

sextalk.

answers to your questions about sex and relationships

factoid The Campus Health Service opened in 1918 and has been serving UA students for 90 years.

Q. Sometimes I feel like college is the worst time to try and make a relationship work! How can I balance the stress and craziness of college and manage a serious relationship? It seems that we are both too busy with clubs and studying and friends to make time for each other, as well as possible out-of-state internships. I don't know if I am cut out for a long distance relationship. I love this person more than anything, but the timing feels bad. How can I find more routine and stability in my relationship when everything keeps changing from our schedules, jobs, living accommodations, activities, etc.?

A. The bad news first: relationships are a lot of work. A strong bond between two people rarely survives the ups and downs of life without nurturing, communication, compromise, commitment, and a fair amount of good luck.

Life is rarely routine, constant, or stable. Once you leave college you will get to balance the demands of work life, home life, and maybe even your future spouse and kids' schedules! Life is one continuous balancing act; graduating from college doesn't mark the end of the tight rope that you will travel. Many of us lose our balance, fall off the rope, and get hurt during the fall. But the show is not over... the key is to pick yourself up, jump back on the rope, and regain your balance.

There is good news! While relationships require "care and feeding" they can bring rich, meaningful, and satisfying rewards. Sharing your life, hopes and dreams with another person has many obvious benefits: love, intimacy, respect, companionship, and joy, to name a few.

As to a future long distance relationship? If you truly love this person "more than anything" (and they feel the same about you), then time, distance, or internships will simply be challenges to overcome together. If "us" is more important than "me" or "you", the two of you will find a way to make it through any temporary separation. It will require commitment, self control, and delayed gratification. You will want to optimize different ways of communicating (snail mail letters, email, phone, and webcam, in lieu of face-to-face, intimate contact).

If the distance proves to be too great, if the timing seems wrong, or you honestly don't want to do the "work" involved in maintaining your connection, maybe s/he is not the one for you.



Have a question? Send it to sextalk@email.arizona.edu

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