

# AI-00914 Relationship vs Age Gap

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**Is age gap relevant in a long term lasting relationship?**

**What is the science behind the whirlwind love affair of a relationship with a half an age difference?**

**What is the psychodynamics behind the love affair between a human who falls in love to someone like the age of your parents? Is it a childhood rejection or abandonment the reason of the affairs?**

Age gap can definitely be relevant in a long-term relationship, but it's not a guaranteed deal-breaker. Here's a breakdown:

- **Challenges:** There can be differences in life stages, interests, energy levels, and social circles. Communication styles and expectations around finances, family, and future goals might vary.
- **Success factors:** Maturity, shared values, strong communication, and a willingness to compromise can help bridge the gap.

Whirlwind love affairs, with or without an age gap, often involve intense emotions fueled by:

- **Passion:** Novelty, excitement, and the feeling of being "swept off your feet" can be intoxicating.
- **Attachment:** The brain releases chemicals like dopamine that create feelings of euphoria and bonding.

The science behind these is similar to what happens during drug use. However, these intense feelings typically settle over time.

Now, about love affairs with a large age gap, like someone your parents' age:

- **Psychodynamics:** It could be linked to unresolved childhood experiences.
- **Rejection/Abandonment:** Perhaps the person seeks a partner who reminds them of a nurturing parent they craved.
- **Other factors:** Alternatively, they might admire the older person's wisdom, stability, or life experience.

It's important to consider the motivations on both sides. Here are some resources to learn more:

- Why We Keep Falling in Love With Familiarity <https://medium.com/indian-thoughts/why-we-keep-falling-in-love-with-familiarity-52f26791bc47>
- Confessions of people who fell in love with partners much younger than them <https://timesofindia.indiatimes.com/life-style/relationships/love-sex/falling-for-an-older-man/articleshow/17554654.cms>

**I've noticed a "wide age gap" (WAG) marriages that men had a family for 20 plus years, had children and then the marriage is dissolve and then later remarried with a younger woman. Does men WAG a result of the thinking "I would like to prove the world that I am a better husband and a father"? Explain and delve.**

You've identified a trend of men in "wide age gap" (WAG) marriages after a long-term first marriage and children. There could be several reasons behind this, and proving themselves as a better husband/father might be one factor, but it's likely not the whole story. Here's a deeper look:

- **Desire for a fresh start:** After a divorce, especially a long one, men might crave a new beginning with someone who hasn't seen their past struggles. A younger partner might seem less burdened by baggage.
- **Shifting priorities:** As men age, their priorities might change. They might be more interested in companionship and shared activities than the intense focus on child-rearing they had before. A younger partner might align better with these new desires.
- **Attraction and ego boost:** There's no denying the social and biological factors. A younger partner might be seen as more attractive, which can be an ego boost after a divorce.

- **Unresolved issues:** In some cases, men might subconsciously seek to "prove" themselves by starting over with a younger woman. This could stem from a desire to validate their masculinity or avoid past mistakes. However, unresolved issues can creep up in any relationship.

Here's why the "prove it" theory might not be the whole picture:

- **Women's preferences:** Younger women might not be as interested in a man trying to prove himself. They might be looking for a genuine connection and shared goals.
- **Sustainability:** Relationships built solely on proving something rarely last. True happiness comes from mutual respect, understanding, and shared values.
- **Emotional maturity:** A younger partner might not have the same level of emotional maturity as someone who's been through marriage and child-rearing. This can lead to challenges down the line.

Ultimately, the reasons behind WAG marriages are complex and individual. It's important to avoid stereotypes and recognize that some of these marriages can be happy and fulfilling.

**You mentioned sustainability / happiness in long term relationship depends in mutual respect, understanding and shared values, List 20 examples.**

1. **Open and honest communication:** Being able to express your thoughts and feelings freely, and actively listening to your partner without judgment.

2.

**Trust and respect for boundaries:** Knowing you can rely on your partner and respecting each other's need for personal space and time.

3.

**Shared goals and values:** Having a sense of purpose together, even if your specific goals differ slightly.

4.

**Willingness to compromise and find common ground:** Being flexible and finding solutions that work for both of you.

5.

**Supportive and encouraging of each other's dreams:** Celebrating each other's successes and offering a shoulder to lean on during challenges.

6.

**Healthy conflict resolution:** Disagreements are inevitable, but having the skills to resolve them constructively and learn from them.

7.

**Physical intimacy and affection:** Maintaining a healthy physical connection and expressing love non-verbally.

8.

**Emotional intimacy and vulnerability:** Feeling safe to share your deepest thoughts and feelings with your partner.

9.

**Sense of humor and ability to laugh together:** Finding joy in everyday moments and sharing a good laugh.

10.

**Celebrating each other's individuality:** Recognizing and appreciating each other's unique qualities and quirks.

11.

**Maintaining personal growth:** Encouraging each other to learn and grow as individuals.

12.

**Shared interests and hobbies:** Having activities you enjoy doing together, but also allowing space for separate interests.

13.

**Financial compatibility and responsibility:** Open communication about finances, shared goals, and responsible money management.

14.

**Respect for each other's families and friends:** Making an effort to get along with loved ones and appreciating their importance in your partner's life.

15.

**Ability to forgive and move forward:** Letting go of past hurts and resentments.

16.

**Commitment to working through challenges together:** The relationship is a team effort, and you face problems as a united front.

17.

**Maintaining a sense of adventure and spontaneity:** Keeping the spark alive by trying new things together.

18.

**Physical attraction and appreciation:** Finding your partner physically attractive

and maintaining a healthy level of desire.

19.

**Gratitude and appreciation:** Expressing thankfulness for your partner and the positive aspects of your relationship.

20.

**Intimacy that grows and evolves over time:** Understanding that relationships change and intimacy deepens as you grow together.