

The romantic form of love may only be able to give you some thrilling experiences for a few weeks, or even a few years. But only this richer form of love can make the latter part of your life richer, and in a sense, more romantic than were the first years. And this love is not anything you can fall into.

## Your Marriage May Not Be As Bad As You Think

Marriage is a process involving two complex and ever-changing sets of behavior; therefore, continuous and perfect harmony in marriage is impossible. It is possible, however, to achieve a useful, livable, and workable relationship. Most marriages are characterized by discord; reversing the trend toward destructiveness and taking steps toward learning to work as a team requires patience and courage. Most of all, it requires the desire to change.

When the two systems (male and female) are abrading each other, it is difficult for the parties to sit down and straighten things out in the same mechanical way that one would clean out a Hue or change a tire. There are too many subtle variables. Some are in the realm of the unconscious. Even a trained and dedicated psychiatrist might need considerable time to analyze the conditions and prescribe effective therapy, and still further time to guide the couple's efforts at changing.

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The do-it-yourself material which follows will not guarantee a perfect marriage, or even a workable marriage. However, if the suggestions are studied and seriously applied they may stimulate a pattern and pace of thinking which may:

1. Prevent constant repetition of old, destructive patterns;
2. Stop small problems from becoming big problems;
3. Point toward broad relationship goals;
4. Force spouses or prospective spouses to explore certain areas which they have avoided or which social customs have



There is not just one, but there are many forms of love. The man who is not well may use just one word to describe how he feels.

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formerly forbidden them to explore;

5. Assist couples in recognizing that a large number of so-called experts are giving (and charging for) tests and counsel that are not effective; and that the nature of much of this counsel leads people into easy-but spurious-conclusions which often are destructive to the marriage.

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You may find that your marriage is much better than you think.