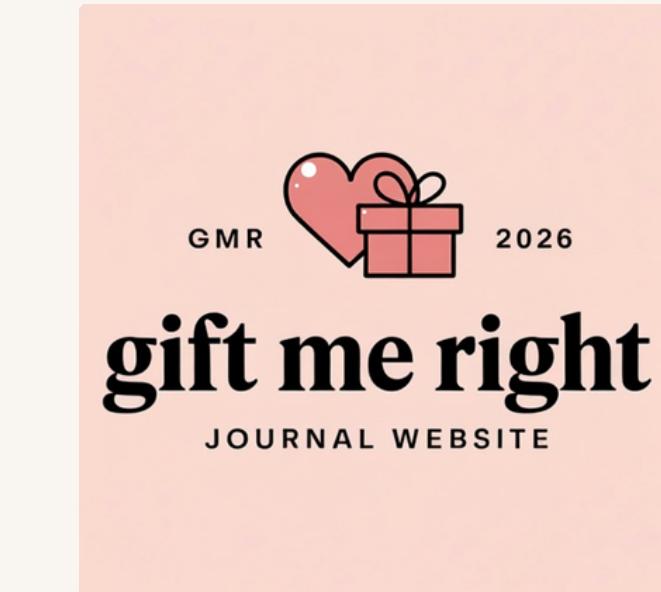


“ Love, Brain, & Body Basics

When the Brain Loves

And... When it Breaks.

PRESENTED BY



Executive Summary: Understanding Love and Heartbreak

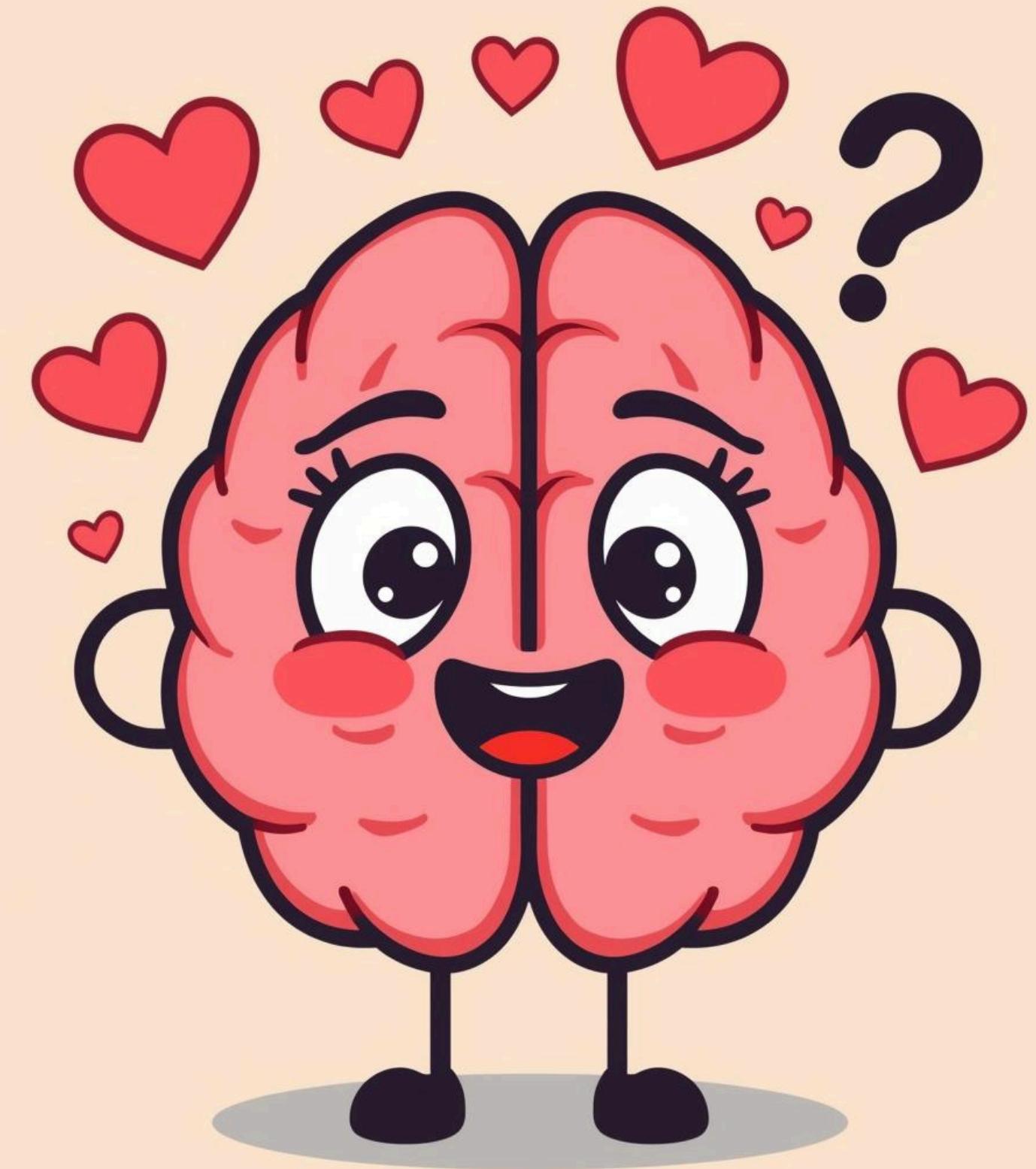
NEUROSCIENCE PERSPECTIVES ON EMOTIONAL EXPERIENCES

This presentation explores love and heartbreak from a neurological perspective, highlighting these experiences as **normal, manageable brain cycles** that everyone navigates throughout their lives.



Executive Summary

Love and heartbreak are **biologically normal** and manageable experiences, driven by predictable brain cycles. This presentation highlights how the brain processes these emotions and their significance.



The Brain in Love

Love is a **complex brain-based process** that activates reward, motivation, bonding, and stress systems, illustrating how our brains evolve through different stages of love and attachment.



Infatuation and Love



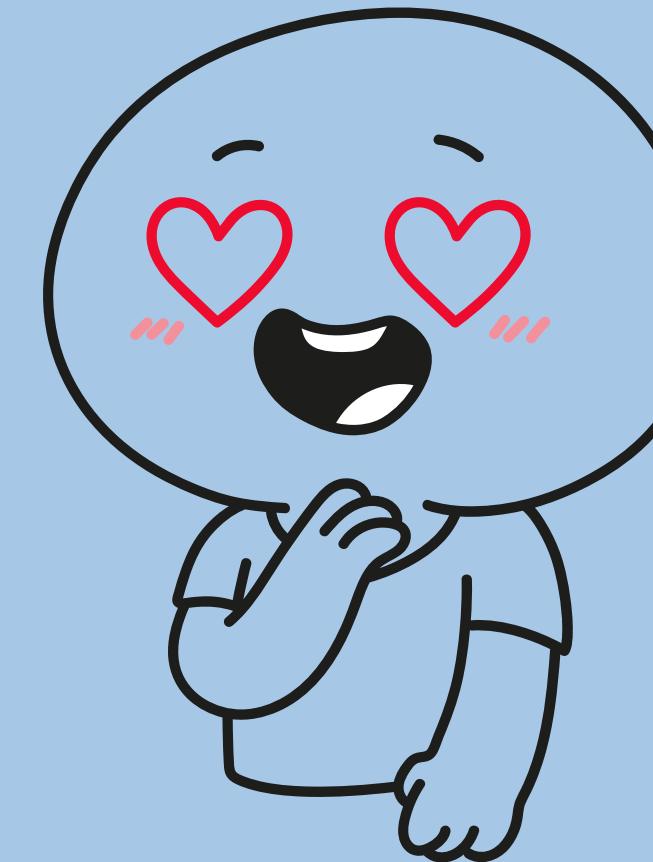
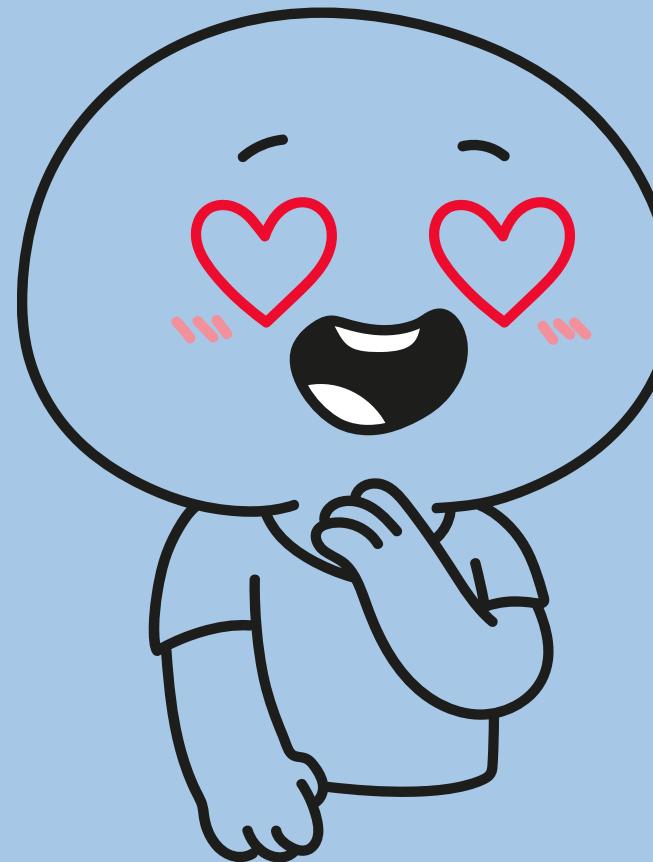
DOPAMINE REWARD LOOP

Infatuation acts like a **dopamine-fueled reward loop**, enhancing attraction behaviors and reinforcing the desire to connect. This chemical surge creates an exhilarating feeling, making love feel intoxicating.

LOVE GOGGLES EFFECT

Early love often suppresses critical judgment, creating the **"love goggles"** effect. This phenomenon allows individuals to idealize their partner while overlooking potential red flags, fostering deep emotional connections.

Love's Idealization



REDUCED SKEPTICISM

Early love often **reduces skepticism**, making individuals more likely to overlook potential red flags in their partner's behavior, leading to an idealized perception of them.

LONG-TERM ATTACHMENT

As infatuation evolves into long-term attachment, the brain fosters **trust and emotional security**, promoting a calm connection that contrasts with the excitement of initial attraction.

The Hammock Phase

“Your brain is the real matchmaker!”

– UNKNOWN



Attachment and Stress

Close relationships significantly **calm the brain** by reducing stress hormones, fostering emotional security, and creating a sense of safety through neurochemical support and bonding processes.



Attachment and Stress Regulation Simplified

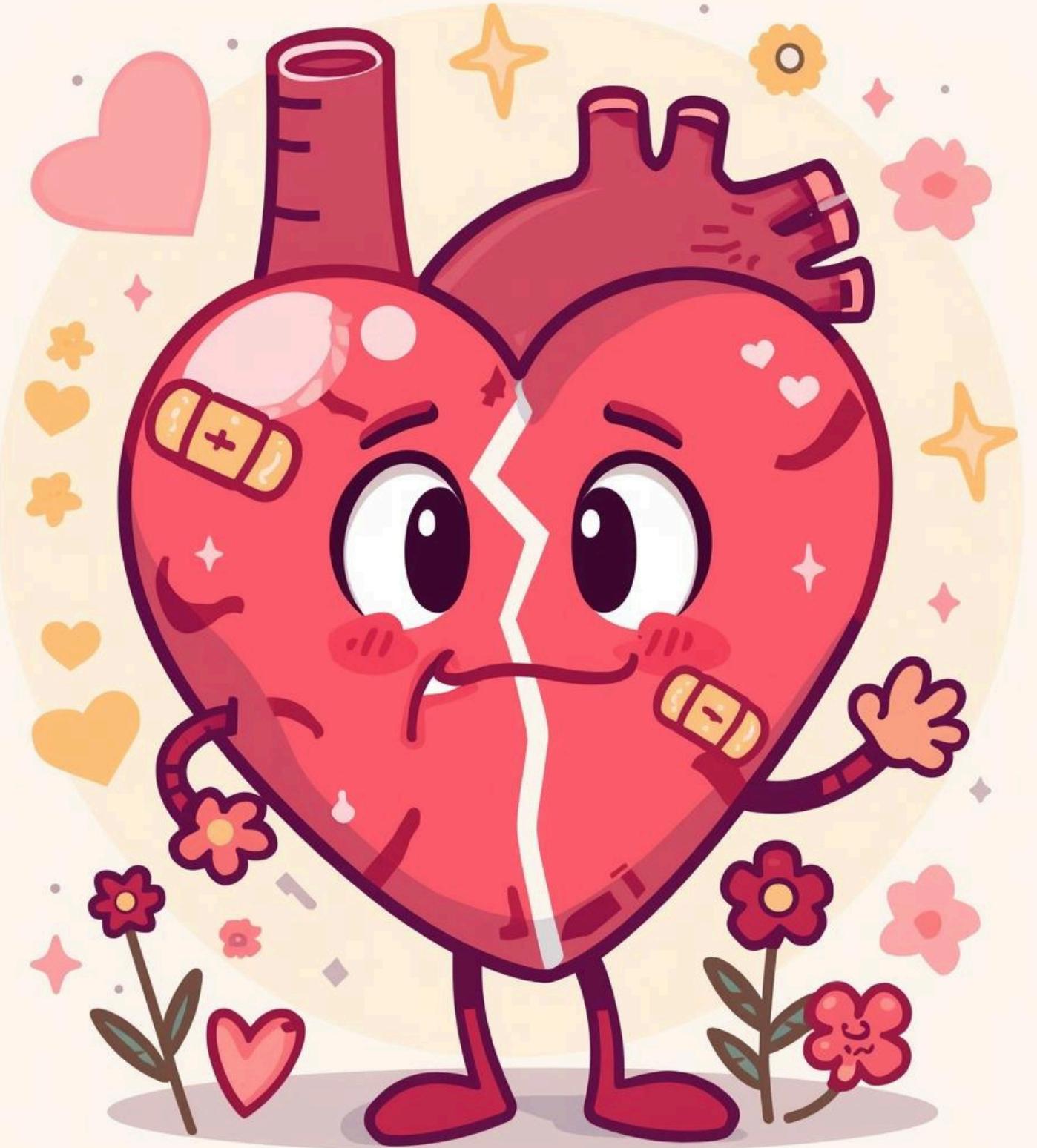
HOW RELATIONSHIPS HELP CALM YOUR BRAIN

Close relationships significantly lower stress hormones, creating a sense of security and calm in the nervous system. **Your partner acts as a built-in stress reliever** during challenging times.



Heartbreak and Recovery

Understanding how heartbreak affects the brain reveals that it triggers pain systems, making social rejection feel like physical injury. This knowledge can aid in the healing process.



Heartbreak and Pain



BRAIN'S PAIN RESPONSE

Heartbreak activates the brain's pain systems, making social rejection feel like a **physical injury**. This response highlights how deeply our emotions are intertwined with our neurobiology.

CRAVING AND WITHDRAWAL

The craving after a loss is similar to withdrawal from addictive substances, **intensifying emotional pain**. This comparison emphasizes the brain's struggle to adjust to the absence of love.

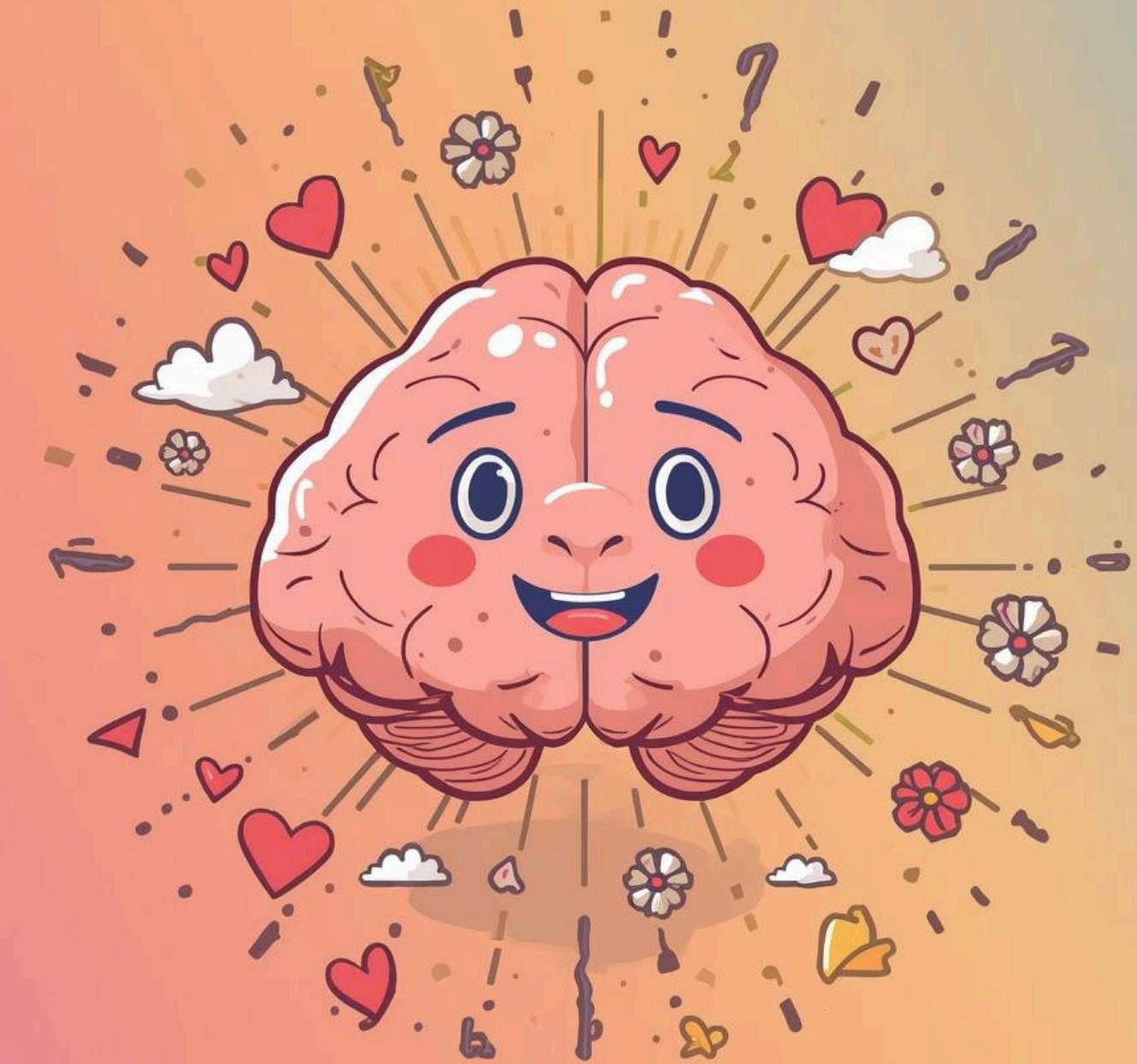
Recovery and Rewards

Navigating heartbreak involves **regulating emotions** and engaging in rewarding activities. Connecting with friends, exploring hobbies, and discovering joy are essential steps to **rewire your heart**.



Conclusion and Takeaway

Love and heartbreak are **predictable brain cycles** that are completely normal. With time and support, our brains can recalibrate, leading to new connections and opportunities for happiness.



Thank You!

