Out of the corner of my eye, I noticed the guy of my dreams with irresistible blue eyes and the face of beauty! I immediately feel in love with him......but why do we feel this way??
Has it ever crossed your mind on why we fall in love?? And the answer is not Cupid shoots us with her magical arrows as that is just as myth but then what is the answer?? I wanted to research on why people fall in love as I thought it would be fun. When I was younger I always thought that fairies must sprinkle you with fairy dust and make you fall in love so it would be fun to see how you really fall in love!! I hope you enjoy my project!!

According to research I carried out, love and attraction is caused by your hormones, your interest and what your parents look like.

Here are a few reasons why I think we fall in love....

Similarity: No one on this planet is the same, even twins (they might share the same DNA but they don’t have the same
personality) and decades of studies have shown that the line, ”Opposites attract” is completely off as you are more likely to end up falling in love who shares the same liking as it makes it easier for couples to understand each other.

Appearance: There is no doubt that appearance plays a big part in romantic attraction but did you know that women with low waist-to-hip ratio (which means the waist is significantly narrower than the hips) are more attractive to men than women with wider waists! I am not saying, if you don’t have a waist that is narrower than your hips no one will fall in love with you as you might have wonderful eyes or luxurious hair!! People like different people for all different reasons.

Reciprocal liking: Most of the time, we are more likely to fall in love with someone who returns our affection as we enjoy the feeling of being wanted. If they didn’t want us back the relationship wouldn’t be as powerful as the person would treat you like every other normal being.
Alone time: The more time you spend alone together means the more likely you are going to fall in love with them as there are no distractions and you can enjoy being in each other's company.

Chemistry: It’s a popular saying that “We have Chemistry!” but did you know that chemistry actually does play a ENORMOUS role in deciding who we fall in love with. There are four chemicals in your brain and they are called: dopamine, estrogen, serotonin and testosterone. And I am going to explain each one to you!

Dopamine is what makes reward-based behavior feel so rewarding.

Estrogen and testosterone – present both in female and male – are what gives us sexual appetite. And serotonin helps control your moods as well as being the neurotransmitter that allows for obsessive thinking and behaviour.
Of course, there are several other chemicals in our body that seem to be in hyperdrive when we find ourselves in love but the ones I mentioned seem to play the biggest roles.

Distance: Its not only important to be close to someone emotionally but on physically. People are more likely to fall in love if they love live close to each other as they have more passive interactions. It is known as there ‘mere exposure effect’ which plays a HUGE role in attraction.

Change: Weirdly, people are more likely to fall in love with someone who they didn’t find so appealing at first but eventually warm up to than someone who they always liked.

Smile: Throughout research, I found out that that people’s evaluation of attraction was strongly influenced by the intensity of a smile expressed on their face as it shows they are interested!

I found it very interesting that men are more attracted to woman with low waist-
to-hip as I didn’t know someone so small can change everything!!

The reasons I have stated are only a few out of millions but I hope that I have made it clears that faires 100% don’t sprinkle you with fairy dust to make you fall in love and there is a theory behind love!! Overall I think the main things are your appearance, personality and the chemicals in your brain!!

I HOPE YOU HAVE ENJOYED MY PROJECT!!!

By Chiara Dos Santos Silva!!