

# Marriage takes work

## What's love got to do with it?

By Jonathan Taylor  
Staff Reporter

*"We got a groovy kind of love..."*  
the Mindbenders, 1966

It seems that couples of the '80s, especially those who listened to the Mindbenders, didn't have too tough a time forming and maintaining relationships. But in the '80s, spokespeople on the topic of love and relationships say, it takes a lot more than that "groovy kind of love" to keep a relationship running smooth up to and after marriage.

According to Lincoln clergymen, counselors and clinical psychologists, the emphasis on love in relationships expressed by couples destined for matrimony has not declined.

ally grow from the experience, he said. The Rev. Mark Randall, director of Wesley House, 640 N. 16th St., agrees that problem-solving methods are crucial to a successful relationship. He said people in relationships should share their problems and have a set pattern to follow for conflict resolution.

Dr. Penny Hamilton, mental health counselor at Advanced Research Institute of Lincoln, also emphasized the importance of communication as the key to a successful marriage. People in relationships should not assume that their mate "knows" exactly how they feel or what they want, Hamilton said. Such expectations cannot be telegraphed mentally, so couples need to be direct and talk about their needs and wants.

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However, couples who unrealistically believe that the simple feelings classified as "love," groovy or otherwise, will be the mainstay of their relationships, have much more to consider, said the Rev. Don Hanway, vicar and chaplain at St. Mark's Episcopal Church, 1309 R St.

Romantic love won't always cut through some of the difficulties experienced in marriage, Hanway said. "Real love," he said, "is more than a feeling, it involves sacrifices...and a willingness to suffer sometimes and experience denial in order to have a relationship."

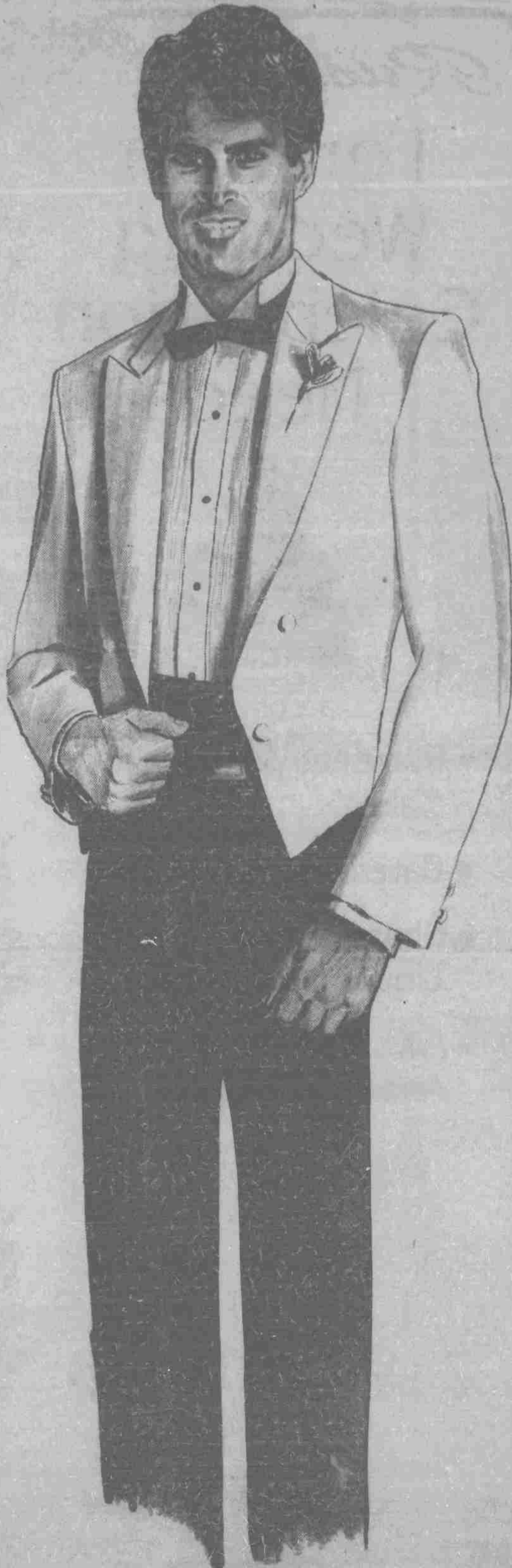
Clinical psychologist Lawrence Kagan stresses the importance of communication and personal growth within a marriage. No "normal" marriage goes smoothly, Kagan said, and "even the best relationships are in constant repair." When arguments arise, Kagan said, couples should know how to get angry. Each person must take into account how the other is feeling instead of taking their own side in the fight. Couples who listen to each other during disagreements usu-

ally have the power to make themselves happy, so each partner, even after marriage, should not always expect their mate to make them happy.

People in relationships should continue to do things for themselves, such as keeping in touch with old friends, maintaining family bonds and taking time off on their own.

Trust and predictability also can help to ensure a solid relationship, said David Dixon, educational psychology professor at UNL. If people in relationships have a good idea what their mates would do in certain situations, they can exhibit much more trust in them, Dixon said.

Maintaining romance in a relationship after that "groovy kind of love" ain't so groovy any more is another important element of good marriages, Dixon said. Examples of some of the small things left out of a relationship when feelings begin to be taken for granted, Hamilton said, include: flowers, love notes left around the house or in lunches, cards sent to the office and surprise gifts of favorite foods.



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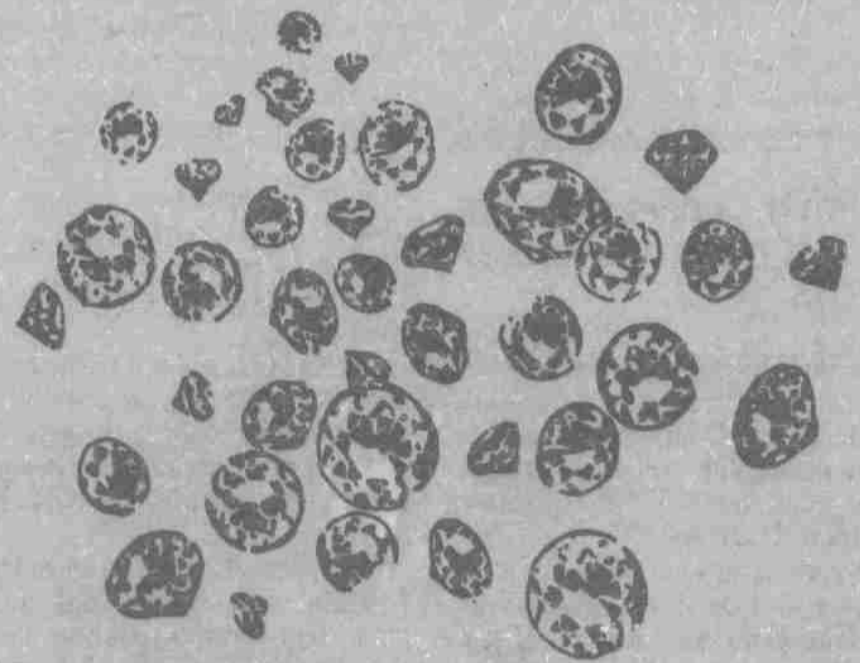
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