

LOVE

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Topics

- Attachment
- Companionate love
- Romantic love
- Triangular theory of love
- Neurobiology of love
- Rejection of love
- Addicted to love
- Controlling love
- References



Attachment

Attachment is the emotional link that forms between a child and a caregiver.

Attachment

- Personal perspectives on attachment are carried through childhood into adulthood in the form of an internal working model of self and others .

Attachment

The quality of the attachment:

- Secure
- Insecure-avoidant
- Insecure-anxious
- Insecure-resistant/ambivalent

Attachment

Consequences of insecure attachment:

- Relationship problems
- Emotional disorders
- Conduct problems.

Attachment (companionate love)

Attachment (companionate love) characterized by:

- Maintenance of proximity
- Soothing and steady warmth
- Affiliative gestures
- Expressions of calm and contentment

Romantic love

Romantic love characterized:

- Elation
- Intense arousal
- warm affection
- Heightened energy
- Mood swings
- Focused attention
- Strong motivation
- Emotional dependence
- Obsessive thinking
- Craving for emotional union
- Goal oriented behaviors
- Intense motivation to win a partner

Triangular theory of love

In triangular theory of love is a mix of three components:

- Intimacy
- Passion
- Commitment

NEUROBIOLOGY OF LOVE

- Mesolimbic System
- Dopaminergic-motivation and reward system
- VTA and caudate nucleus

NEUROBIOLOGY OF LOVE

- Friendship-based love (Globus pallidus)
- Sexual frequency (hypothalamus and posterior hippocampus)
- Obsession (Caudate, septum/fornix, posterior cingulate and posterior hippocampus)
- Facial attractiveness (left VTA)
- Intensity of romantic passion (right anteromedial caudate)
- Affect intensity (left insula-putamen-globus pallidus)

NEUROBIOLOGY OF LOVE

- Oxytocin and Vasopressin
- NGF (nerve growth factor) (emotional dependency and euphoria)
- Deactivate regions associated with negative emotions, social judgment and mentalizing.

REJECTION OF LOVE

Two phases of rejection:

- Protest (elevated activity of dopamin and norepinephrine)
- Resignation/despair

REJECTION OF LOVE (Protest)

Frustration attraction

- Elevated activity of dopamin
- Stress system
- Neural reaction to a delayed reward
- Panic system
- Debilitating feelings, behaviors, and desires

REJECTION OF LOVE (Protest)

- Abandonment Rage

REJECTION OF LOVE

(Resignation/despair)

Resignation/despair

- Decreased activity dopamin-making cells in the midbrain
- Stress system
- Diminishing levels of dopamin produce lethargy, despondency and depression.

Addicted to love

Addicted to love

- Crave
- Tolerance
- Inappropriat and dangerous behaviors
- Sings of withdrawal
- Relapse
- Same brain region and neurotransmitter

Controlling love

- Avoid all possible contact with the rejecting partner
- Sunlight
- Exercise
- Balanced diet
- New activities with family and friends
- Talking therapy
- Antidepressant medications

References

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