

## STRONG LOVE NEEDS SOLID FOCUS

A major reason why love fades even in the most beautiful relationships is because the lovers get tired. They get tired of paying close attention to each other.

Dynamic love requires focus, a very strong focus. When two people fall in love and those good feelings wash over them like a tsunami, the lovers' focus turns to each other. This at the expense of other matters that used to be pressing.

You might see the lovers withdrawing somewhat from the family, not because there is a conflict, but simply because they are all taken up with each other. Friends get neglected too and perhaps even their work, their careers suffer from lack of focus.

It is as if the lovers have eyes and time for only each other. As if their world has suddenly shrunk. As if their love has excluded so much of what was previously important to them.

Love can be very obsessive in its beginnings. It can even be somewhat insensitive to others as the energy it emits continues to be directed to the beloved.

This is part of the early stages of love. For most couples, this strong focus on each other will not last. It is only a question of time before the lovers start getting tired and turn their gaze to other matters. Some of these concerns are vital to everyday life. Others are simply pleasure oriented.

The guy begins to call on the old friends that he had neglected. She rotates back to the family and friends she disregarded when the fires of

early love burned so intensely. The lovers now turn their attention to those things that mattered so very much in the past, but that they saw as less important when love was new. As they tire of each other and stress inevitably sets in and conflict results, the tsunami of good feelings becomes a common wave.

The novelty of the adventure that is new love begins to wane and lose its glitter. There is a measure of disappointment and unfulfilled expectations that strain the relationship and make it less appealing, less vibrant.

Now there is a need to settle in for the long haul. Not everyone takes to this hard work phase very well. There is a loss of enthusiasm as one or both lovers express a measure of dissatisfaction. A gap (even a small one) is enough to distract the lovers and cool the intensity of love.

When lovers get swept forward by the surge of good feelings that new love generates, it is easy to stay focused. Like the tsunami whose force runs its course and then contracts and rushes back out to sea, many lovers cannot maintain the intensity of new love, and when those good feelings inevitably cool down somewhat, there is a big letdown. Lovers might strive hard for a while to put the glitter back into their love, but if they fail, many get tired, lost their enthusiasm and gradually lose their focus. And that is the start of big trouble. The challenge of solid loving is to stay focused even as you juggle other priorities. Not easy, but absolutely essential if you are to keep the fires of love burning fiercely.