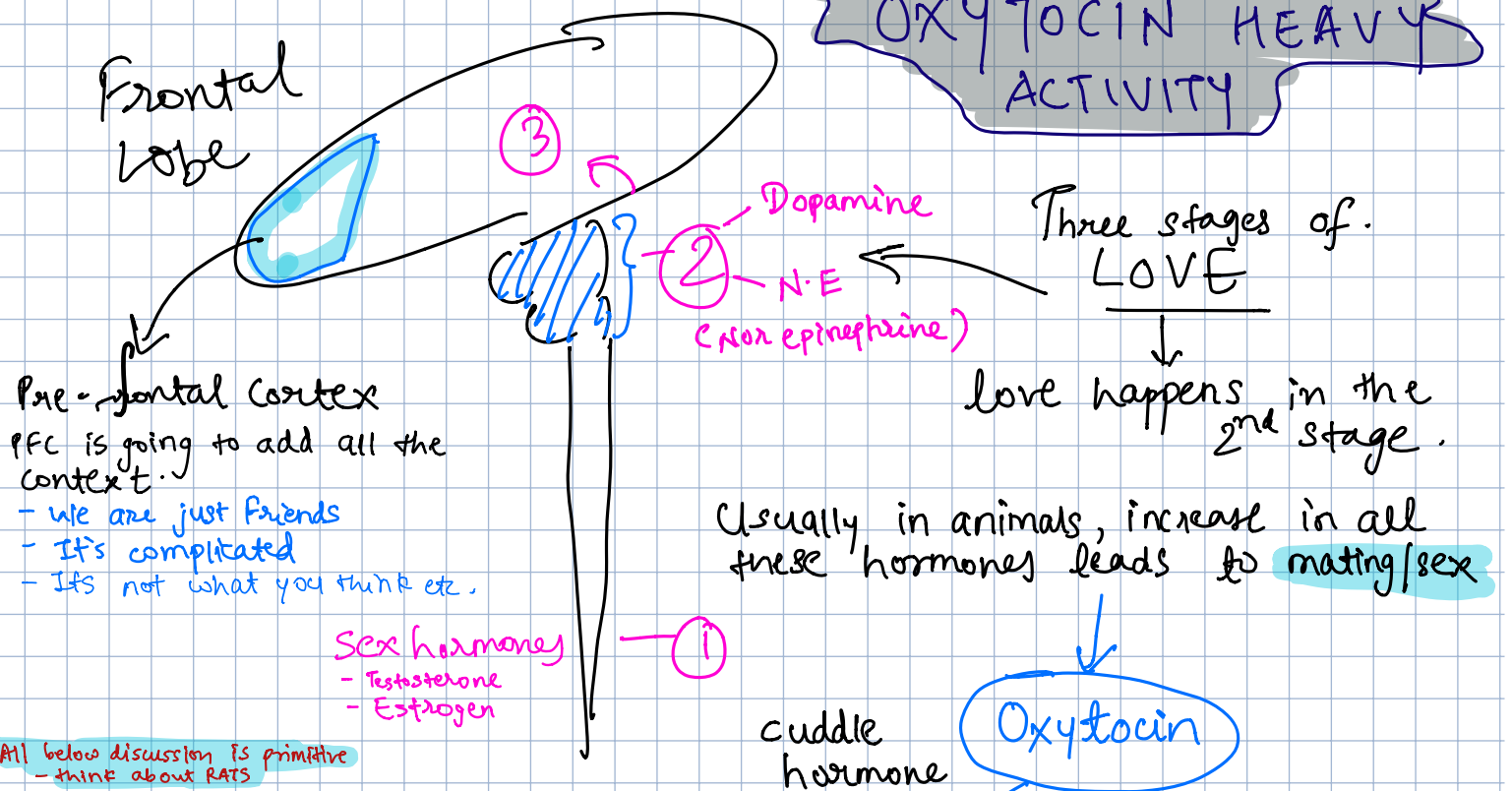


OXYTOCIN HEAVY ACTIVITY



Animals do not have a PFC → hence cannot imagine things. For hormones to increase in them, they need to be in those situations. While humans can imagine it using PFC.

↳ All forms of ART consumption is a PFC driven activity.
↓
porn, movies, music, any content etc.

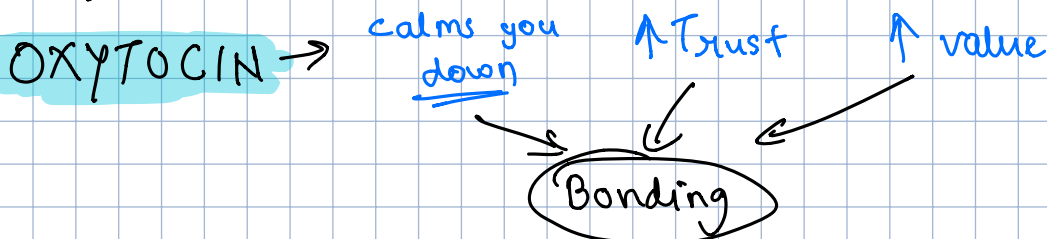
At some stages, love is similar to

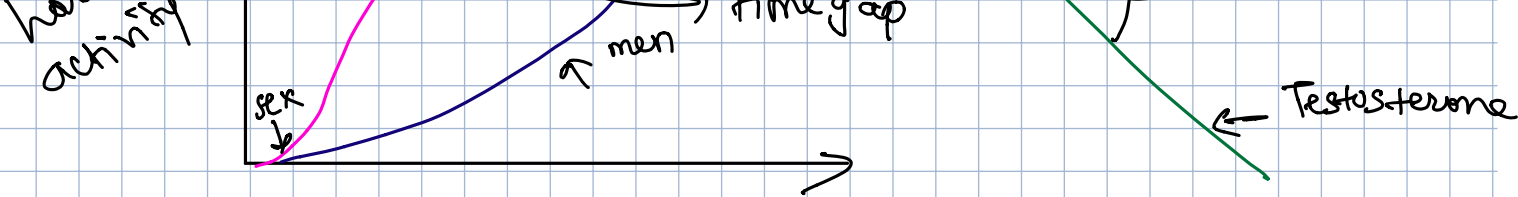
- = Gambling
- Panic
- OCD
- Addiction

↓ Oxytocin release reduces this. Hence you feel calmer after sex.

↑ Trust - Oxytocin increases the level of trust in that person so that you are not stressed all the time. It increases the VALUE in that person.

Strictly hormonally speaking, sex is never casual. PFC adds context and overrides it.





In women, oxytocin peaks earlier than men. Testosterone tries to BLOCK oxytocin in men post sex. because TT doesn't want to settle down.

Hence, in men, for oxytocin to go up, it has to wait for TT to go down. And TT comes down with COMMITMENT.

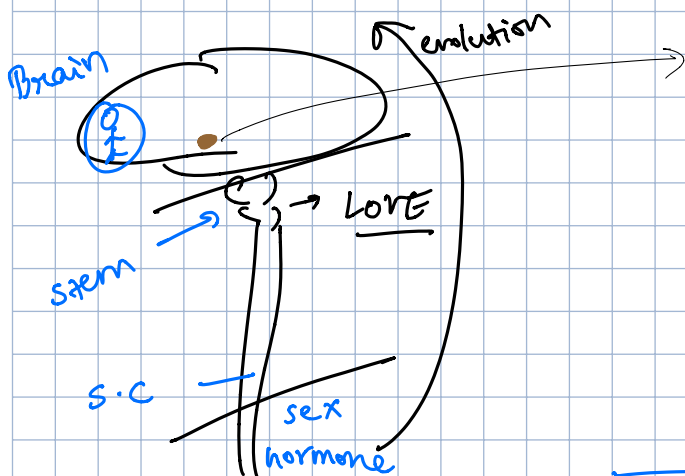
Commitment → men → TE ↓ OE ↑
 → women → TE ↑ OE ↑

Gradually as the relationship grows, in both men & women both hormones reach similar levels leading to STABILITY

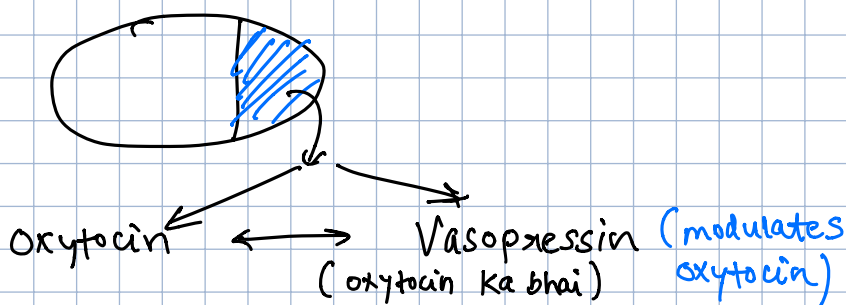
men →
 women → } stability }
 ↑ Trust
 ↓ anxiety
 ↑ protection
 ↳ FAMILY

Oxytocin makes you identify with YOUR FAMILY. The act of raising offsprings.
 NO OXYTOCIN = NO SOCIETY

When you see a baby and go "Aww so cute" → that's oxytocin. Babies hack your brain to release oxytocin and ensure survival. This is the primitive human instinct of survival. There is reason you don't kill babies.



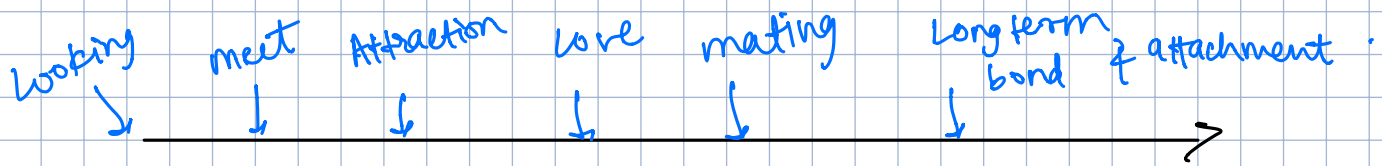
PITUITARY GLAND → motherboard of all hormones.



LONG TERM LOVE

Oxytocin ↑ } stress ↓
 V.P ↑ }
 ↓
 Traditional passionate love ↓
 ↳ ↑ security

— people say "spark is gone"



Arranged marriages are one of the reasons for underdeveloped PFC in Indian men. Because of the guarantee that arranged marriage provides.

Triangular Theory of LOVE? → check it out.

The areas of the brain that get activated when someone's **TRUST** is broken, are the same areas when **you SMELL something Really Bad**.

PARASOCIAL Relationships?