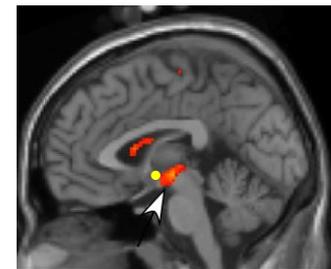
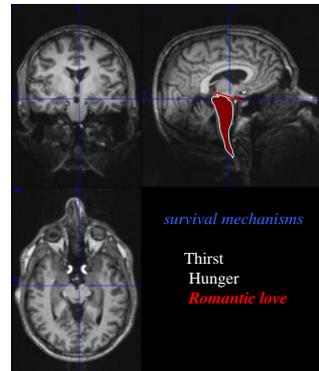
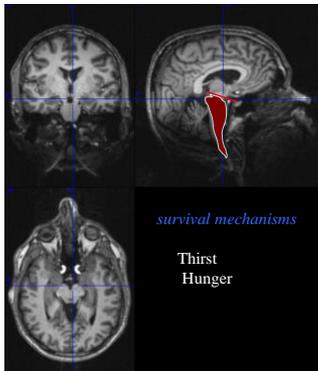
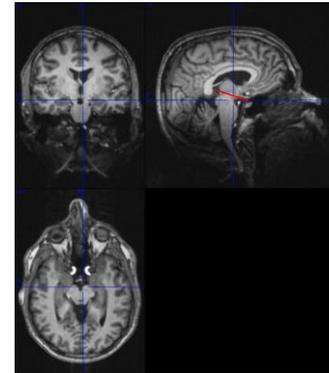
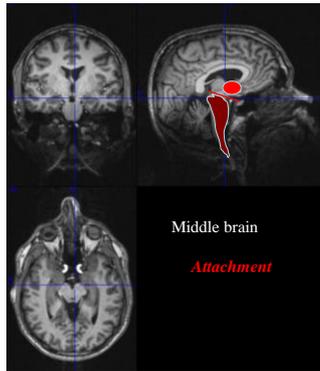


Sex drive = *testosterone*

Romantic attraction = *dopamine*
norepinephrine
- serotonin

Attachment = *oxytocin*
vasopressin





What makes a happy partnership?



Mirror neuron system (inferior frontal gyrus)

Empathy

Brain regions linked with

Controlling stress and your emotions

Brain regions linked with

Positive Illusions

Modern Romance

Where are we headed?

Singles in America (2014, 2013, 2012, 2011, 2010)

25,000+ people

Representative sample (based on U.S. Census)

Men and Women:

White; Black; Hispanic; Asian

Heterosexual; gay; lesbian; bisexual

Urban; suburban; rural

Ages: 21-71+

Never married; Divorced; Separated; Widowed

Children#

Employed: full time; part time; not employed; retired

Political and religious affiliation

Income, Annual :

Married (1,095)

By age 49

83% American men
89% American women
will marry

Singles are scared

67% of cohabiting couples scared of
social, legal, emotional and economic
consequences of divorce (Miller et al 2011)

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as a result:

emerging pre-commitment stages
of romance
SLOW LOVE

One night stands (SIA 2014)

50% w; 66% m: had past one night stand

Friends with benefits (SIA 2013)

50% w; 58% m: have had a Friends with Benefits relationship

Living together

58% had "lived with" 1-5 partners

*Marriage used to be the beginning
of a relationship...*

*Marriage used to be the beginning
of a relationship...*

Now it's the finale.

*More happy marriages?
(Study of 1,095 Singles in America, 2012)*

*More happy marriages?
(Study of 1,095 Singles in America, 2012)*

81% would *remarry* current spouse
75% still “very much in love”

Is technology changing love?

Is technology changing love?

Changing courtship:

- Emailing*
- Texting*
- Emojis*
- Sexting*

Internet is also:

- Expanding dating pool*
- Introducing like-minded people*
- All ages can participate*
- New courtship rules and taboos*

Internet “dating” services?

“Introducing” services

Internet “dating” services?

“Introducing” services

Only true algorithm is your human brain

Internet can not change

brain circuits:

romantic love and attachment



*Double income family was the rule:
... marriages between equals*

*We are shedding 10,000 yrs of farming life
returning to these roots*

Vanishing are the beliefs:

*virginity at marriage
a woman's place is in the home
the man is the sole provider
til death do us part*

Internet is changing how we court

Internet is changing how we court

*Working women and double income family
that are changing:
who we chose
how we love & marry*

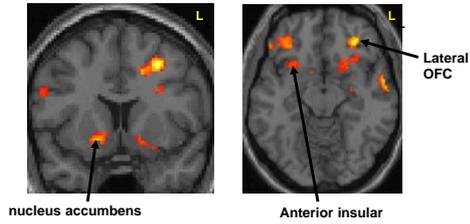
ROMANTIC LOVE ... an addiction?

Euphoria / mood swings to despair / anhedonia
Energy (hypomania)
Focused attention (salience)
Obsessive / intrusive thinking
Craving, wanting, seeking, motivation
Personality changes (affect disturbance);
lifestyle changes
Distortion of reality
Loss of self control
Inappropriate and *dangerous* behaviors
Emotional and physical *dependence* (separation anxiety)
Barriers intensify wanting and seeking (frustration attraction)

Tolerance (Intensification)
Withdrawals
Relapse (External cues trigger memories and wanting)

a natural addiction

The rejected brain



Natural addiction
“survival mechanism”

evolved

*to focus one's mating energy
on a single individual
to start the breeding process*