

## **I love you, but I'm not in love any more**

People sometimes say this, or variations of it. Maybe "we've grown apart" or "the spark has gone" or "I need space". It can be devastating to hear, and hard to understand. And it can mean a lot of different things.

Sometimes it means that the early "honeymoon" excitement of a relationship has worn off a bit. There are no more tingles. In this case, it means something like "I have no specific complaint, but I'm just not as excited as I used to be". This is a normal development. It doesn't have to mean anything is wrong. What needs to happen is for the relationship to mature a bit, to move into its next stage.

If there is a lack of passion in your relationship, it can sometimes be because a couple are on their best behaviour around each other, putting on their best faces, and not really telling each other what's on their minds. A sign of this is if a couple rarely or **never argue**. Maybe things are not getting discussed.

Sometimes it means that the emotional connection is no longer there in the relationship. One or both partners don't feel connected. There are ways to work on this.

Sometimes a person may say they are bored with their partner, when really the problem is that they are bored with their life.

Or sometimes, the problem is that something has come between you and your partner. We would need to think about which of these things might have taken priority over the relationship. It could be:

- Work pressures
- Young children
- An addiction (e.g. substances, alcohol, porn, video games, tv, or even exercise)
- Parents (in-laws)
- Another person (infidelity, or a crush)
- Depression.

Depression, particularly, can cause someone to feel that they no longer take any pleasure in the relationship, and that it's hopeless. This needs to be treated.

Whichever of these things it is, the problem has usually increased because it is not really being talked about or dealt with. It is important to know that this "*not feeling it any more*" problem can usually be reversed, if you want to.

Note: There is also a good book called "*I love you but I'm not in love with you*" by Andrew Marshall. I have no connection with this book but am happy to recommend it if you're feeling this way.