

REPORT:



Why We Fall In Love And Why It Falls Apart

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1. Why We Fall In Love

*How do I love thee? Let me count the ways.
I love thee to the depth and breadth and height
My soul can reach, when feeling out of sight
For the ends of Being and ideal Grace.
I love thee to the level of every day's
Most quiet need, by sun and candle-light.
I love thee freely, as men strive for Right;
I love thee purely, as they turn from Praise.
I love thee with a passion put to use...*

How Do I Love Thee? One of the most often-quoted love poems in history. If Elizabeth Barrett Browning had known then what we know now about the process of falling in love, the ways she counted might have included at least seven more, namely,

1. *testosterone,*
2. *estrogen,*
3. *dopamine,*
4. *nor-epinephrine,*
5. *serotonin,*
6. *ocytocin,* and
7. *vasopressin.*

This knowledge wouldn't have taken the fun out of it for her, because we're hot-wired to behave the way we do for a reason – one as simple as the survival of the species – but understanding why she saw her lover through rose-colored glasses might have inspired a poem far more pragmatic than the one that will probably last until death to us *all* part.

There's a great deal of information readily available on the internet these days on just this topic, so we won't belabor any points here, but we'll cover the basics of how and why we fall in love to begin with. It really is an intriguing process.

Once you understand how and why you fall in love, you'll at least have some semblance of reasoning to fall back on in those times when you think you've lost

your mind. So let's do a quick run-down of how things work before we get to the other stuff. Don't worry. Knowing how it works will not take the fun out of it for you. You're genetically predisposed to feeling these things and unless you cut your heart out, you'll be susceptible. However, it might help to prevent you from making a total fool of yourself when and if that day comes when he's jumped ship and you're all alone to keep from drowning in the frigid, raging waters of despair.

You know that stage: You can't seem to stop yourself from making a thousand phone calls, sending a trillion texts, haunting his Facebook page to see if he's flirting with someone else, and "coincidentally" showing up wherever he happens to be. It becomes a form of self-inflicted torture that is far more acceptable than the thought of life without this person and for the life of you, you don't know how to stop the madness. Maybe you're at that point right now. Maybe that's why you're reading this.

That 'chemistry' that everyone alludes to is such an interlude of progression. What is all this fuss about "chemistry?" That feeling that makes you high, makes you sigh, makes you want to skip and sing down the sidewalks, mindless of what the world may think of you. It's magical! Until your lover dumps you. Then it's Hell.

Let's demystify some of the terms you may have heard of, whose meanings you may not be completely clear on.

THE PROCESS:

Upon the first meeting of someone we are interested in, we subconsciously do a quick survey of the prospect in front of us, subconsciously collecting data to feed into that dark, mysterious part of our psyche that only stirs to life when we're dreaming.

Dr. Bruce Lipton (*The Spontaneous Evolution* – 2009) says, "*Cognitive Neuroscientists conclude that our life is run by the subconscious mind, which makes 95 percent of our actions, emotions and behaviors, while 5 percent only is run by the conscious mind.*"

That's a whole schvack of stuff going on that you're not aware of! So, while you're standing there gazing at his or her eyes, smile, nose, body, etc, the subconscious mind is drinking in all of this and much, much more, drawing its own conclusions on how compatible you may be. And all this happens within the first minute!

Then all of a sudden there is this twinge of excitement deep in the core of your

stomach, an instant attraction or magnetic draw that makes us thirsty to know more about this person. This is what we call *pheromones*.

We produce *pheromones* by the time we have reach puberty. Our apocrine (sweat) glands produce a natural chemical that we excrete, which gives each of us our own distinct odor that can be detected in various areas on our body. Behind our ears, face, underarms, navel, genital areas...basically, anywhere we may sweat we produce this chemical of attraction.

For instance, were you aware that Europeans and Africans have stronger scents than people of Eastern origin, such as Japanese and Chinese? Perhaps diet may have something to do with this, after all? Who knows. But *pheromone* production in each of us is as unique as are our fingerprints. No two people in the world will ever be found with identical *pheromones*.

We react to *pheromones* from a place way back in the lizard brain, because we are, after all, part of the animal kingdom on this planet, with the only differences being that we have higher intellect, a moral conscience, and a soul (though we sometimes wonder if we are smarter than animals, and also, if they actually do have a soul. But let's not open up that can of worms.)

For our purposes, the basic drives for survival and reproduction (continuation of species) are the same, and the animal in us relies on our five senses more than we realize. Initial attraction is a fine example of that.

Alternatively, have you ever wondered why you felt an instant, very intense dislike toward someone you've just met? Or why you simply didn't trust someone from the get-go? Could it be that our five senses are alerting us that this person is not "in sync" with us? Have you noticed that when you don't listen to that gut feeling, you usually regret it? How often do we meet people who appear to be very trustworthy initially, so we talk ourselves out of that sense of discomfort they give us, only to wish we hadn't later on?

So, in a nutshell, we react to other people at an animal level, which is a great thing! No matter how educated or intelligent we become, that part of us remains intact and acting on our behalf. But we often don't know how to read its messages.

This is the origin of that mysterious, magnetic draw that we call "chemistry," but the very *pheromone* that works in favor of the continuation of the species can also work against us, if we don't pay attention to the entire page of subliminal texting that our other senses (particularly the 6th sense, which in some mysterious way is connected

to your spirit!) are trying to convey to us. Part of the avoidance of heartbreak down the line is being able to discern between what is a basal or animal attraction, and what is a soul attraction, or soul-mate, if you will. It might be fair to assume that you are looking for something lasting, or you wouldn't be reading this. If you can get past that first hurdle without getting boondoggled by your basic sexual drive, you stand a better chance of finding a deeper kind of love. It really all depends on what you're looking for, and how much you're willing to put on the line if you choose to ignore the voice of your instincts, telling you to move forward or wait for something more meaningful.

You see, the thing is, you do have choices. Just because you feel that animal attraction for somebody, that doesn't mean you must jump their bones or your life will end, or you will never be that attracted to another human being ever again. Put the chemical-reaction blinders on for a few minutes in that first meeting, to listen to what your gut is telling you, and if it's raising any red flags or alarm bells, why not listen to it? If your gut isn't protesting a connection with this person, then you can bypass that step and move to the next.

So, onward we go. Let's say we move along our journey from searching to finding that special someone we love to spend time with. Our stomachs flutter and we feel mesmerized every time they're near. They become like a drug in that the more we get of them, the more we want. Yet we can't quite figure out what is going on with us, but we think we're falling in love, because we get giddy like a school child whenever they're around. We can't think clearly. We can't sleep properly. We get tongue-tied at the worst moments. If there weren't another human being involved, causing us to feel this way, our best friends might recommend a good shrink. We (the authors of this work) call this 'brain surging.'

So many chemicals are being produced simultaneously (*mono amines-dopamine, nor-epinephrine, serotonin, etc*) it's a wonder we can think at all. Wait. We *can't* think. That's part of the problem. We're high on 'the feel-happy drug,' which is, by the way, very similar to an amphetamine drug!

Allow us to digress for a second to look at chocolate. Wait, how did we go from chemical reactions to chocolate, you ask? Believe it or not, chocolate **does** enhance our sexuality. How brilliant were those chocolatiers to come up with the perfect candy for Valentine's Day, that will rake in roughly \$345,000,000 in sales in one week, the USA alone, annually! This apparently innocent, sweet, delectable confection contains *phenylethylamine* properties, otherwise known as PEA. PEA, by the way, is the actual chemical substance that transitions us from the initial stages of our lustful yearnings, to craving the deeper kind of love that every human wants.

So, it seems the fable of Cupid spearing people is not so wrong after all, except that his arrow is dipped in chocolate (take that anyway you like), and it doesn't go anywhere near your chest. It usually takes up permanent residence around your stomach or hips, but that's a whole 'nother story.

Back on track. This Happy Drug can last anywhere from one to five years, typically, and then three things naturally happen.

1. You either find yourself deeper in love, which would be attributable to the *oxytocin*, *vasopressin* and *endorphins* kicking in.
2. Ending your relationship entirely, citing irreconcilable differences.
3. One of you realizes that it was just lust, after all, and not the long-lasting love chemistry.

Let's take a closer look at *oxytocin*, otherwise referred to as the "cuddling chemical." *Oxytocin* is the 'love chemical' that plays a major role in any long-term, loving relationship. Women as well as men secrete this hormone during sexual arousal and orgasm. The more sexually intimate the couple is, the more *oxytocin* is produced. This applies to both sexes. It's no wonder then, that when sexual intimacy is strained between the couple these feel-good endorphins disappear and the magic that occurred initially between the couple has dissolved.

Vasopressin is at work as well when things are going well in the relationship. *Vasopressin* is otherwise known as the "monogamy chemical." This chemical is responsible for the strong partnership bond between two people. *Oxytocin* and *Vasopressin* combined with a good dose of endorphins make for a long-lasting relationship – some to the point that they will only have that one special partner in their lifetime.

We are all similar creatures of habit on this planet, and we can take many lessons from observing the mammal world. With all our chemicals at play, when we find that one that stands out above the rest and become connected on various levels (spiritually, mentally, emotionally and sexually) we know we have found our chemistry partner. And we should just go with it.

But it doesn't always work out so great, as we well know. Sometimes the person that we want to hold onto the most, is the very person we lose, or in most cases – send away. It's the last thing we wanted, and most of the time we like to blame it on *them*, but honestly, we should be looking inward for answers. A relationship that seemed to have been going so well doesn't just dissolve in a puff of smoke without reason.

We're here to look at those reasons in an honest and hopefully, kind way, to try to help you come to some kind of understanding as to what went wrong, and how to prevent history from repeating itself the next time.

There *will* be a next time, even though you may not believe that right now, because those hormones that came into play the last time, are still within you, and the hormones that the love of your life possessed, some other person will also possess. It's a matter of degree, of course, but they're there and there's always hope.

Alternatively, you may be in a good relationship that is just beginning to lose some of its spark, and perhaps you're reading this to try to repair the damage before you lose him or her. The thing is, all the chemicals and hormones are still there and functioning, so the only thing left that may be functioning not so well would be the thought processing itself.

Not so ironically, the attraction starts in the brain, with the production of chemicals, and our bodily reactions to them – and ends in the brain with the production of thoughts that are unhealthy, and act as hormone-blockers. Our thoughts are so powerful that they can make us sick, make us well...they control everything, so it only stands to reason that they can block the natural production of our hormones and chemicals as well.

These hormones and chemicals are a very necessary part of being “in love,” if you want to hang onto that 'zing. Without them, you might as well be living with a roommate. Some couples are totally fine with that kind of scenario, and that's wonderful, too, *if it's by mutual agreement*. There are people who, for spiritual or health reasons, can't or won't participate in sexual activity. However, if either of you has a problem with a platonic situation, then anything that prohibits the flow of these chemicals and hormones will eventually cause problems in the relationship.

2. Why It Falls Apart

Now that we've lightly explored the mystery of this thing called "chemistry," and what drew you to your partner in the first place, let's venture deeper into the complicated world of romantic relationships.

We all know by now that what we read in romance novels isn't what we'll find in real life. The traditional ones always have a Happy Ever After ending, and the more contemporary ones end with a commitment of some sort. One of the basic requirements issued forth by publishers of most typical romance novels is that they have a happy ending. It doesn't matter if the preferred reading is traditional, historical or contemporary, the ending is always the same. ***But haven't you noticed that the story ends with the commitment?***

There's a reason for that.

THE UNRAVELLING:

After the commitment is made, whether it's to lock yourselves into monogamy, cohabitation or marriage, that's when the real work begins! That's when the biggest insecurities take root, because building a relationship is hard work. It's always challenging, because you're bonding yourself to another human being who comes with his or her own baggage or hang-ups, and their hang-ups sometimes start messin' with yours.

Let's take a quick sojourn into Ego States. Credit for the upcoming Ego State Model goes to Canadian-born, United States Psychiatrist Eric Berne, who was the founder of *Transactional Analysis*, and the author of a book called "Games People Play," which was released in 1964, but well worth reading if you can hunt it down at your local library. The book is dated but the lizard brain of the Homosapien hasn't changed much in a million years so forty-plus years, in this case, won't make much difference.

In very simple, non-technical terms, the total package that is us responds from any of three different Ego States, at any given time, depending on who we're relating to,

and which of our “buttons” they push. For example, with some people (such as co-workers, peers, friends) we may almost always respond from the Adult Ego state – unless we're at the mercy of an authoritative boss who somehow knows just exactly how to patronize us, in which case we often play into that game and respond defensively from the Child Ego State. Or we may slip into Parent Ego State so as to dig our heels in and show the boss who is boss, by counteracting in a subtle but detectible *“Now-you-listen-here-young-man!”* attitude.

The person you're currently involved with, or would like to be involved with, also comes with his or her established set of behavioral patterns, and these patterns may or may not show up in the first stages of entanglement.

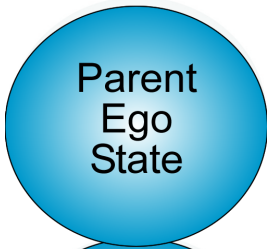
With many men, the Parent Ego State shows up early on, when he hastens to open doors, order your meal for you, or “take care of you.” That's not always a bad thing, but really, how you react to that depends on the baggage you've carried forth with you from the past. The down side to that is, some of them like to think for you most of the time, too, and that can get annoying.

Women do the parenting thing too, by the way, and it's no less annoying to someone who, for instance, had controlling parents and doesn't ever want to be controlled by another human being again.

Generally speaking though, the “Parent” or “Child” Ego States usually show up when you've gotten close enough to that person to spark a disagreement, debate, or flat-out fight. The reason for that is, most people will respond from their Adult Ego State until somebody ups the frustration level, and then the true colors, as they say, start to show.

Take a look at the ¹Ego State Model on the following page, and see if the three Ego States make sense to you.

¹ Credit for this Ego State Model and the corresponding descriptions goes to Eric Berne, Psychiatrist and author of “Games People Play/1964.



Parent Ego State. Behaviors, beliefs, thoughts and feelings copied from parents or parental figures, including older siblings.



Adult Ego State. Behaviors, beliefs, thoughts and feelings that are a direct response to the here and now, and who you are as an adult.



Child Ego State. Behaviors, beliefs, thoughts and feelings left over from childhood (from different ages) and lived now.

When we're talking about interpersonal relationships, this obviously includes the romantic variety. What would be the point of going from one relationship that ended badly, right into another repeating pattern that comes about because you didn't understand what went wrong, or what role you played in its falling apart?

That is not to say that you were completely to blame. Not at all. However, it's important to take ownership of any areas that can stand improvement. For example, being able to recognize when you resort to childhood reactions that should no longer apply, or when you start parenting someone who might resent that, and so on.

In understanding this aspect of the human psyche a little better, you may also be able to recognize when an adult is speaking to you in a childish, demanding voice that is not relevant to here and now, and perhaps be more able to see it for what it is, *rather than blame yourself for everything.*

We're not going to get into the nitty-gritty of this topic, but just skim over it briefly. There is plenty of more in-depth information available online if you feel inclined to research it, and it's worth the investment of time. But for now, we'll keep it brief

and to the point.

Have you ever caught yourself sounding just like your mother or your father, talking down to someone? Or pouting, crossing your arms and refusing to really digest what someone is saying? Those are negative examples of what happens when we respond in a fashion that is not “in the here and now.”

Responding “in the here and now” means to respond in a non-judgmental, adult fashion, without allowing your emotions to over-ride your common sense and without dragging up old issues so that you can keep a score-card as to who is more right or more wrong. Ideally, people who are romantically involved with one another would both interact at the Adult Ego State *most of the time*. That is the goal.

When we don't respond to a current situation in the here and now, what generally happens is no resolution to the problem, which is one of the biggest causes of break-ups. Also known as communication breakdown.

That's not to say that allowing your inner child or parent to surface occasionally is a bad thing. For instance, if your partner has suffered a terrible loss, be it a job or through the death of a family member or friend, that might be a great time to allow the nurturing (not lecturing!) parent to come out, so as to sooth the child in him/her that needs comforting. Let's face it, there are times in life when we all would like to curl up into someone's arms and have a good cry, and if you can be that person without passing judgment, you're one step closer to becoming the kind of partner that everyone desires.

Were there not times in your life when you appreciated someone you were romantically involved with teaching you something of value? In those times, did you not step down and just for a short time, allow the child in you to slip into learning mode? When it was over, didn't you show your appreciation for this gift? Nothing wrong with that! This is a give and take situation where everyone wins.

So you see, the problem does not arise when you behave as a parent to someone who is in “child mode.” The problem generally surfaces when you behave as a parent to someone who is in “adult mode,” and wants to be heard, not lectured or coddled. Or when you behave as a child with someone who is in “adult mode,” trying to find a logical, workable solution to a problem, while you pout, whine or demand satisfaction.

Any time you find yourself in the middle of an argument, take a moment to breathe, and think about your own reactions. Are they bleed-offs from your childhood? Are you reacting as you did when you were younger (Child Ego State) or perhaps the

way your parents treated you (Parent Ego State) at that time? Or are you the one with the cool head? (Adult Ego State)

If it's a case where you find that your partner is constantly resorting to automatic childish responses, or patronizing parent-to-child-lecture responses to every single problem, then you may want to ask your adult self if this is really the kind of person you want to be romantically involved with.

When we're faced with high-stress or argumentative situations, those are the times when we are most likely to slip out of adult mode and into child or parent mode, depending on what the individual is more inclined to do. The key to finding workable solutions is for both parties to stay in adult mode. Easier said than done, but practice and patience is the key to success with this one.

You also have to be watchful for women and men to try to seem as if they're coming off as adult when they are actually in their parental/patronizing mode. They mean well, most of them, but all the same, they push just the right buttons so as to get you to slip into your childhood "obedient" mode, or childhood "defensive" mode, so that they can control the direction of the conversation or argument.

That's just something to watch for, and it's fairly easy to spot because your gut feelings will alert you when you're being patronized. The best way to offset that is to simply remain calm and in adult mode, and keep a cool head about it. Just for that few minutes, put your ego aside and try your best to see if there's even a kernel of truth in what they're saying, so you can take something away from the argument with you, to work on.

You can punch your pillow later, but at this moment, stay calm and logical and process the information being imparted to you, rather than to try to score points. If it's scoring points you're after, and if winning is more important to you than finding a workable solution, then you could very well win the battle and lose the war.

Now, in all fairness, gaining control over your own actions and reactions is only half the battle. If you're intent on having a relationship with someone who refuses to grow up, while you continue to work on self-improvement till the cows come home, well, what can we say except, good luck with that.

Look at it this way. If you're dating someone who is a control freak, or an overgrown baby, unless a major life change comes over them from *within themselves* that inspires change, they will continue on doing just what they're doing. You can't *make* them change.

So if you're thinking there's something wrong with your relationship because your control freak keeps trying to control everything, or your big baby does nothing but whine, complain and pout...think again. That's what control freaks and big babies do. So things are exactly as they should be with people who want everything their own way – chaotic, upsetting and dissatisfying. The issue lies within yourself, in that, you want to be in a relationship with someone like that. Isn't *that* a kick in the head?

Note, we didn't say that the problem lies within you, but the *issue* lies within you.

We're not suggesting that you leave this person, but just that you may want to examine why you are still in this relationship, and more importantly, if you been in previous relationships where the same behavioral patterns evolved. And how often?

In the end you may decide that yes, the person you're involved with is childish, or is a control freak, but you love him or her, and this is why you stick around. But having gone through the process of identifying exactly where or what the problem is, and that you've made a conscious decision to stick it out, you're better armed to act accordingly, and acknowledging that you're there by choice removes the burden of feeling as if you're a victim of circumstance.

The ideal relationship is adult-to-adult – one in which common sense meets with common sense, and equitable solutions are found.

Each of us goes through life acting out our “roles.” Sometimes we change, and the roles we previously fit into no longer feel comfortable. We outgrow them. Most times we seek complementary counter-parts who fit into our scenarios. For someone who likes to be parented, then a partner who is predominantly the parenting sort may be perfect for you, and the child in you may seek out that care-giver. But once you know that, then you also have to acknowledge that parents come with rules and regulations and they like to control or guide their children. So if you want that person who is predominantly a care-giver, then you may have to also accept the controlling aspect of them as part of the package.

Look *within* for answers more often than trying to find something wrong with your partner, because they are what they are and it's not your job to change them. People only change when they are ready and not one second before. It's only your job to examine *how you react to them*, if you're happy with it, or at least happy enough to look past their perceived flaws. That's just something to think about.

If you've just come out of a relationship where these sort of issues became the reason for separation, then again, it's the same thing. It may be time to talk to yourself.

- Were you really happy?
- Or is it time now, to look for a different type of personality with whom to share your life?
- Did you outgrow them in some way?
- Or in some cases, did they outgrow you?
- Is this the first relationship you've been in, that ended the same way?
- Is there a pattern?
- If so, examine that pattern. Do you always choose the same type of person? If so, why?
- Can you benefit more by pointing fingers and getting all tangled up in the problem, or by trying to find solutions? That's up to you.

Another reason relationships fail is because we need variety or change.

There's nothing wrong with that. According to Human Needs Psychology, the need for variety/change is one of the four basic Personality Needs that we **MUST** have. The problem comes in when one or both partners refuses to allow the other person the room to change.

An example would be if your partner loves football games and you hate them. So during football season, he invites some of his buddies over and the hooting and hollering and male bonding thing erupts in the living room. Some women are fine with that. They go find something else to do. Others become envious that this pastime is stealing time from her or from the family unit.

What many women don't realize is that this male-thing is normal and natural. This is when we get to see glimpses of his dark energy – the guy who beats his chest and lets the testosterone run rampant. Men need to do this, okay. They need to. The more you sulk over this kind of thing, the farther you'll push him away. This is his dark side showing, and if you try to smother that or kill it entirely, you will end up killing the relationship completely.

Why? Because we all have a dark side and a light side. We need them *both*.

- The **dark side** is where we get creative energy, sexual drive, ambition, assertiveness or aggressiveness. This is what gives us drive. This is what

helps us to succeed at our goals and aspirations.

- The **light side** is where we get our sense of responsibility, accountability, taking care of the home and family, and things like this.
- If the dark side of us is repressed by ourselves or the other partner, then we become unbalanced and this causes problems in other areas of our lives.

So when a spouse/partner becomes jealous over activities that steal time away, why not let your dark energy come out to play with his or her dark energy? Why not give him a good reason to want to spend more time with you instead of the guys? Instead of pouting and demanding things – why not let your dark energy come out and find her own way of getting things?

Think about it.

Do you ever encourage your spouse's dark side to show? Do you support him or her when they want to do things that seem to you, to be out of character for that person? This needs to be done within the boundaries of safety and reason, of course. But do you?

Or, once the relationship is established, does that dark, daring sexual creature in both of you get whipped into shape by your light sides? When our dark energies are stifled that way, our primary focus becomes paying the bills on time, taking the kids to school, making enough money to live on, and all of these practical things. While it is very true that we do need to pay necessary attention to these responsibilities, when life becomes ALL ABOUT responsibilities and never about the other side of us that also needs attention, that is when things really begin to go downhill.

If that is what has happened, don't be surprised if your spouse finds another way to let out their dark energy. Or if *your* dark side was the one squashed, is it any wonder that you find other ways (other than with your spouse/partner) to exercise your darker side? It's inevitable.

Bottom line: Encourage the dark side of your partner to show itself to *YOU*, rather than put them in a situation where they have to go find that variety somewhere else. When this happens, the passion drains from a relationship along with the fun, and once that happens, it's pretty much dead. You might as well be living with a roommate.

So yes, cater to the **light** energy. Get the bills paid and be responsible people. But also let that dark side out to play. Give them a reason to want to be with you.

So there you go! In this report, we've taken you from what causes you to fall in love, and briefly outlined some of the causes of why relationships crash and burn. There are many, many more reasons why relationships fail, and most of the time, they have to do with weather or not your "Life Questions" are compatible.

What is "Life Questions?" Briefly, some people go through life with this mentality: "Why is nothing I ever do good enough?" Others go through life asking a different question: "What can I go out and do (or conquer) next?" Those are two very different mindsets, but whichever one applies to you dictates every single thing you do in life.

It also depends a great deal on whether there is a good match between the couple's 4 Basic Human Needs. One or two of these Basic Human Needs will be more important to us than the others. If there is a good match here in the needs, that increases the chances of success tremendously. If there is not, there can be many problems that surface.

However, at this time, we hope that the information we've given you helps you in some way.

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For information about Ziana de Bethune's Life and Career Coaching Practice,
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