

LOVE, NEEDS AND REALITY

The Greatest Fraud in Love Is Our Own Imagination

By Arun Sehgal



“The greatest tragedy in love is not losing the person we love. It is discovering that the person we loved existed only in our imagination.”



The greatest fraud in love is not committed by others. It is committed by our own minds.

The mind is mad. It has an extraordinary ability to create a person who does not exist. It borrows a few beautiful moments, fills in the blanks with hope, and turns human beings into angels in our imagination.

We do not fall in love with people. We fall in love with our expectations of them.

Then one day, reality knocks. Their true personality slowly reveals itself—their character, priorities, values, habits and emotional maturity. Nothing has really changed except that the curtains have finally been lifted.

And our hearts break.

Not because they betrayed us, but because reality betrayed our imagination.

The tragedy is that we mourn the loss of a person who never existed in the first place.

Before giving our hearts away, we must give our eyes a chance to see. Let us not fall in love with potential. Let us not fall in love with promises. Let us not fall in love with chemistry. Let us fall in love with truth.

True love is not blind. True love sees everything—the flaws, the imperfections, the differences—and still chooses to stay.

But love alone does not make life great. Life has needs, and needs must be met. We all need food, shelter, healthcare, security, dignity, experiences and the ability to care for those we love. Needs require resources. They require effort, discipline, sacrifice and, yes, money.

The world is full of beautiful words—"I love you", "I miss you" and "I cannot live without you." These words sound magical when life is easy. But words that cannot withstand the realities of life are merely poetry, not love.

The true test of love begins when life's demands arrive at our doorstep. Can we provide emotional security? Can we provide financial security? Can we stand by one another when responsibilities become heavy? Can we build a life together rather than merely dream about one?

When needs arise and cannot be met, the painful truth often surfaces. The illusion begins to crumble. Suddenly, the grand declarations of love evaporate into thin air, and we are left staring at reality. What we thought was eternal love was often nothing more than an emotional experience that could not survive the practical demands of life.

Love without responsibility is merely an emotion. Love without sacrifice is merely an attraction. Love without the ability and willingness to provide—emotionally, physically and practically—is incomplete.

Many people spend their entire lives chasing butterflies while ignoring the tree that quietly gives them shade. They seek excitement while overlooking commitment. They seek fantasy while ignoring reality. Tragically, they realise the value of what they had only after it is gone.

And if, by God's grace, we are fortunate enough to find someone who truly loves us—deeply, unconditionally and selflessly—then that love is perhaps life's greatest blessing. Such a person must never be taken for granted. They must be loved immensely, protected fiercely and cared for with gratitude every single day.

Treat them as we would oxygen to our lungs—not something we notice only when it is gone, but something without which life itself loses its meaning.

Now ask yourself a simple question.

Is this a story that you can relate to while reading?

If the answer is yes, then wake up.

Stop chasing people who exist only in our imagination. Stop glorifying suffering in the name of love. Stop believing that beautiful words alone can build a beautiful life.

Give importance to the people who not only love us deeply but also fulfil our legitimate emotional, physical, practical and financial needs. They are the ones who will stand by us when life tests both of us. They are the ones who deserve our loyalty, gratitude and commitment.

They are the ones who should become our life partners.

True love is not about finding someone we can live with. It is about finding someone who makes us better human beings, who walks beside us through life's realities, and with whom we can build a meaningful, secure and beautiful life.

Value true love. Distrust imagination. Respect reality.

For reality may hurt for a while, but illusions can destroy a lifetime.



“True love is not found in beautiful words. It is found in two people who choose, every single day, to build a beautiful life together—in truth, responsibility and reality.”