

National Geographic - LOVE

- What is the role of the Brain in the emotion of love (dopamine, serotonin)?
- How does the brain chemistry of love mimic that of mental illness?
- What role does scent play in attraction?
- Is love a universal emotion?
- What is the role of oxytocin in maintaining relationships?
- How do you feel about "love" being a topic of scientific study?

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Feelings vs. Emotions

James-Lange Theory: emotions are essentially physical and have physical manifestations

Consider the following: Suppose that you sit down to take a test and you are feeling nervous. Your mouth is dry, you have a sinking feeling in your stomach, your palms are sweaty, and you need to use the restroom. Now remove each of these physical sensations one by one. Do you still feel nervous? Can you know that you are nervous if you don't have any of these physical sensations?

Feelings - tend to denote physical sensations (hungry, cold, sleepy)

Emotions - those sensations that are more mental in nature

What causes Emotion?

- Are we able to control our emotions?
- Do they arise spontaneously?

Emotion =

recognition of an event + recognition of my relation to that event + something else

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