

'Marriage Is Toughest Job in World,' Rochester Marriage Counselor States

By BONITA BALDWIN

"Marriage is the toughest job in the world," Dr. Dennis Boike, marriage counselor and University of Rochester teacher, commented recently in his office.

Contrary to the romantic newlywed myth, the hard work begins the very first year. One out of four divorces occurs during the first two years of marriage, according to Dr. Boike, and half of all divorces within the first seven years. The current divorce rate is 30 per cent.

Dennis Conheady, a Catholic Family Center marriage counselor, identified communication as the number one problem facing couples. Dating couples arrange for as much togetherness as possible. After marriage, even though husband and wife see each other more, they easily become caught in routine, and actually spend very little time just sharing meaningful conversation.

Communication breaks down in a different way when couples don't know how to argue constructively or share their feelings honestly. Alice Attridge, another marriage counselor at Catholic Family Center, insisted that marriage is a workable relationship, and urged couples

to try to be open and say how they feel. "Try to understand. Let the other person know you care if there is a problem."

Miss Attridge maintained that the first year can be among the most difficult because it involves many adjustments. Two people enter marriage with boundaries and roles established in their former families. Flexibility becomes very important in establishing new family ties in marriage. Miss Attridge said that privacy needs, dependency needs, and the balance of power must be worked out the first year.

In the task of finding a role for each partner, one person often becomes what Miss Attridge termed a "pleaser" and Dr. Boike a "bender." The wife who consents to picking up her husband's dirty socks and dishes just to please him, or the husband who does much of the housework just to avoid conflict is a pleaser. After a few years, Dr. Boike noted, the pleaser begins to say, "I don't want this anymore. I want to be myself." Roles need to be constructive and satisfying for each spouse. Honest communication can help to establish these roles which, Dr. Boike commented, are typically viewed quite liberally before marriage

and fairly traditionally after marriage.

Misunderstandings can be a big problem the first year, when most couples feel a little insecure. If the husband forgets to stop for bread or the wife fails to pick up his shirt at the laundry, hurt feelings result. "Show you care!" Miss Attridge emphasized. "Be sensitive to each other's feelings."

Misunderstandings can be a big problem the first year, when most couples feel a little insecure. If the husband forgets to stop for bread or the wife fails to pick up his shirt at the laundry, hurt feelings result. "Show you care!" Miss Attridge emphasized. "Be sensitive to each other's feelings."

Problems arise when young couples are not emotionally away from their parents or from their single friends. Catherine Wobus, casework supervisor at Catholic Family Center, said that when couples separate in the first year of marriage it is usually because the single's attitude has continued, with no real commitment to the marriage.

Identity crises are common in young marriages. "A couple in their twenties just doesn't have their act together yet," Dr. Boike explained.

Mr. Conheady said, "Another person can't make you happy — maybe more happy or less happy — but not happy." People get married expecting more for themselves, he continued, and greater expectations can mean quicker frustration.

Dr. Boike said he had found that problems after marriage frequently center around personal characteristics that attracted the mate before marriage. "I like her independence. Why is she always at work?" Or, "I admired his enthusiasm in everything. Why does he

have to be president of every club he joins?"

Fifty per cent of all couples have fairly severe sexual problems the first year of marriage, Dr. Boike reported. Miss Attridge urged couples with sexual problems to admit it and seek help. "Don't wait. These are workable problems." She said that problems which start in the bedroom, if unresolved, lead to other conflicts.

Dennis Boike estimated that half of the couples marrying this year will seek counseling during the course of their marriage. He recommended yearly enrichment

programs throughout marriage, along with informal monthly assessments of where the marriage is headed. Dennis Conheady, involved in the Family Enrichment Programs offered to parishes through the Office of Family Life, said that he thinks of them as "preventive educating."

The newness of the relationship and of sex, of career satisfactions for young couples just beginning to work, and attention and encouragement from family and friends, are benefits cited by Dr. Boike that help to carry a couple through the adjustments of the first year of wedded life.

A Bridal Check List

Visit the priest who will perform the marriage at least six weeks before your intended wedding date. Don't make any other arrangements (reception, honeymoon, etc.) until you have confirmed the date with him and with the church in which you will be married.

Sharing floral expenses with other couples being married on the same day will save costs and avoid confusion.

Inquire about the manner in which the organist or other musicians are contacted and the customary offering.

Instruct your photographer to consult the priest in the sacristy before the wedding to determine times and places where pictures are appropriate during the ceremony.

Tell the wedding party the importance of being prompt for both the rehearsal and the wedding.

Full participation in the sacrament of Matrimony involves the sharing of Holy Communion. It is fitting for the bride and groom to prepare for their marriage by receiving the sacrament of Penance.

Remember the Eucharistic Regulation: No solid food or liquids for one hour before Communion; water and medicine may be taken at any time. The bride, groom and members of the wedding party may receive Holy Communion under both species. Parents, relatives and friends are encouraged to receive Holy Communion.

Each parish has regulations for the conducting of weddings (e.g. throwing of rice and confetti is not permitted at many churches.) You will be expected to follow these rules. If you're not sure of the customs, ask the pastor.

Plan your own wedding ceremony with the help of the priest. Booklets to assist you are available in many parishes and at the Pre-Cana Conference. Members of your family and friends may read the first and second readings, and the Prayer of the Faithful. They may also take part in the Offertory Procession.

A Protestant clergyman or a Rabbi may participate in the wedding ceremony. Arrangements for this should be made in advance with the priest marrying you.

CATERING AT ITS BEST

Mapledale PARTY HOUSE

1020 MAPLE ST.
(NEAR GLIDE ST. & MT. READ BLVD.)

ROCHESTER & MONROE COUNTY'S LARGEST PARTY HOUSE & BALLROOM

POLITICAL PARTIES	6 PRIVATE DINING ROOMS	RETIREMENT PARTIES
BOWLING PARTIES	• FOR PRIVATE PARTIES NEWLY ENLARGED ACCOMMODATIONS	SALES PROMOTIONS
HOLIDAY PARTIES	• HOUSE OF BANQUETS	CLAM BAKES
OFFICE PARTIES	• FOR PRIVATE PARTIES FROM 50 TO 1500 GUESTS	WEDDING RECEPTIONS

COMPLETELY AIR CONDITIONED
LARGE ATTENDED PARKING AREA FOR YOUR CONVENIENCE

436-2112

WEDDING RING SETS FOR THE BRIDE & GROOM

Everything to please the new bride... quality diamonds crafted into the beautiful setting of her choice.



A selection of fine gifts for the bride and groom to give to their wedding attendants.

BERNARD J. HENSLER & SON
JEWELERS
307 COMMERCE BLDG. 454-6918



If you lived here...

You'd discover an entirely new lifestyle—refreshingly blended from the serenity of an unspoiled forest preserve outside your door and the spaciousness of your own luxurious apartment.

If you lived here, you'd enjoy a relaxing swim in a resort size pool in the summer or a hike through your own deep woods on a crisp winters day.

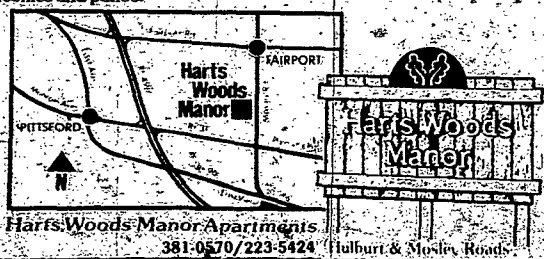
If you lived here, you'd appreciate the feeling of space—large sunken living room with cathedral ceiling, separate dining room, dressing room, full tile bath with sunken tub, generous sized closets and storage, balconies and patios.

If you lived here, you'd welcome the convenience of a self-cleaning oven and dishwasher. And the year-round comfort from your own central air conditioning.

If you lived here, you'd have a choice of one or two bedroom apartments in brick and hand-split cedar shakes nestled at the forest's edge— with Fairport, Eastview Mall and Rochester conveniently distant.

Sound liveable? It's more than that. Come out and see us. Furnished models open daily 9-6, Sunday 11-6 and by appointment.

One bedroom apartments start at \$230.



Harts Woods Manor Apartments
381-0570/223-5424