Focusing on the quality of social connections rather than their romantic nature can be crucial in finding happiness and longevity. Examples of non-romantic relationships, like friendships, family bonds, and community engagements, fulfill emotional needs and provide social support effectively. O'Súilleabháin et al. (Gomez & Peters, 2023) support the claim that these relationships can reduce loneliness and enhance well-being, demonstrating their vital role. Reflecting on personal experiences or observations, non-romantic relationships often contribute to happiness, challenging the societal emphasis on romantic partnerships as essential for well-being. Encouraging a broader discussion among peers about the diverse forms of relationships that enrich our lives can lead to a more inclusive understanding of happiness and longevity. This perspective invites us to reconsider the societal norms that prioritize romantic relationships and recognize the profound impact of varied social bonds.