**What does the brain have to do to fall out of love?**

**This is an interesting question because the brain did something when the couple fell in love. The brain then changed to do something different to fall out of love.**

What changed was the persons perception. To fall in love the person would have created a future perception that would have seemed very attractive and compelled them to want stay in the relationship. To fall out of love the persons future perceptions would have changed from a compelling future to a future of pain if they stayed in the relationship.

Moving towards a perceptually painful experience is not something most humans are comfortable with.

The big “BUT” here is this, what if the perception we create is wrong at any stage of this process?

Of course, we could fall in love with the wrong person, or we could make a mistake and leave a perfectly good marriage.

And if a person is in a marriage that feels bad, naturally they would create the perception that the marriage is bad and conclude they want to feel good so leaving is the best option. They may even have the perception they have done all they can and the problems they face are permanent.

This is where many couples sit, but these thoughts may not be as true as they think.

The challenge these individuals face is what perception of the relationship have they created and was it the only one available. Just as there are many truths to any situation, assuming the thought the person holds is a fact is not necessarily going to lead that person to safely.

This is why so many individuals regret their divorce and so many second marriages fail.