

Pathwork on  
**Unrequited Love**

This quote from Pathwork Lecture 147 *The Nature of Life and Human Nature*, gives a framework for self-search when one is in a relationship where one feels his or her love for the other is not reciprocated, especially where sexual attraction is involved. It could also be a useful framework for examining being in a relationship where one does not feel as much love for the other as the other does for him or her.

40	... QUESTION: Regarding unrequited love between a man and a woman, I sometimes feel that it is enough if I love this person. But sometimes I don't feel that way and I would like my love returned. I would like to know whether there is something in me that is wrong.
41	ANSWER: Whenever there is something amiss in an outer situation, it indicates a corresponding inner problem. Since there is no mystery about this, there can only be one answer: there must be something in you that does not want real fulfillment. You must be divided. There must be a part in you that very much wants the feelings, wants the experience of feeling yourself alive and vibrant with the beauty of such feelings, as only the most dynamic experience on this earth-plane can bring -- love between a man and a woman. But there is another part where you fear it, perhaps for any number of reasons. If you did not fear and deny it, you truly would not find yourself in such a situation. Your feelings would be directed toward a person who is willing and eager to reciprocate. In fact, it would be unthinkable that your feelings could be elicited, could be ignited in a situation that is one-sided. That in itself indicates an area where there is fear and a denial of life.
42	There may be many reasons for this. Often in such cases, people find that if and when their feelings are unexpectedly returned, their own feelings cool off. When they are not returned, when the other is unreachable, unattainable, the feelings increase and reach out. It is as though the psyche tried to find a compromise between wanting to be alive, wanting to feel the sweetness and fullness of life, but dared to do so only in fantasy. It lacks the courage to create it in reality.
43	You have to ascertain how and why you are frightened of the real love feelings that may come your way. You have to ascertain that you feel more at ease when the reality is less stimulating, less conducive to loving feelings than the fantasy. Recognize that you feel more reassured when you feel less alive, while this more intense state of feeling threatens you and makes you doubtful you can cope with it. This doubt results from your reluctance to trust your feelings.