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Why we fall out of love

By Laura Schaefer
Match.com



“When the moon hits your eye like a big pizza pie, that’s amore!” sang Dean Martin. We all know the delicious feeling of new love, but what about the flip side? Love doesn’t always last, and its retreat can leave us bewildered, confused or downright depressed.

Even if you were raised on a plentiful diet of fairy tales, you know that “till death do us part” can be a rare thing. Even staying with someone forever is no guarantee of experiencing lasting love. But why do people really fall out of love? Is there anything we can do to make love stay? Do some of us give up too easily? To understand the phenomenon of love’s end, we asked the experts’ opinions on the subject. Here are the top three reasons they shared with us:

1. A distancing “Wave” can topple a good thing if you let it. Ken Page, psychotherapist and author of the [Finding Love blog](#) for Psychology Today and founder of the [Deeper Dating](#) website, has identified a phenomenon that can destroy new love: “The ‘Wave’ occurs when we unconsciously push a caring and available person away by inwardly diminishing his or her worth.” Think about how Carrie Bradshaw behaved when she first started dating Aidan Shaw: Aidan was “too available” and Carrie freaked because she wasn’t used to being with someone so open.

[View photos of singles in your area - FREE Meet nearby singles - See profiles & pics now Complete Chemistry's personality quiz & get matches](#) “When someone is available and decent,” Page explains, “something inside us knows [this person] can get to our nest, our soul — the place where we care the most and can be hurt the most. And our unconscious gets panicked.” If you find yourself breaking up with someone awesome for no good reason, check yourself; you might be acting out of fear. After all, real love is a big deal. It involves a leap of faith, and that can be a scary thing. Those who give in to the Wave fall out of love before they even give themselves a chance to fall properly in love, and that’s kind of sad.

2. Unwillingness to discuss relationship problems. OK, let’s say you’ve taken that leap and you’re in a long-term, committed relationship. Good for you! Now, don’t forget to communicate with your partner regularly. [Guy Winch](#), Ph.D., author of *The Squeaky Wheel: Complaining the Right Way to Get Results, Improve Your Relationships and Enhance*

Self-Esteem, says that people fall out of love because they don't talk through their relationship peeves with each other: "Research shows that couples who are able to voice complaints well and discuss them productively have greater marital satisfaction and much lower divorce rates than couples who are unable to do so." If you're in a newer relationship, iron out the kinks early on to keep love alive over the long haul. "It is much easier to address issues earlier in a relationship than later, just as it is much harder to mold cement once it has dried and hardened," explains Winch.

The key word here, however, is "productively." It usually doesn't help to fight and blame your partner for all of the relationship's problems. [Dr. Fran Praver](#), author of *The New Science of Love: How Understanding Your Brain's Wiring Can Help Rekindle Your Relationship*, says that "when couples play the blame game, they wage a war of being right where both parties lose. It may seem like a strong personality to insist on being right, but in fact 'rightness' is born out of rigidity and weakness, not strength." Couples fall out of love when they can't find a way to make the partnership good for both people involved. Creativity and open minds are the stuff of lasting love; silence and blaming, though? Not so much.

3. People change or get bored with each other. April Masini, the relationship expert behind [AskApril.com](#) and author of *Romantic Date Ideas*, says: "Over time, people can change — or more often, they become who they really are. Someone who loved his steady business career may suddenly realize he always wanted to be a stand-up comedian and throw caution to the wind to chase his dreams." People evolve; circumstances change — and sometimes, relationships can't be sustained as a result. But if you really know your partner down to the core, the changes won't be as shocking. "The kind of change that leads to love lost is always about a buried desire to be someone that's repressed inside," continues Masini. "It's important to really know your partner to avoid this lost-love syndrome." In other words, don't neglect someone you care about. You cannot get to know a person thoroughly right away — rather, it's a lifelong journey. There's a whole universe inside the person you fell for, and if you don't check in with that individual on a regular basis, you could wake up one day hearing this: "I'm unhappy. I'm moving to another country to start my life over fresh, and you're not invited."

If you find yourself perusing faraway rental homes and thinking, "He's changed!" or "I'm just so bored with her," think about holding on and digging a little deeper first. "At a certain point in a relationship, according to Imago Couples Therapy," says Page, "each partner feels that the thing they most need from their partner is the very thing that their partner can't give. At that point, many people feel that the relationship has run its course and they leave. The reality, however, is much different. This can be the beginning phase of an entirely new level of intimacy, if they each decide to learn to grow and try to give that partner what [he or she needs most]."

Then again, love doesn't necessarily have to last decades (or a lifetime) to matter. Romantic relationships can also evolve into dear friendships — and that's perfectly fine. [Dr. Lissa Coffey](#), author of the book *Closure and the Law of Relationship: Endings as New Beginnings*, agrees. "We may come together for a certain period of time to help each other learn and grow, and when that has been accomplished, we've gotten everything we were meant to get out of the relationship. Then it changes," Coffey explains. "It doesn't have to end; it's just redefined."

Laura Schaefer is the author of [The Secret Ingredient](#) and [Planet Explorers Chicago](#).

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