







Cambridge dictionary : to like another adult very much and be romantically and sexually attracted to them, or to have strong feelings of liking a friend or person in your family:





YOUR EXPERIENCE OF LOVE

Have you ever fallen in love with somebody? Have you seen this in a movie/drama? What did it feel like?







ELEMENTS OF ROMANTIC LOVE

- Attachment: Needing to be with another person and desiring physical contact and approval
- Caring: Valuing the other person's happiness and needs as much as your own
- Intimacy: Sharing private thoughts, feelings, and desires with the other person







STERNBERG'S TRIANGULAR THEORY

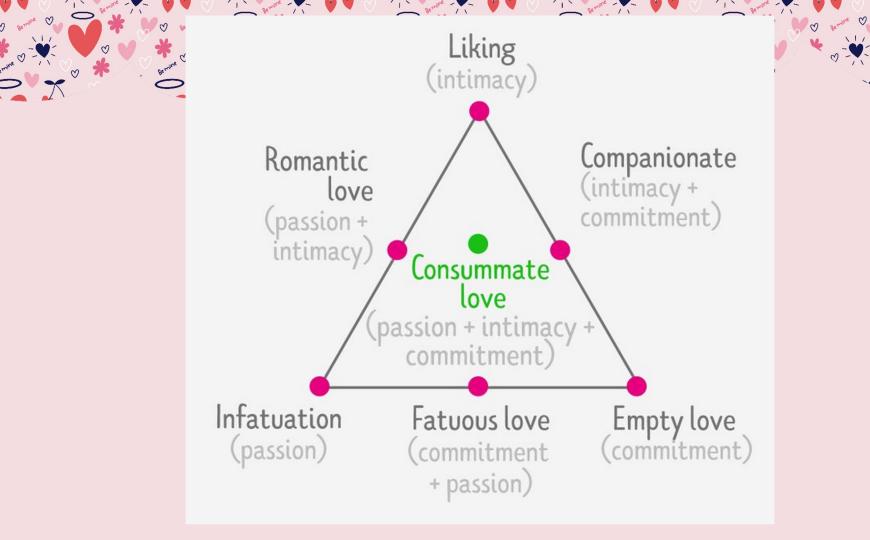


3 COMPONENT OF LOVE

- Intimacy: involves feelings of closeness, connectedness, and bondedness
- **Passion:** involves feelings and desires that lead to physical attraction, romance, and sexual consummation
- **Decision/commitment:** involves feelings that lead a person to remain with someone and move toward shared goals









Is love an emotion? Or a Drive?

CREDITS: This presentation template was created by Slidesgo, including icons by Flaticon, and infographics and images by Freepik







SIMILARITY

EVOLUTION







ZAJONC'S MERE EXPOSURE EFFECT

You're naturally inclined to be attracted to someone that you see most frequently.

What does that mean then? Does that mean I should be falling in love with whoever I sit next to in class all the time...?

Think about that for a moment, and reflect on theories like these as a whole.



SIMILARITY ATTRACTION MODEL

You're attracted to people who are similar to you in terms of...

- Personality
- Appearance
- Social standing
- Interests

But think about dating a clone of yourself. Would that be a nice thought to have?

For most it isn't, which is why there is a caveat in the SAM:







EVOLUTIONARY ORIGINS?

Attraction may come from evolution and the need to survive and pass on genes to offspring.

Research by Wedekind suggests that we may be likely to be attracted to people with a different set of immunity genes to us.

A worldwide, cross-sectional study by Buss suggests that men may be more likely to go for younger, more physically attractive women, and women may be more likely to go for older, more wealthy men.

What do you think? Would this be plausible?







IMPACT OF BEING IN LOVE ON OUR HEALTH

EUPHORIA

Dopamine reward system
"I want to spend more
time with him/her"



Oxytocin level higher in loving couples than singles





INCREASE IN OBSESSIVE/COMPULSIV BEHAVIOURS

Cingulate cortex (part associated with OCD)

PAIN RELIEF

Pharmacologic reward systems can substantially reduce pain!









SYMPTOMS OF LOVE ADDICTION

- Feeling lost/uprooted without a partner
- Being overly dependent on your partner
- Constantly seeking to be in romantic relationships even with partners you recognise aren't good for you
- Feeling despondent whenever you don't have a romantic partner or aren't in a relationship





TREATMENTS?

Love addiction is not recognised as a global health condition...

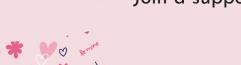
However,

CBT (cognitive behavioural treatment) may be used

- Treat just like other forms of addictions

Other coping methods:

- Look for recurring patterns
- Rely on friends and family
- Join a support group











EMOTIONAL/PHYSICAL PAIN

Social rejection leads to brain parts associated with pain(Kross, 2010)

WITHDRAWAL SYMPTOMS

Same as addicts withdrawing from drugs??? Loss of focus, ability to think, and malfunction

INTRUSIVE THOUGHTS

Involuntary thoughts about our ex...
Acts as a set back



Denial	Anger	Bargaining	Depression	Acceptance
Automatic response	Resent him/her for	May feel vulnerable	After rushes of	Might not be
to unwanted news	the pain one gave to	and helpless	emotions, you may	uplifted or happy
"he/she will come	you	Look ways to regain	choose to isolate yourself from others	straight away
back to me." Spends different	To hide the emotions that you have	u have situation Foggy, heavy, confused	• • •	
amount of time in	Out of control, rage		confused	
this phase	May not be present	statements frequently made	Help of therapist needed when you	sindulion objectively
SOS to	for some people	,	are stuck here	
friends/family		Defense against	are stuck fiere	
W V		emotions or grief		· •

