motivational blues

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COMMENTS

Imagine an interaction with another person or a future you.

I and you **build** our value now.

I and you

We build the value of our interaction. This correlates to oxytocine.

I will get [meaning of end results]

What will I gain from the end result? This correlates to testosterone.

from the [end results]

Specify the end results. This correlates to serotonine.

The next move is [the next move]

What is the next marker towards the end result? This correlates to acetylocholine.

build our va-lue now.

I achieve that

Focus on the next marker. This correlates to dopamine.