

# The Lie We Tell at the Beginning of Love — And the Price We Pay for It

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Why Most Relationships Do Not Fail Because Love Ends, but Because Authenticity Never Fully Began

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## Opening Quote

*“Most heartbreaks are not caused by cruelty or betrayal, but by truths we were too afraid to speak when love still felt new.”*

## Introduction: Love Rarely Breaks — It Slowly Suffocates

*“Love rarely ends suddenly. It fades quietly under the weight of expectations it never agreed to carry.”*

Most relationships do not end because love disappears. They end because love is slowly burdened with expectations it never consented to bear. What people call the “end of love” is often emotional exhaustion — the fatigue that builds when unspoken expectations accumulate, when effort turns into obligation, and when generosity quietly transforms into entitlement.

When two people meet, they rarely meet as they truly are. They meet as they hope to be perceived. The early phase of love is filled with patience, softness, and optimism. We listen more carefully. We adjust more willingly. We suppress discomfort, convincing ourselves that flexibility is maturity and silence is strength.

This is not manipulation.  
It is vulnerability seeking acceptance.

But somewhere between attraction and attachment, a subtle shift occurs. What begins as voluntary effort becomes emotional investment. What is given freely begins to expect return. And because these expectations are born silently in the subconscious, they are rarely articulated clearly.

When those expectations are not met, emotions surface — anger, hurt, jealousy, withdrawal. We recognise the pain, but we misunderstand its source. Instead of revisiting the foundation, we blame the relationship itself.

This article is about that foundation.  
About the quiet lies we tell ourselves — and each other — at the beginning of love.

## 1. The Polite Beginning: Why We Wear Emotional Masks

*“Most relationships do not begin with lies. They begin with fear disguised as politeness.”*

In the early stages of love, people rarely arrive as their complete selves. They arrive cautiously, intuitively sensing that acceptance is fragile. So they soften edges, dilute preferences, and postpone truths. Politeness becomes protection. Silence becomes safety. Adjustment becomes currency.

A person who values emotional closeness may say, "I'm quite independent." Someone who dislikes uncertainty may pretend to be flexible. Another who is uncomfortable with certain behaviours may remain silent, believing tolerance equals emotional maturity.

These choices are not manipulative. They are human. They arise from the instinct to belong.

But what is suppressed does not disappear. It waits. Over time, emotional needs press against the mask. When they finally surface, they do so with frustration, withdrawal, or resentment. The partner feels blindsided and says, "You've changed."

In truth, nothing has changed. The mask has simply fallen.

Politeness may help love begin. Only truth allows it to survive.

## **2. Attraction vs Authenticity: The First Silent Trade-Off**

*"Attraction rewards performance.  
Authenticity demands courage."*

Attraction is instinctive and intoxicating. Authenticity is slower and riskier. In the beginning of love, attraction often leads the way.

People unconsciously ask, "What version of me will keep this connection alive?" And then they perform that version — not to deceive, but to be chosen.

A person who enjoys solitude may agree to constant togetherness. Someone who needs reassurance may act emotionally self-sufficient. Another who values structure may pretend to enjoy chaos.

Attraction thrives on novelty and effort. Authenticity demands consistency. The trade-off feels harmless at first, but it quietly plants the seeds of future disappointment.

When attraction naturally settles — as it always does — authenticity remains. If

authenticity was postponed, confusion enters the relationship.

The uncomfortable truth emerges:  
You never fully met each other.

Intimacy does not deepen through performance. It deepens through the freedom to remain oneself without fear of losing love.

### **3. The Uncomfortable Truth: All Relationships Are Transactional**

*“Every relationship involves exchange.*

*Denying it does not make love pure — it makes it unconscious.”*

Every relationship involves emotional, psychological, and practical exchange. Time is exchanged for attention. Effort for appreciation. Support for emotional safety.

The problem is not transaction. The problem is pretending it does not exist.

When transactions remain unconscious, imbalance grows silently. A partner may repeatedly adjust while saying, “It’s okay.” But the subconscious keeps a record. When reciprocity does not arrive, resentment appears — sudden, confusing, and intense.

This resentment feels irrational because its origin was never acknowledged.

Healthy relationships do not deny transactions. They bring them into awareness, where fairness becomes possible.

Love does not require blindness.  
It requires awareness.

### **4. How Expectations Are Born in the Subconscious**

*“Expectations are not born from demands.*

*They are born from repetition.”*

Expectations rarely announce themselves. They form quietly through patterns.

One act of care creates gratitude.  
Repeated care creates expectation.

One emotional adjustment feels generous.  
Repeated adjustment becomes assumed.

When patterns break, disappointment arises — even if no promise was ever made.  
The pain does not come from the change itself. It comes from the interruption of an unspoken expectation.

Because expectations are subconscious, people experience only the emotion — anger, hurt, withdrawal — without recognising its source.

Awareness changes everything. Once expectations are recognised, they can be communicated, renegotiated, or consciously released.

Unexamined expectations suffocate love quietly.  
Conscious expectations protect it.

## **5. The Real Betrayal: Unspoken Expectations**

*“The deepest betrayal is not being let down — it is expecting without informing.”*

Unspoken expectations are emotional traps.

Statements like “They should understand” or “If they loved me, they would know” place an impossible burden on the other person. Love becomes a guessing game. Emotional safety erodes.

A partner may silently expect reassurance, priority, or effort based on their emotional wiring or past experiences. When these expectations are unmet, resentment appears suddenly and intensely. The other partner feels blindsided and defensive.

This is not emotional cruelty.  
It is emotional misalignment.

Love does not remove the need for communication.  
It magnifies it.

Speaking needs is not weakness.  
It is emotional responsibility.

## 6. Authenticity Is Not Brutal Honesty — It Is Inner Alignment

*“Authenticity is not saying everything.  
It is living what you say.”*

Authenticity is often misunderstood as brutal honesty. In truth, authenticity is not about expression alone — it is about alignment between what you feel, what you say, and how you act.

An authentic person does not overshare impulsively, nor do they suppress endlessly. They communicate with awareness. They honour truth without using it as a weapon.

For example, saying “I need reassurance” is authentic. Pretending strength and later resenting neglect is not.

Saying “I value independence, but I still need emotional presence” creates clarity rather than confusion. It allows the other person to respond to reality instead of illusion.

Authenticity reduces emotional guessing.  
It creates safety.  
It allows love to relax.

Authenticity is not loud.  
It is consistent.

## 7. The Most Harmful Statement: “Money Is Not Important to Me”

*“Money may not be love,  
but pretending it doesn’t matter quietly damages love.”*

Money symbolises security, dignity, and autonomy. Denying its importance is not spiritual maturity — it is emotional avoidance.

When financial stress emerges later, it rarely appears directly. It manifests indirectly — through control, anxiety, resentment, or emotional withdrawal. Conflicts appear emotional, but their root is financial misalignment.

A mature approach acknowledges reality without obsession:  
“Money matters, but it does not define my worth or my love.”

Honesty here prevents imbalance later.

## **8. Love and Expression: Why Physical, Verbal, and Emotional Acknowledgment Matter**

*“Love that is felt but not expressed slowly weakens — love that is expressed becomes stronger with time.”*

Love does not survive on intention alone. It survives on expression.

Physical and verbal expressions of love are essential. Physical closeness reassures the nervous system. Verbal reassurance builds emotional security.

Equally important are gratitude and accountability.

Saying “thank you” acknowledges effort.  
Saying “sorry” repairs emotional ruptures.

These are not small words.  
They are emotional maintenance.

Suppressing expression does not make love deeper.  
It makes it quieter — and eventually fragile.

## **9. Emotional Transactions Never End — They Evolve**

*“What begins as excitement must mature into reliability, or love slowly turns into disappointment.”*

Emotional exchange in a relationship never stops — it only changes form.

In the early phase of love, emotional transactions are light and exhilarating. Partners exchange excitement, attention, validation, admiration, and novelty.

As relationships mature, life enters the space between two people. Responsibilities grow. Emotional resources are no longer unlimited.

Mature relationships exchange reliability instead of thrill, patience instead of urgency, emotional support instead of constant validation.

The problem is not that love has reduced.  
The problem is that expectations did not evolve.

Growth is not loss.  
It is transition.

## **10. Giving Without Expectation Is a Discipline**

*"If disappointment hurts deeply,  
an expectation existed — whether admitted or not."*

Most people believe they give without expectation. In reality, most giving is unconscious rather than unconditional.

When a person gives repeatedly — time, care, adjustment, emotional labour — the mind forms an internal equation: I am investing.

True giving requires discipline and awareness.

Before giving, one must ask:  
Am I choosing this freely?  
Would I still give if nothing came back?

Conscious giving preserves dignity.  
Unconscious giving creates emotional debt.

Giving without expectation is not about detachment.  
It is about honesty with oneself.

## **11. Why Early Honesty Saves Years of Pain**

*"Early honesty may feel uncomfortable,  
but delayed honesty always becomes unbearable."*

Early honesty acts as an emotional filter. It reveals compatibility before emotional investment becomes heavy.

A person who hides needs early may later feel deeply rejected.

Delayed honesty creates emotional loans that demand repayment with interest.

Early honesty may reduce excitement,  
but it preserves dignity, clarity, and emotional safety.

## **12. The Asymmetry of Intimacy: Emotional and Physical Disconnect**

*“For many women, emotional absence silences desire.*

*For many men, physical absence erodes emotional security.”*

Intimacy does not operate identically for men and women.

For many women, emotional quality determines physical openness. When emotional safety erodes, physical desire withdraws quietly as self-protection.

For many men, physical intimacy is a primary channel of emotional reassurance. When it diminishes, emotional security erodes.

This asymmetry must be understood compassionately. Emotional and physical intimacy must be honoured consciously to prevent misunderstanding.

## **Conclusion: Emotional Maturity Is Quiet Love in Action**

*“Emotionally mature love does not demand.*

*It understands, communicates, and stands steady.”*

Emotionally mature love is calm. It does not perform or manipulate. It speaks clearly and listens deeply.

Love is sustained not by intensity, but by awareness. Not by silence, but by communication.

When two emotionally mature people meet, love becomes sustainable — not exhausting.

And that is the only love worth building.