Why do we fall in love?

It’s the reason countless wars have been fought, and millions have died. It’s the cause of innumerous people committing crimes, consequentially getting incarcerated, and the reason why valentines day is a billion-dollar holiday. (Romantic) Love. “Love is at the root of everything.” But why does this chemical reaction in our brains rule over so much of our lives? Why do we spend countless hours and untold fortunes pining away our souls to find this esoteric entity, that supposedly gives life meaning? That is the question I’m going to try and answer in these next few minutes I have with you. For the understanding of love, is to understand not only yourself, but the world around you, in many ways you know, and many ways you don’t.

What is romantic love? According to the dictionary, love is a profoundly tender, affectionate, passionate feelings for another person. This connection can make us feel closer to another person in many ways. A romantic connection is unlike any other type of relationship we can have with any other person. In many ways, we reveal our deepest and darkest secrets to our partners, so much so, that we even name that person our “significant other”. Our significant other can play many other significant roles that may be missing from our lives, from best friend, to child to parent, and many others. In a sense, they are a developmental all star that can play any position that we need them to. Also, due to their proximity to us, they grow with us in a way that is almost exclusive to the best of friends, and family members. This proximity further strengthens the bond and emphasizes the persons importance to us, hence why we may even consider such people as life partners. These people are invaluable to us and are almost irreplaceable.

These same values however are the same reason why these people are dangerous. After all, how can you trust your entire heart, soul and mind to a stranger? The very thought might be terrifying, but imagine the idea that someone who used to be your sunshine turn into your darkness, someone who warmed your heart could turn the blood in your veins into ice, or even, light the fire inside of your spirit setting your soul on fire? What if you grew to like it? What if you thought this pain is what you deserved, and that you couldn’t find any better? Suffering is a part of life after all, and so this is the best you can find? The world is a cold place and traveling it alone is enough to make people go insane, and even kill themselves. What if you don’t have the strength to break these bonds and make new ones? What if your heart isn’t strong enough to bear the burden? Someone who used to be considered family even by your parents can turn almost anything that reminds you of them into a painful memory. Why would we risk our peace of mind for a chance at finding someone who forgets our anniversaries, constantly annoys us, and doesn’t even like drake?

I believe its because we desire something very valuable. It’s the same reason why we want a lot of money, or a job that we think would make us happy. Because its very hard to acquire, and unlike these things, you can’t buy someone who crosses your T’s and dots your I’s. We desire these people because they can bring light into the darkness that already lies inside of us. (\*) Not a lot of people can do that and even less are willing to. We risk jumping and falling because we dream of making it to the other side. Yes, we might get our hearts broken, but how will we ever know if we never risk giving it to someone else to play with it? You can only let someone clean up your house if you let them in. You can only let someone sing along to your heartbeat if you let them close enough to listen. Yes, it’s scary, but the only way to find something worthwhile is to face our fears and the many demons that come along with them. The only way to get something you’ve never had before is to do things you’ve never done before.

As humans we naturally need love, that’s why our hearts beat faster when we see our crush. To go against nature, is to go insane. I believe that the reason why we fall in love is because we all desire someone to hold our hands while we explore the darkness that lies deep within our hearts.