

Wine-Glass Love: How a Generation Is Bleeding Quietly in the Name of Freedom

By Prof. Arun Sehgal



“Wine-Glass Love”

Love today has become a wine glass,
each night a new pour, each touch meant to surpass.

Once hearts were held with trembling care,
now only glasses change — love no longer rare.

We sip for thrill, we drink for escape,
calling desire love, calling hunger fate.

Every new taste feels briefly divine,
yet leaves a bitterness we refuse to define.

Once tears fell when bonds would break,
now breaking hearts is a casual take.

We toast to freedom, mistake it for peace,
not knowing the soul pays interest on release.

Each affair — a fair that ends at dawn,
each goodbye deeper than the last withdrawn.

We hope one sip will finally stay,
but intoxication always fades away.

The wine runs dry, the silence screams,
love reduced to fractured dreams.

And in the morning, alone, we remain —
with empty glasses
and a heart which refuses to get trained in pain.

A Silent Crisis We Are Refusing to Name

Something deeply unsettling is happening around us—quietly, invisibly, yet everywhere.

We are watching an entire generation exhaust itself emotionally while calling it

freedom. We are watching people collect bodies, conversations, confessions, and intimacy—while growing more anxious, restless, and lonely than ever before

.This is not progress. This is a slow psychological collapse disguised as modern living.

Love has become fast, replaceable, and negotiable. Commitment is seen as a burden. Depth is mistaken for dependency. And emotional responsibility is quietly avoided in the name of self-care.

But the human mind and heart have not evolved at the speed of social media. They still break the same way.

The New Normal: Multiple Relationships, One Hidden Truth

One of the most disturbing trends of our time is not just casual dating—but parallel intimacy.

Today, it has become socially acceptable—even fashionable—to maintain:

- multiple physical relationships at the same time
- multiple emotional connections without disclosure
- secret parallel bonds, each person believing they are “special”

This is not openness. This is emotional fragmentation.

People are no longer cheating occasionally—they are splitting themselves continuously. Each relationship receives a version, not the whole. Each bond is diluted, guarded, strategically incomplete.

And while no one knows about the others, the nervous system knows everything.

Why Is This Happening? (The Uncomfortable Truth)

1. Fear of Emotional Exposure

Real intimacy demands vulnerability. Vulnerability demands courage. Multiple relationships provide an illusion of safety—“If one fails, I won’t fall.”

But this safety is false. Avoiding depth does not protect the heart—it weakens it.

2. Social Media and the Addiction to Validation

Likes, matches, messages, attention—these are dopamine hits. They momentarily silence insecurity.

But dopamine does not heal loneliness. It only delays it.

People already under emotional stress—career pressure, family wounds, unresolved trauma—become especially vulnerable. Casual intimacy becomes a coping mechanism, not a choice.

3. The Myth of Infinite Choice

Social platforms whisper a dangerous lie: “Don’t settle. There’s always someone better.”

So effort feels optional. Discomfort feels unacceptable. And the moment a relationship asks for emotional maturity, people exit—without closure, without accountability.

4. Avoidance of Inner Stillness

Stillness is where unresolved pain surfaces.

Multiple relationships keep the mind busy. Distracted. Numb.

But pain does not disappear when ignored—it accumulates.

What This Does to the Mind

- Trust becomes shallow
- Attachment turns anxious or avoidant
- Emotional safety disappears
- Anxiety becomes constant background noise

The person begins to feel unsettled even when nothing is wrong. This is not

coincidence.

This is nervous system overload.

The mind is not meant to open and close its emotional doors repeatedly without rest.

What This Does to the Body

The body does not understand “casual.”

Oxytocin, cortisol, dopamine—these chemicals do not negotiate with ideology. Every connection activates them. Every rupture destabilizes them.

Over time, the body starts manifesting what the mind refuses to acknowledge:

- chronic fatigue
- sleep disorders
- panic responses
- lowered immunity
- unexplained aches
- emotional numbness alternating with emotional flooding

The body becomes a battlefield of unresolved emotional experiences.

The Loneliness That Hurts the Most

This is the cruelest irony. Never before have people been so connected—and so alone. Beds are warm. Hearts are cold. Conversations are frequent. Being known is rare. Loneliness born from isolation is painful. Loneliness born from too much intimacy without truth is devastating.

Because somewhere inside, the heart knows:

“This is not what love was meant to feel like.”

The Emotional Debt We Don't Talk About

Every unfinished bond creates emotional debt. Every unspoken goodbye. Every lie of omission. Every moment where someone believed they were chosen—when they weren't. This debt compounds quietly. Later, people wonder why peace feels unreachable, why joy feels muted, why rest feels impossible. The answer lies in an overcrowded inner world—too many unresolved connections competing for space.

Why the Heart Still Hopes

And yet—despite everything—the heart refuses to surrender,

It still hopes,

It still longs

It still believes.

Not because it is foolish—but because it remembers truth.

The heart remembers that love is supposed to calm the nervous system, not agitate it. It remembers that connection is supposed to heal, not exhaust.

That is why, after all the wine glasses are emptied, people still crave one real cup—steady, honest, safe.

Choosing Depth Is Not Old-Fashioned. It Is Survival.

Depth is not weakness.

Commitment is not confinement.

Stillness is not boredom.

They are acts of courage in a world addicted to stimulation.

Choosing one emotionally safe relationship over many fragmented ones is not settling—it is self-respect.

It is choosing mental health over momentary thrill.

Peace over performance.

Truth over illusion.

A Final Reflection

We were not born to juggle hearts.

We were not built to split our souls.

We were not designed for endless emotional intoxication.

The wine glass may sparkle—but it cannot hold what the heart truly needs.

And perhaps the greatest tragedy of our time is not that love has disappeared—but that we have forgotten how to protect it.