

Getting it together

How you don't rekindle love

Who poses the most challenging problem for a marriage counselor? Would you 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 adored each other. She still smiles at some of the precious things he did to court her. He remembers clearly how it felt when she cared for him deeply. But the feeling has gone.

Did it just die from lack of attention? Was it lost behind their concerns for career and family? Or is it buried alive under a pile 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.

By
BOB TRENZ,
Ph.D.



But, within hours of their return home, the old familiar dullness 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 lasts for weeks or even days after they get back in their normal rut.

WHAT'S THE MOST popular of these 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, no matter how they really feel. They are acting like lovers—at least, the way they think lovers should act.

So, they say warm, caring things. They avoid hassles. They settle potential conflicts by giving in. They fake enjoyable sex. And they look as though they are the recipients of a miracle of love.

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.

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 greatest motivation for separating is respite. The fact is that both are exhausted by the losing battle; and they need to get away from the war.

And, although no one likes to admit it, separation is training for divorce. Unfortunately, while I agree that we all need a little R and R, the destructive effects of separation far outweigh the importance of resting. With rare exceptions, separating makes things worse. It produces its own set of challenging problems and conflicts, and these are usually enough to push 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

remnants of their dying vulnerability and cover their sensitivities with intellectual cautions.

Even if it hurts to see her partner developing other intimacies, she won't admit it. She'll show him how tough she is. He'll show her how modern he is. Their screams of pain and rage are internal and silent. All that is heard is the death-rattle of their love relationship.

A pathetic picture. 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 48603.

Post WWII babies buying homes now

That's the word from United States League of Savings Associations. The group, ages 25 to 35 and born in the post World War II baby boom era, are buying their first homes and creating their own single-family housing boom.

Machus

presents ...

The Pastry Shops

Easter SPECIALITIES

Fancy Decorated Cakes & Pastries
Hot Cross Buns
Panoramic Easter Eggs
Candles

Machus
Bloomfield Plaza
Telegraph at Maple
626-4203

Machus
West Maple
160 West Maple
644-1016

Machus Adams Square
633 South Adams Road
644-1031



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 Counselors March 28 to April 1 in the Detroit Plaza Hotel. Other speakers include Liz Carpenter, leader of ERAmerica, and Gloria Scott, national Girl Scout president.

Bill Williams Presents

The Thirtieth Annual Personality Child Contest

For every Child under six years old
One 8 x 10 Camera Color Portrait only 9.95
a regular \$33.50 value

Contest opens March 13th
closing date April 21st

1st prize \$100.00
2nd prize \$50.00
3rd prize \$25.00

make your appointment
NOW

Studio Contest hours
9:30 A.M. to 5:00 P.M.
Monday thru Friday

Take advantage of our
special discount prices from
a nice selection of proofs.

bill williams
STUDIO, INCORPORATED

1107 Crooks at Main • Royal Oak • 548-7660

Auxiliary gift helps home

A portable video tape recorder to help in counseling work at Haverim House, a residence for Jewish retarded, has been presented to the home by the women's auxiliary of Mainamides Medical Society.

The recorder will enable staff at the home to record individual actions as part of a self-analysis and self-help program. Its instantaneous replay and storage features will be of special value in the counseling program at Haverim.

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

Gift chairman for the auxiliary is Mrs. Henry Small of Southfield. Other officers are Mrs. Morris Arnkoff, president; Mrs. Sol Grossman, Mrs. Jack Greenberg, Mrs. Michael Levin and Mrs. Israel Weiner, all Oakland county residents.

WIGGS

Since 1903

Delightful Silver Gift for Easter Celebration

Easter Egg 1978

by
WALLACE SILVERSMITHS

A gift for this season in fine Wallace silverplate. A beautiful way to start a new tradition.

\$14.95 Gift Boxed
Length 3 1/2"

Mini-arrangement fits under lid

Jelly beans, or tiny bunnies

To present a precious gift

SUGGESTED USES
The Wallace Silver Egg may be ornamental, or filled with a delightful surprise. Suitable for all sorts of miniature collectibles, perfect for hobbyists, crafters.

USE YOUR VISA OR MASTER CHARGE
4080 TELEGRAPH RD.
at Long Lake Rd.
BLOOMFIELD HILLS • 644-7370

1903 to 1978

Open Mon., Thurs., Fri. 11-9

WIGGS

Since 1903

CLASSIC, RURAL, ENGLISH INTERPRETATION.

Traditional Raleigh Tavern Bedroom

A romantic country English collection crafted in solid oak and pine with knotty oak veneers in a lustrous distressed medium dark finish. Accented with outstanding parquetry in herringbone design. May be seen in The Colonnade, second floor. Night stand. Special \$115. All pieces may be purchased separately at special prices; however, the savings are greater when you buy the set.

SAVE MORE WHEN YOU BUY THE SET: Full/Queen size Wall Headboard and Frame, 72" Dresser with 2 Mirrors and Door Chest. Special 5 pieces \$1199.

Complete your bedroom with
Simmons Sleep Sets.

Choose world-famous Simmons mattress quality now to make your bedroom grouping comfortable! Simmons Simcoptic bedding has extra firm construction with loads of sculpt-after features, all designed to give you the support you want, with coil-on-coil system inside. San-Sol treated to protect against mildew, bacteria and odor.

•TWIN SIZE MATTRESS OR BOX SPRING.....	\$79 each
•Full Size Mattress or Box Spring.....	\$ 99 ea.
•Queen-size 2-Pc. Set.....	\$299 set
•King-size 3-Pc. Set.....	\$399 set

Headquarters for Beautyrest made only by Simmons

TELEGRAPH RD. at Long Lake Rd. BLOOMFIELD HILLS • 644-7370

TERMS, of course!