

Cycles of Emotions: neuroscience and how I understand it

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8:47 PM

OK, so this is a hard topic to put down into words.

1. First off, there needs to be an understanding of Neuroscience.
The understand of reuptake, ^(recycling) production of new NT ^(old)
(neurotransmitter) & the cascading effects.



That is a synapse.
The dots floating around
are diff NTs.

Those little heads on
the receiving neuron are
receptor "locks".
Each NT acts as a
key.

OK now that you
have the Series.

[In case your wondy
NTs are produced at
the ends of the neurons
terminals with enzymes]

- if lock = key then NT goes
into receiving neuron
- This causes a neuron to
either send AP to fire
or not.

2. So Hormones, they're like NTs (Caus by neurotransmitters)
but they work through the body not restricted
only to the mind.

But -

Hormones can trigger the release of NTs - NTs
cannot regulate hormones.

So, there's a little dance going on you see -

NTs are doing to influence how the mind
perceives, feels, reacts.

Hormones are doing to tell/communicate what the
organs are "feeling" / we are ready to feel.

- I like to think of it as hormones
guiding the NTs in the brain,
which eventually leads to emotion -

3. OK I know what the reader is thinking - well you can't generalize - I react differ...

YES, I know.

So genetically we're all predisposed to have differences in protein formation & that basically covers all the differences between us. I might like to smoke more than the next person because the NTs in my brain (produced specifically for me by my subcortex) get switched in a certain way with nicotine.

4. With some background set / And so that I don't ramble.

- Hormones are influenced by food, environment, etc.
- NT influenced by hormones + subcortex (the state they are in).
- Now suppose a person follows the same patterns of eating, environment, habits daily they'll fall into a cycle of emotions.
 - ↳ Reward response from AP stabilization would be triggered by their specific daily cycle.
 - ↳ I think, this "emotional cycle" can be related to a circadian rhythm.

I definitely have not done a good job explaining the concept. (I feel.)

Reading over it makes sense to me & I can visualize how the cycle of emotions repeats for a person. Until they find some change in their environment / themselves)

↳ I do want someone to challenge my view though.