Alexis Wayland

Wedding Toast

Hello everyone! If you do not know me, I am Alexis Wayland, and the bride has been my best friend ever since middle school. First off, I want to say congratulations to my beautiful best friend and her groom; you two are great people and deserve to be happy for the rest of your days. This wedding toast is going to be a little different than the normal toast. I have been reading a lot of philosophy lately and feel that some philosophers bring up good points about love. Today I want to give the happy couple some advice on how to keep this loving relationship going strong.

To begin, I want to give a little background information on what love is. If asked, “What is love?” a common answer would be that they love another person, but it is hard to really define love. Aristophanes claims that wholeness and completeness is love (7). He is making this claim because he believes that the human was once cut in half and now the only way to get back to our original nature is by love. (7). His views are very similar to those of the philosopher Solomon. Solomon thinks that love is the fusion of souls, and that “Love is concentration and then intensive focus of mental definition on a single individual, subjecting virtually every personal aspect of one’s self to this process” (6). Both philosophers feel that love will turn two people into a whole, which will then create a shared identity. This shared identity can include morals, interests, etc.

For this couple, their shared identity began during their first encounter. When talking to both of them separately, they both said it was love at first sight. People that do not believe in love at first sight might say that it is an illusion (10) but these two prove that wrong. There was an immediate connection and as you can tell it was good, because if it wasn’t we wouldn’t be standing here today. This couple fits the facts because couples that have experienced love at first sight tend to have higher satisfaction and stability throughout their relationship (10). Aristotle is one of the people that does not believe in love at first sight, and he also does not believe that friends can be lovers, but one of his definitions of a friend is a person that is “another you;” someone that supplies things that you cannot supply for yourself. (2). I bring this friendship point up because Aristotle claims that friends are like mirror images of each other, and I feel as these two create their shared identity, they become closer to being mirror images.

Now that I have described what love is and how this couple has evolved into one soul, I want to give a little of advice on how to keep this love lasting for a while. My first piece of advice is to be happy, or as Aristotle would say, find Eudaimonia, which is happiness or human flourishing (3). An article I read stated, “The happiest of marriages aren’t always happy” (1). This is one of the biggest pieces of advice I can give because a long-lasting relationship is not always going to be happy in the moment. There will be times that require frustration, disappointment, and forgiveness, but overall the relationship should be strong enough and happy enough to perceiver through any obstacle. Aristotle also says that a good human life can be achieved by doing worthwhile actives well, so live life in the relationship; do worthwhile activities that will allow the two of you to achieve a good life (3). I am going to base the rest of my advice off of Sternberg’s Triangle. This is a way to find consummate love, which is the highest type of love (4). It includes commitment, passion, and intimacy. I am going to start with passion; passion is the physical aspects of love. Ways to keep this type of love flourishing are to not let yourself go, make sure to not get content with each other. Work as hard as you did when you first met because this keeps that physical flame burning. This seems very superficial, but it is proven in many studies that some aspects of love revolve around physical attraction. Next, I will talk about intimacy; this is the “warmth” that you should feel towards each other. This feeling is that feeling of feeling safe and comfortable with your significant other. Ways to keep this type of love at a high level are to be willing to forgive, do the small things, such as random acts of kindness, and to respect each other (1). The last type of love in the triangle is commitment. This ties the whole triangle together because without commitment there would be no long-lasting relationships. When committing to one person, you are not only committing your years left on earth, but you are committing to the challenges in life, the small things, everything. My advice is to keep the triangle complete because without three strong sides, the fulfilling love will die quickly.

To conclude all of this, the main way to keep a long-lasting relationship is to find someone who has matching views on, religion, sex, parenting, family, and values (1), and most importantly work as a team, and communicate through the ups, downs, the beautiful, and the ugly. I hope this philosophy gave you guidance for the future. I wish all the best to you and I cannot wait to see where your shared identity will take you in life.

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