

## Praise for Falling in Love is Not Enough

*This book is great for couples that are tired of the fighting are ready to repair the relationship. If people took the time to understand relationships and follow the recommendations as explained in your book, there would be less divorce and more long lasting marriages. The book was easy to read, understand and very informative. I did not want to put down. It is definitely worth reading more than once. I would recommend your book to anyone who has love for another person.*

— CURTIS MCNAUGHT, Bloomfield Hills, MI

*I have been married for fifteen years and thought it was a “perfect” marriage. This book is the key to what we’ve been missing. I have become much closer to my husband because of it. This book is the best gift to give to your friends of family members. They will love you for it!!*

— TINA BATEMAN, Insurance Agent, Brighton, MI.

*Falling in love is the easy part. Staying in love takes work. Learn a new approach to understanding your partner’s needs. Know how to be there for each other and become Best Friends, as well as lovers.*

— ANNETTE MEYER RUFF, MS, Brighton, MI

*Falling in Love is Not Enough describes the type of relationship we all hope for - past the rush of “falling in love” to the deeper, more satisfying “safe haven” relationships. This book gives me the understanding I need to create my own great relationship. It will do the same for you.*

— ANN SAVICKAS, BSW, JD, Attorney, Ann Arbor

*If you are looking for a new way to improve your relationship, one that works, this is the book for you. It is loaded with great insight to help you become happier and closer with your partner. It reads easily and gives ideas in an easily understood way. It should be taught in high school. I wish I had this knowledge long ago.*

— LINDA NICHOLS, Account Executive, Lansing, MI



# falling in love is not enough

Keeping Your  
Love Alive Forever

Joseph Dragun, Ph.D.

Canton Press  
Brighton, MI

Falling In Love Is Not Enough  
*Keeping Your Love Alive Forever*

Joseph Dragun, Ph.D.

Copyright © 2006 by Joseph Dragun

Canton Press  
P.O. Box 1047, Brighton, MI 48116-1047  
(810) 229-9192, fax (810) 227-6982  
e-mail: cantonpress@sbcglobal.net

Book and cover design by:  
Peri Poloni-Gabriel, Knockout Design, [www.knockoutbooks.com](http://www.knockoutbooks.com)

No part of book may be reproduced, stored in a retrieval system, or transmitted in any form by any means, electronic, mechanical, photocopying, recording, scanning or otherwise, except as permitted under Sections 107 or 108 of the 1976 United States Copyright Act, without either the prior written permission of the Publisher or authorization through payment of the appropriate per-copy fee. Requests to the Publisher for permission should be addressed to Permissions Department, Canton Press, P.O. Box 1047, Brighton, MI 48116-1047, (810) 229-9192, fax (810) 227-6982, e-mail: [cantonpress@sbcglobal.net](mailto:cantonpress@sbcglobal.net)

Manufactured in the United States of America on acid-free paper.

**Publisher's Cataloging-In-Publication Data**

*(prepared by Quality Books)*

Dragun, Joseph.

Falling in love is not enough : keeping your love  
alive forever / Joseph Dragun.

p. cm.

Includes bibliographical references.

LCCN 2006921130

ISBN-13: 978-0-9763799-3-5

ISBN-10: 0-9763799-3-7

1. Marital psychotherapy—Popular works.
2. Attachment behavior—Popular works. 3. Love.
4. Man-woman relationships. I. Title.

RC488.5.D73 2006

616.89'1562

QB106-600045

# contents



The Author . . . . .	vii
Acknowledgements . . . . .	ix
Introduction . . . . .	xi
<i>Chapter 1</i> A Fantastic Experience . . . . .	15
<i>Chapter 2</i> Love As Addiction . . . . .	25
<i>Chapter 3</i> Attachment Love . . . . .	39
<i>Chapter 4</i> Love is a Many-Splendored Thing . . . . .	55
<i>Chapter 5</i> Threats to Love . . . . .	67
<i>Chapter 6</i> Injuries to Love . . . . .	79
<i>Chapter 7</i> The War Dance . . . . .	89
<i>Chapter 8</i> The Pursuer . . . . .	95
<i>Chapter 9</i> The Withdrawer . . . . .	105
<i>Chapter 10</i> Closeness and Intimacy . . . . .	115
<i>Chapter 11</i> Getting Closer . . . . .	123
<i>Chapter 12</i> Figuring Out Your Dance . . . . .	139
<i>Chapter 13</i> Hot Buttons . . . . .	147
Epilogue . . . . .	155
Resources . . . . .	156
Index . . . . .	159



## the author

Joseph Dragun is a licensed clinical psychologist with extensive experience in therapy. Prior to becoming a counselor, he administered several not-for-profit human service organizations. His practice focuses upon helping to improve relationships between couples, children and parents, peers, and supervisors and employees. He is certified in Emotionally Focused Therapy for Couples. He trains and supervises other therapists in this exciting and highly effective method of treatment. He has given numerous presentations on a variety of topics.

Visits Dr. Dragun's website at  
[www.keepingyourlovealive.com](http://www.keepingyourlovealive.com).





## *Chapter 1*

# a fantastic experience



“**F**alling in love” is a most exhilarating experience. Ah, to fall in love. The intensity of the relationship! All else pales by comparison. I love Gene Kelly in “Singing in the Rain.” As Gene dances in the street, oblivious to the rain, he captures for us that glorious feeling — an irreplaceable high. I suspect that a part of each one of us secretly hopes to recapture and live that high.

Jim, my client, told me how every moment is so sweet. He couldn’t get enough of his partner. He wanted to spend all of his time with her. Whether at work or school, his thoughts strayed to her. Time seemed to stand still as he impatiently waited for the moment he would see her again. In contrast, all of his other activities and endeavors seemed pale, drab and meaningless. He even created a kind of fantasy around this woman. How wonderful it would be to be together with her. To have children. To live together for all time. To grow old together, and even to die together.

She was his dream woman. His dream mate. Or to invoke a more current metaphor — his “soul mate.” She would make up for all the things that were wrong with him. She would make his life greater than anything he’d ever experienced before. All of his problems would be solved. He would be happy, gloriously happy, for the rest of his life living with the perfect woman of his dreams.

Then Jim told me the rest of his story. He and his beloved got married and had a few kids. After a few years, like so many other couples they began to fight. Despite his work and best efforts, he and his wife — the woman he once so desperately loved — divorced. Jim was devastated and could not understand how this happened. How could two people who had been so gloriously in love end up hating each other? Obviously, falling-in-love is not enough.

What is this celebrated condition all about? Why do people experience it? Where does it come from? How do people get it? How long does it last? Why does it end? This and the next chapter describe falling-in-love, and the problems it can create.

## **Genetically Programmed**

Falling-in-love has been around for as long as people have existed. Literature and poetry from different cultures and ages describe this phenomenon. It can even be found in the Old Testament. The “Song of Solomon” appears to describe the ecstasy of falling-in-love. (In fairness to other commentators, it’s also interpreted as God’s love for his people). It’s not difficult to accept that falling-in-love is a timeless, universal human happening; and an extraordinarily sweet one at that. Different cultures do not always have the same attitudes about it as Westerners, but more on that later.

Where does falling-in-love come from? Some anthropologists believe that we are genetically programmed for it. The purpose is simple: to raise children. People are first sexually attracted to each other. Then falling-in-love may kick in. In this stage, a person focuses exclusively on a single possible mate. We are then driven to form an exclusive, intense bond with a prospective partner. The result is a union or a marriage. In such a relationship children can be born and raised to adulthood.

No wonder we have fantasies about marrying or living with our beloved. This is the way it's supposed to work. We are programmed for falling-in-love.

I am sure you can think of exceptions. Different people and cultures have other understandings and expectations. For example, in our culture people beyond child-bearing age experience falling-in-love. They do not want more children, yet they choose to bond. It appears to be a genetic component of our make up; we are hard-wired for it.

## How We Fall-in-Love

Though commonly acknowledged that “love is blind,” researchers have discovered many obvious characteristics. For example, they note that people tend to fall for others who are *physically near them*. It only makes sense that it would be difficult to be involved with someone we have never met (though it does happen, for example, through letters and the internet). But in general, people fall-in-love with people who are nearby.

The probability of such a relationship blossoming also increases when we see the person frequently. Since the likelihood of seeing each other and meeting is great, people tend to fall-in-love with those who live near them, work with them, or play with them.

## Physical Appearance and Beauty

Another characteristic is the *physical appearance* of your prospective romantic partner. We are not attracted to people we consider unattractive. Sometimes we do get to know them and begin to see and appreciate other qualities; however, for many people, at least initially, physical attractiveness is an important factor in the falling-in-love process. This is equally true for both men and women.

If you don't believe this, just observe the dating services. They always include (or ask for) a picture or a videotape of the person looking for a partner. People want to see what their prospective partners look like. Most of us compare our physical traits and beauty with others, and the romantic partner one chooses tends to show a similar level of attractiveness. Of course, this is a highly subjective process. Beauty is in the eye of the beholder. Yet we tend to seek out those people whom we believe have a similar level of beauty.

Our tendency to judge people by appearance is an unfortunate aspect of being human, yet a factor nevertheless. People, in general, desire to be around attractive people and beautiful surroundings. But remember, studies show that attractive people possess no more positive traits or skills or abilities than those regarded as less attractive people.

## Character

This is also a factor in how people choose. Men tend to seek partners who are sweet, smart, energetic, self-confident, and easy-to-talk-to. Women look for men who are easy-going and intelligent. Both sexes desire prospective partners who are funny, sensitive, and warm.

## Similarities

We tend to be attracted to others who show a similarity in interests, values, levels of physical beauty, attitudes, levels of intelligence and the same degree of psychological health. We also tend to be attracted to people who have a similar cultural background. There is even evidence to suggest that people are attracted to others who are genetically similar.

People tend to fall-in-love with others who come from the same class in society. In short, not too many blue-collar auto-workers end up marrying blue-bloods or Boston Brahmins or the Prince of Wales.

## Loving the One Who Loves You

We have a tendency to fall-in-love with someone who is attracted to us. When people meet and are attracted to each other, a positive feedback loop is started. One person's attraction and attention kindles feelings of attraction in the other; this in turn precipitates an even greater reaction in the first person.

If you treat someone as if he or she were sexy and exciting, this person will very possibly become so and treat you the same way. Such is the essence of reciprocity in attraction: we are, clearly, attracted to others who are attracted to us. We pay attention to those who pay attention to us.

## Emotional Arousal

One of the strongest, most powerful precursors to falling-in-love is *emotional arousal*. Simply put, we have a tendency to fall-in-love when we are emotionally aroused. Such an arousal can be either painful or joyful. We can be happy because of a promotion or sad because someone in our family has died. Ei-

ther one is an emotional arousal which makes it more likely that a person will fall-in-love.

This emotional arousal is not merely the happy feeling one might have at the end of a day. It's a more intense feeling and state of being that stays with the person for a period of time.

Imagine how you might feel if you were fired. Or remember how you felt when your first boyfriend or girlfriend dumped you. These are the intense feelings that seem to consume us and preoccupy us for a length of time. These states prime us for falling-in-love.

It may sound strange and complicated, but it makes sense. During the Viet Nam war my good friend came back from boot camp just prior to being shipped off to Nam. In a few days he fell passionately in love with a mutual friend to whom he had never previously been attracted. After returning from the war, even he could not understand what happened. Now it's clear that his aroused emotions made him a prime candidate. He felt very sad and lonely about being away from home and extremely anxious about going into a war, and these intense emotions primed him to fall-in-love.

After a divorce people feel lonely, unloved, sad, and anxious about the future. They are vulnerable to falling-in-love on a rebound. Counselors recommend that after a divorce people should not even date for a year or two, during which time their aroused emotions typically make them vulnerable.

There are stories of hostages who fall in love with their captors. This "Stockholm Syndrome" may very well have its roots in the heightened emotional arousal of the captives. Romances are also started during exciting or unusual vacations.

One researcher describes the phenomenon of folk-dancing love. People who dance four and five days a week are physically and emotionally aroused by the dancing. This activity has

a tendency to arouse and reinforce positive feelings for one's partner. At times, one may fall madly in love with his or her partner. Emotional arousal, of any kind, can set us up for falling-in-love.

## **Cultural Beliefs and Expectations**

Our culture emphasizes falling-in-love. We've all heard such expressions as "love at first sight," "made for each other," and "soul mate." These phrases help generate the excitement and anticipation that we should and will fall-in-love. Some believe that such love is the only answer to human existence and the pursuit of happiness.

"The Notebook," a film released in the summer of 2004, starts out with an old man reading from a faded old notebook to an old woman. The pages include the story of her life. She has Alzheimer's disease and can't remember much of the past, but the old man reads to her as a reminder. The pages magically come alive with her life story.

In her past she had fallen-in-love with a boy in her small hometown, and the boy had also fallen-in-love with her. However, her parents disapproved and took her away to another town. Several years later, he sees her and her fiancé. She goes back to visit him at the old hometown and their love is rekindled. She eventually chooses to marry "the love of her life" and they live happily ever after.

Movie after movie emphasizes and celebrates "falling in love." So many movies have this theme that the list alone could fill a large book. Hollywood makes this a major theme. But remember, Hollywood only gives us what we find attractive. Thus we grow up with the expectation and hope that we will fall in love, that it will lead to marriage and that this intense feeling will last forever.

We certainly believed it to be a simple, straight-forward process: you fall-in-love; you marry; you live happily ever after. Only it doesn't last and it's replaced by something different. Men and women make decisions based on faulty information about how love works. They make flawed decisions, not realizing that "attachment love" is every bit as important, if not more so, than falling-in-love. And this kind of love is more lasting, but more on this later.

## Other Cultures

For many cultures, falling-in-love is not the basis of marriage. In various parts of the world the marriages of sons and daughters are still arranged by families. They have been arranged for reasons of state and power (e.g., kings arranged marriages for political reasons), and to obtain financial security and a stable economic situation for the family or for the anticipated newborn grandchild.

In India, marital love is considered the center of life. Men and women *expect* to fall in love with their arranged spouse. Even though this appears backward to Westerners, it happens often. Actually it's only in the relatively recent past that falling-in-love has become the main reason for getting married. Part of the reason people fall-in-love is that they expect it to happen.

## Stages of Falling-In-Love

There are various theories that seek to explain the stages of falling-in-love and marrying. Some describe two, three, four or more different stages of the process, which occur in a definite order. Other theories describe a gradual process.

The following makes the most sense to me. It begins with our expectation that we want to experience falling-in-love. Then

people meet others in their geographic area, which defines the pool of potential partners. We begin screening these people using the various standards listed above. When we are emotionally aroused, we fall-in-love with that lucky guy or gal. If all is in order, we form a relationship and expect to live happily ever after.

In theory, it sounds great. But this tells only one part of the story. First, couples, blinded by their intense emotions, make mistakes in evaluating their partners. Second, it invariably ends. If you expect it to last forever, your expectations of being happy will soon dissolve.

The next chapter looks at the trials and tribulations of falling-in-love.

