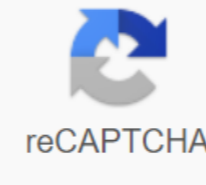




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Psychological facts about love and dreams pdf

Love is pure, love is painful, love is sweet, and love is terrible. True love is overwhelming. Our lives depend on it, and it often seems that our planet will stop spinning if love does not exist. Infinite love is what we aspire to and what we grieve for. A love panda once said this love quote: If you have never been hurt, you are either very lucky or very lonely. We understand the poetry of the heart, but throughout our lives, we tend to demystify this precious feeling more and more. We learn about biological processes that cause specific reactions; we learn about the cultural influence on how we behave and think about love; we learn about the psychological facts about love and physiological processes that make us fall in love with someone. And as soon as we think that there is no more place for romance in the world explained by science, we fall in love, or just look into the eyes of our beloved, and all this knowledge is pushed back. After all, the feeling itself is what matters most. Let's present you some interesting theories and love facts that will explain a lot about this all-inclusive phenomena, without dispelling its romance and poetry. HT: buzzfeed1. Monogamous relationships exist throughout the animal Kingdomimage credits: Spring svic, EssjayEven, although we often think of ourselves as a faithful species, we are not the only one in the animal world. Wolves, swans, gibbons, black vultures, albatross and even termites are just some of those animals that find a date for life.2 It only takes up to 4 minutes to decide whether you like someone or not. Christina If you want to make a good impression on someone, you only have about 4 minutes to do it. It is believed that this has much more to do with your body language, tone and speed of your voice, rather than exactly what you say.3 When two lovers gaze at each other's eyes, Their Heart Stakes Synchronizelimage Credits: Alexander KhokhlovEinimier studies have shown that couples who are in love and bonding in a romantic relationship synchronize their heart rates after looking each other in the eye for three minutes.4 Fall in Love has neurological effects similar to those of cocaine limage credits: Jeremiah KuehneFalling in love is the same as taking a dose of cocaine, as both experience the brain will affect the same. Studies have shown that falling in love produces several euphoric-inducing chemicals that stimulate 12 areas of the brain at the same time. Cuddle releases Natural Painkillersimage credits: Sarah K ByrneOxytocin, the so-called love or cuddle hormone, is made during a hug or cuddle. The hormone appears in the brain, ovaries and testicles and is believed to be involved in bonding found that a dose of oxytocin significantly reduces headaches, and for some it even makes the pain go away completely after 4 hours. It's definitely worth trying to hug and cuddle medicine before jumping on chemicals and pills. Even looking at the picture of the beloved shoots Painimage credits: Benoit CourtiEven although it was long known that the presence of a significant other has a lot to do with improving patients, it has been proven that the same goes for even the picture of a loved one. The experiment showed that, in pain, study participants exposed to photos of their sweetheart and distracting word games reduced their pain much more than those exposed to the same distracting words and photos of acquaintances.7 People at the same level of attractiveness are more likely to end up with Togetherimage credits: Rehahn PhotographyMany psychological and social research shows that there is a significant picture in how people choose people to establish romantic relationships with. Even if successful couples are physically attractive, one of them usually compensates for it with other socially desirable qualities8. Couples who are too similar to each other are more likely not to lastimage credits: kashiaKa the famous saying goes, the opposites are attracted. And research proves that this is partly true. Couples that are either too similar or too different usually don't last very long. Apparently, there should always be a basis of similarity, but there must be things that you two learn from each other9. Heartbreak Is Not Just A Metaphorimage Credits: Rob WoodcoxResearch has provided evidence that intense, traumatic events such as separation, divorce, loss of a loved one, physical separation from a loved one, or betrayal can cause real physical pain in his heart. This condition is called Broken Heart Syndrome. Deep emotional stress causes the brain to spread certain chemicals that significantly weaken your heart, leading to severe chest pains and shortness of breath. The condition is often misdiagnosed as a heart attack and tends to affect women more often. Romantic love eventually ends... Just to follow the Perfect Lovelimage credits: Rehahn PhotographyCouples at the very beginning of a romantic relationship will be very different a year later. It is estimated that romantic love, which is associated with euphoria, addiction, sweaty palms, butterflies and so, lasts only about a year. After that, the first year of the so-called perfect. The transition is associated with elevated levels of neurotrophine protein in newly formed pairs.11 par11. Who are in love have a chemical resemblance to people with OCDimage credits: Enzo PerrazzielloStudies show that people in the early stages of love have lower levels of serotonin, which is associated with feelings of happiness and well-being, and higher levels of cortisol associated with stress. It's strikingly similar to those people who have obsessive-compulsive disorder, which explains why we act so out of character when we fall in love with someone. It works the other way around as well - people with lower serotonin levels fall in love and get into sexual relationships faster than others. Check out this live video that explains the theory.12 Thinking about love and sex influences creativity and specific thinking, accordinglyimage credits: OmaliX MartinezResearch based on level theory interpreted that reminders of love affect more abstract and creative thinking because they are associated with more distant and abstract considerations - long-term relationships, devotion, commitment and intimacy. Reminders of sex evoke specific thinking, forcing a person to focus more on the immediate details than on long-term plans or goals.13 Attachment and Care - Proximity - Perfect Lovelimage: Nikola Sinoviev's Triangle Theory of Love offers a clear formula for the components of different kinds of love. There are three types of love that are the product of two different pairs of basic components: romantic love and passion, intimacy, accompanying love and commitment, and greasy love and passion. Of course, the truest and strongest of all is the unsurpassed love, which consists of all three components.14 An attractive face is preferable to an attractive body for long-term relationshipsimage credits: Thorbjorn FesselThere is proof that when looking for a throw, the body defeats the face based on physical attraction. However, the opposite is true for those looking for a long-term relationship partner.15 Holding a Loved One's Hand Relieves Pain and Stressimage Credits: Ricardo MirandaResearch shows that long-term couples with deep, strong connections can successfully calm each other up in stressful situations or when one of them experiences pain just holding hands. Expressing gratitude to the people you love, causes an immediate Spike in your happinessimage credits: Balaji MaheshwarWithout a lot to say, we invite you to see a beautiful experiment in this video.17. The butterflies in your stomach are real, and they're actually caused by Adrenalinelimage credits: Jack Wannemacher When you fall for someone you probably won't be able to avoid butterflies flying, dancing and fooling around in your stomach. They are caused by adrenaline that floods your body during flight or combat response situations.18 Advanced students show their appeal to someone and makes you bigger Credits: Andy ProkhiAs back in the 1870s, Darwin proposed that students expand during heightened attention and attention. This is really how it happens when looking at an object of desire or loved one, even if it is just a photo or video. Moreover, people with enlarged pupils themselves look more attractive. (info)19. Looking into each other's eyes, you can make strangers fall in love: Kristina zakharova - these are the mirrors of our souls, as they say, so it's probably no surprise that just looking into each other's eyes, we can fall in love, even if we do not know Jack about each other. It has been proven that when someone looks at you, a person's body produces a chemical called phenylethylamine, which is associated with a fight-or-flight response. So if you decide to keep looking at each other, you're asking for Cupid's arrow. (info)20. Love Is Really All That Matterslimage Credits: wikipediaA's wonderful 75-year-old study, which was conducted by a group of Harvard researchers, showed that love is really all that matters. The lifelong experience of the participants showed that happiness and fulfillment of life revolved around love or simply the search for love. 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