility of their daily lives By the end of the vacation they are even enjoying frequent sex.

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But, within hours of their return home, the off familiar duliness settles in, and the honeymoon is over again.
What they don't know is that the honeymoon method is always doomed to fail. Its success is temporary at best. Even when couples try to refresh their love by attending "marriage encounter" retreats, they find that the glow only the state of the s

WHAT'S THE MOST popular of nese ineffective ways to revive love?

Pretending.
Actually, when most couples say they are really working on their marriage, they mean that they are being nice and accommodating, on matter how they really feel. They are acting like lovers—all least, the way they think lovers should act.

So, they say warm, so they say they are conflicts by giving in. They fake enjoyable sex. And they look as though they are the recipients of a miracle of love.

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In reality, they have just put the lid back on their problems for a few more weeks. And when that lid flies off the next time, it will be with more discouragement and pain than ever before. Then the defeated couple may opt for even more desperate measures in their losing battle.

One of these is a "temporary" separation. Sometimes this means separate bedrooms or separate vacations. But, in its hard-core form, it means that one spouse moves out.

Purchase was made possible through the efforts of 'he auxiliary and the Steiner Research Fund, estab-lished in 1988 by the auxiliary and Mrs. Mildred Steiner following the death of Dr. Max Steiner.

THE RATIONALE behind separation goes like this: If we see less of each other, we will discover what we are missing, and we will come running back—just like Spencer Tracey and Katherine Hepburn. But, no matter what is claimed, the Freatest motives the state of the second state of the se

tenging provens and contines, and these are usually enough to pash the already-ailing relationship over the edge.

But even these problems are microscopic compared to the destruction produced by the worst last-ditch effort of them all: the open marriage.

'Maybe, if we live together but date other people, 'suggests the lonely husband. After all, it seems like something that grown-up people ought to be able to handle. So they each bury the

remaints of their dying vulnerability and cover their sensitivities with intellectual callouses.

Even if it hurts to see her partner developing other intimacies, she won't admit it. She'll show him how tough be is. He'll show her how modern he is. Their screams of pain and rage are internal and sleer. All that is heard is netward and sleer. All that is heard is released and special control of their love relationship.

A pathetic pricture. All the wrong ways to revitalize a dying love. But, are their any right ways? Yes. Next week we'll look at some.

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

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Conference visitor

Maggie Kuhn, founder of the Gray Panthers and activist on behalf of the elderly, is one of the speakers scheduled to address the 62nd annual conference of the National Association for Women Deans, Administrators and Compelers March 28 to April 1 in the Detroit Plaza Hotel. Other speakers include Liz Carpenter, leader of ERAmerica, and Gloria Scott, national Girl Scott president.

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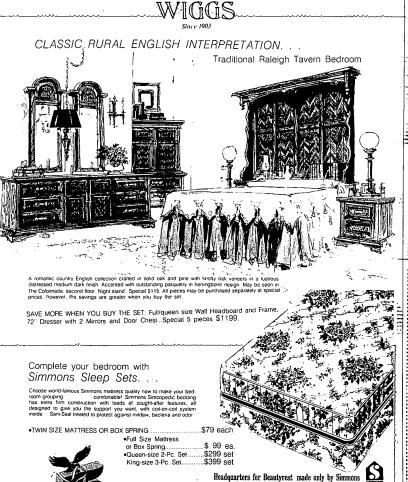
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