

# **The Happiness Class**

**October 22, 2017**

**morning session: monogynic love  
(what men feel when they fall in love)**

thank you

## Sunday Oct 22nd

10:30am – 11:00pm	introduction
-------------------	--------------

11:00am – 12:00pm monogynic love

12:00pm – 1:30pm lunch break

1:30pm – 3:00pm infatuation

happiness



individual emotions

EMOTIONS  
~~The Happiness Class~~

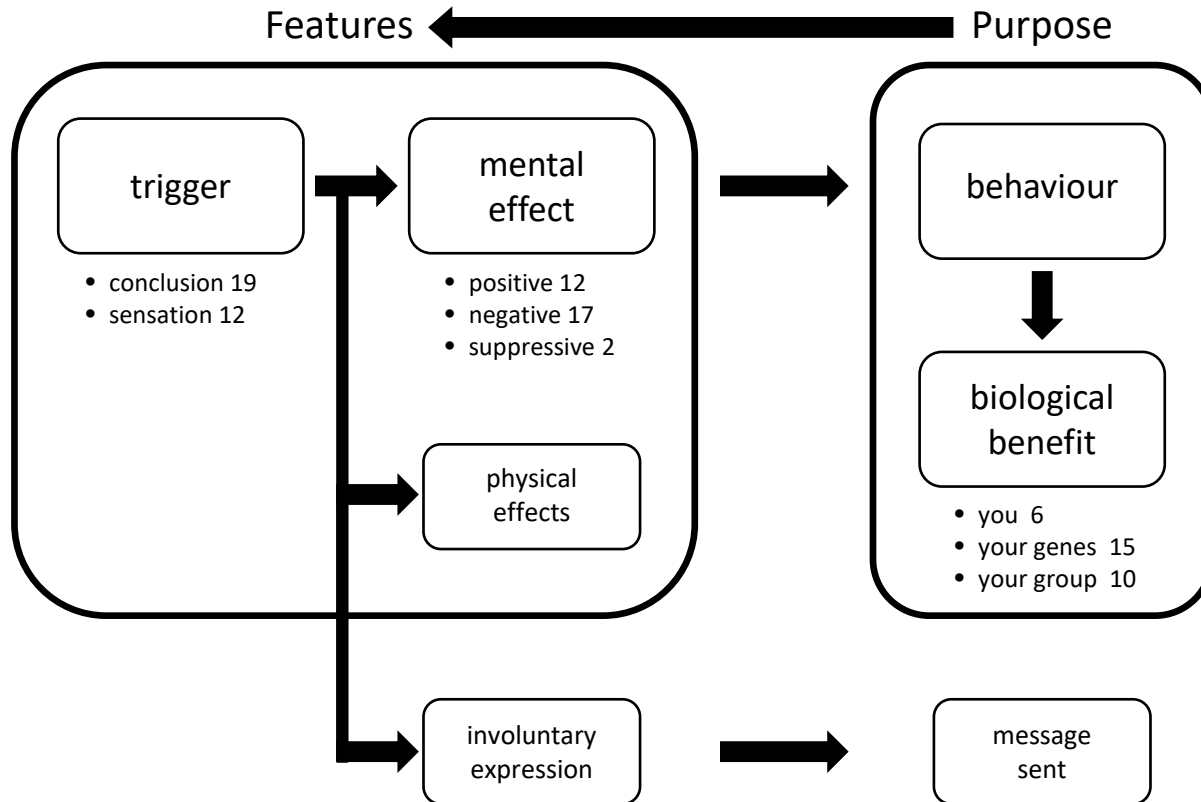
This course will make it easy to:

- manage your emotions
- understand the emotions of those around you

## Emotions:

- are universal to the species
- have a unique biological purpose
- have features that support the purpose

For each emotion, we'll review the following:





## Why should we believe you?

- biological logic
- some data/research
- common occurrences
- thought experiments
- past/future experience

plausibility,  
not  
certainty

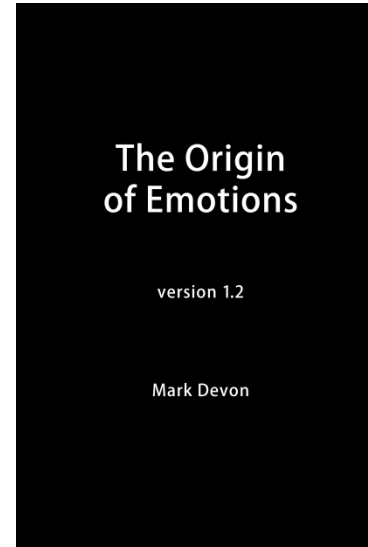
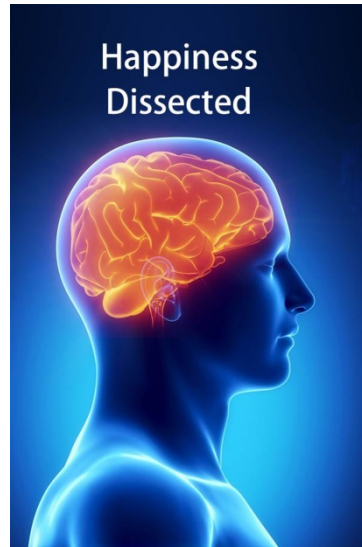
## The weekly schedule is:

Sun Oct 22	Monogynic Love Infatuation
Sun Oct 29	Jealousy, Heartbreak Sexual Sensations
Sun Nov 05	Parental Love, Cute, Grief Affection, Loneliness, Crying
Sun Nov 12	Pride, Humiliation Humour, Laughter, Envy
Sun Nov 19	Revenge, Anger, Criminal Guilt Compassion, Selfish Guilt
Sun Nov 26	Minor Sensations, Startle, Fear Analyzing Happiness I
Sun Dec 03	Analyzing Happiness II Analyzing Happiness III

The Happiness Menu

The Happiness Checklist

Two books may be helpful:



Presentations will be available online.

- Handouts tab on website
- enter password: Debates
- download PPT or PDF file
- available day after presentation

## The daily schedule is:

10:30am – 12:00pm morning session

12:00pm – 1:30pm lunch break

1:30pm – 3:00pm afternoon session

questions?



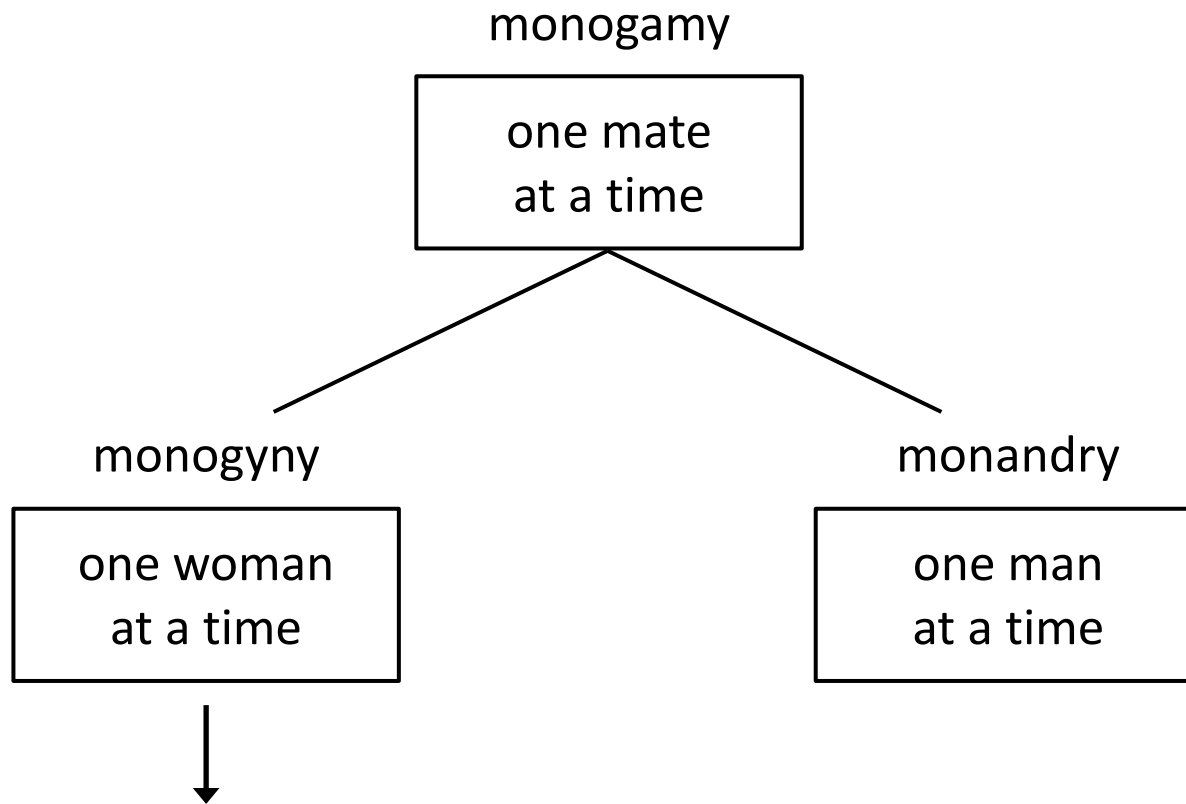
## Sunday Oct 22nd

10:30am – 11:00pm introduction

11:00am – 12:00pm monogynic love

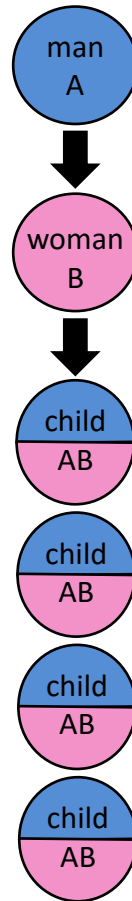
12:00pm – 1:30pm lunch break

1:30pm – 3:00pm infatuation



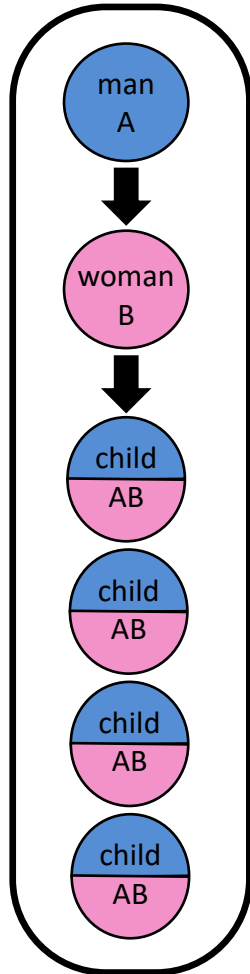
Monogyny is motivated by monogynic love.

Monogyny indirectly helps a man's child.

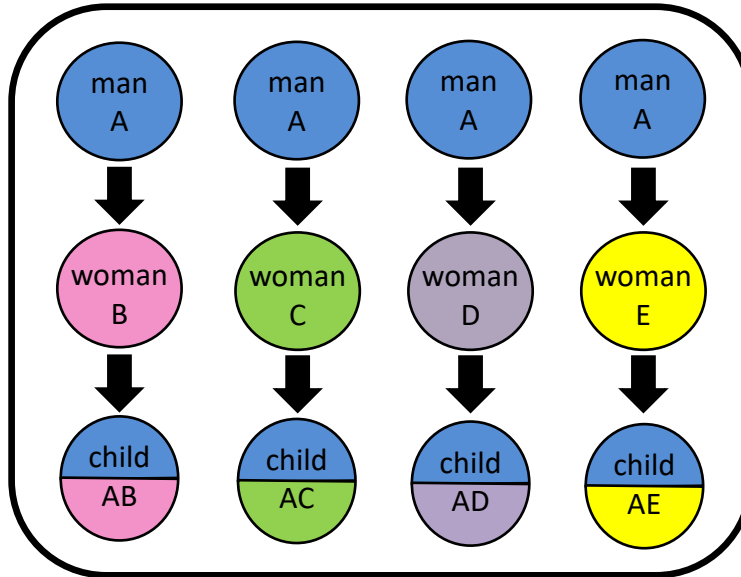


# Serial monogyny is better than lifelong monogyny.

lifelong monogyny



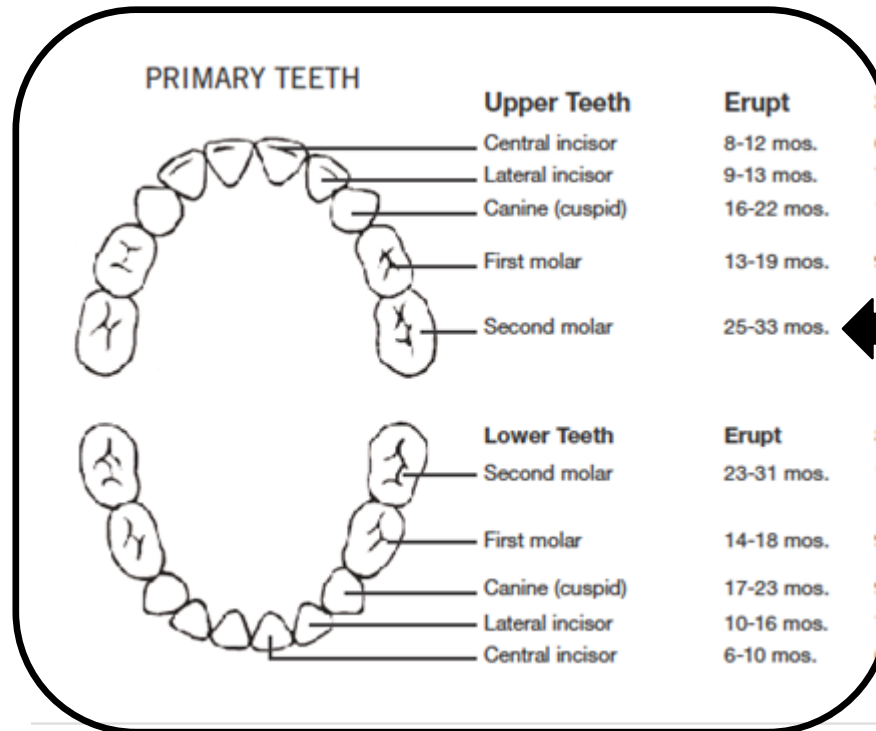
serial monogyny



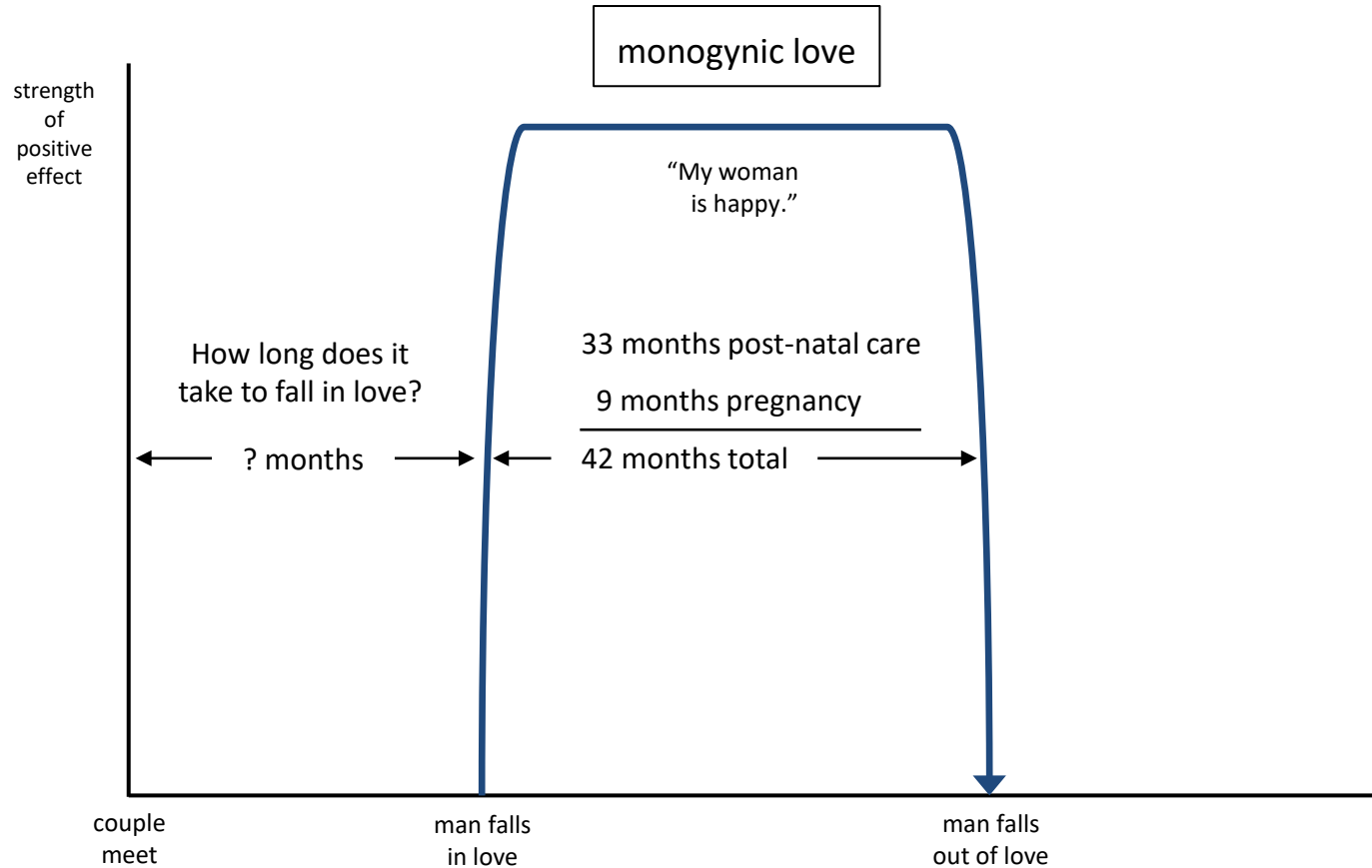
Serial monogyny has two implications:

- men fall out of love after some optimal time
- men cannot fall in love with a woman twice

The optimal time to fall out of love  
is when a child is 33 months old.



# Men stop feeling love after 42 months.



Men fall in love after 4 months if they:

- see an hourglass figure for 4 months
- have full-time interaction by month 4

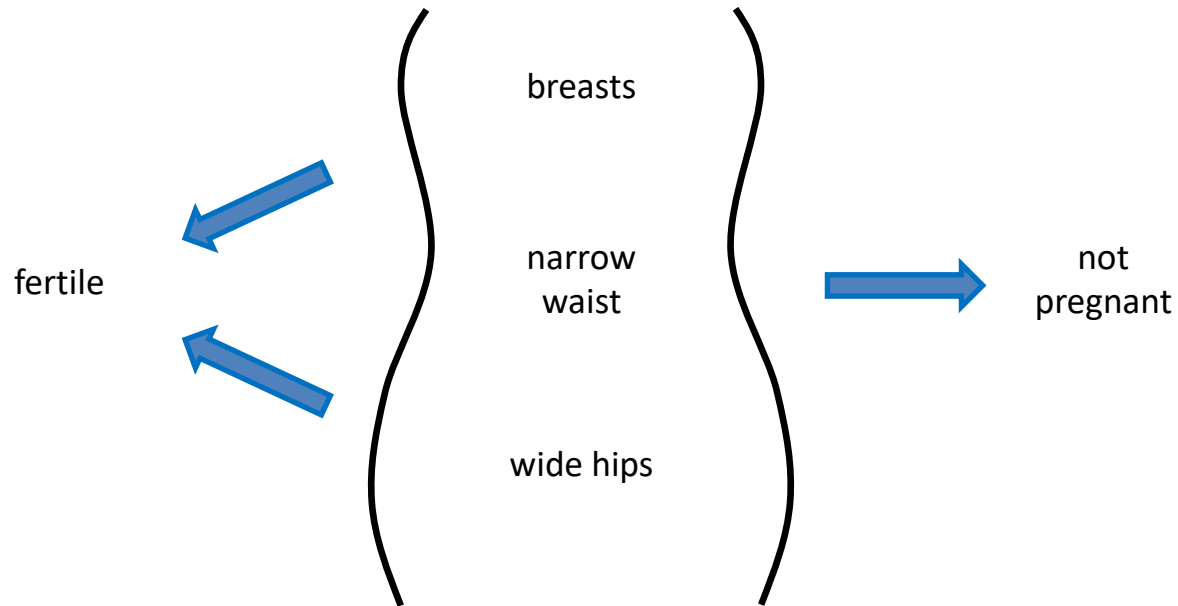


These requirements help avoid two scenarios:

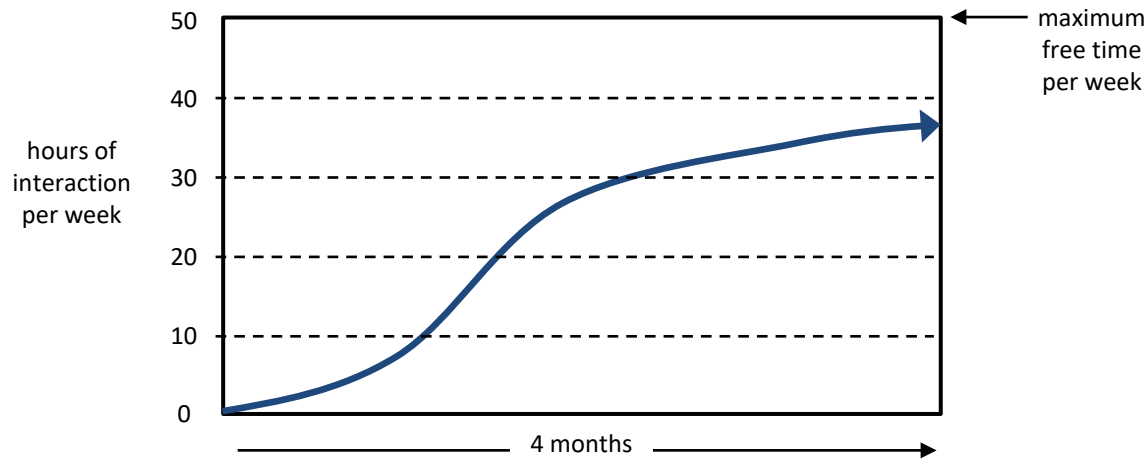
falling in love with a woman  
who is pregnant  
with another man's child

falling in love with a woman  
who cannot  
get pregnant

An hourglass at month 4 indicates a woman can get pregnant, but was not pregnant when they met.



## Full-time interaction prevents other men courting and impregnating a woman since meeting.

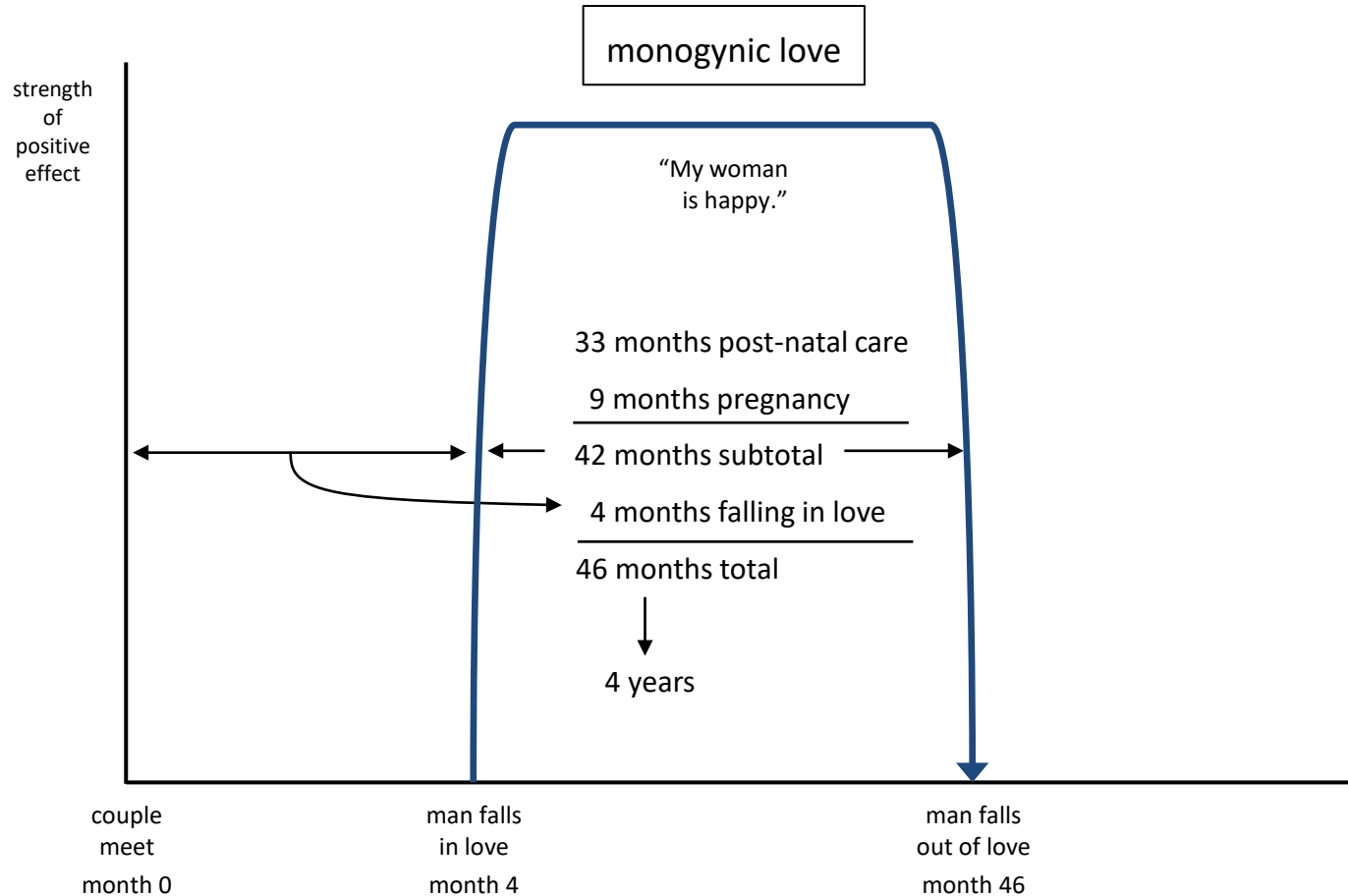


- interacting 30-40 hours/week stops other men
  - does not leave 30-40 hours for other men
  - ample evidence that 40 hours/week is sufficient
- any interaction involving sight or sound of woman
  - yes: dates, phone calls, photos
  - no: text messages, facebook posts

## Men do not need to have sex to fall in love.

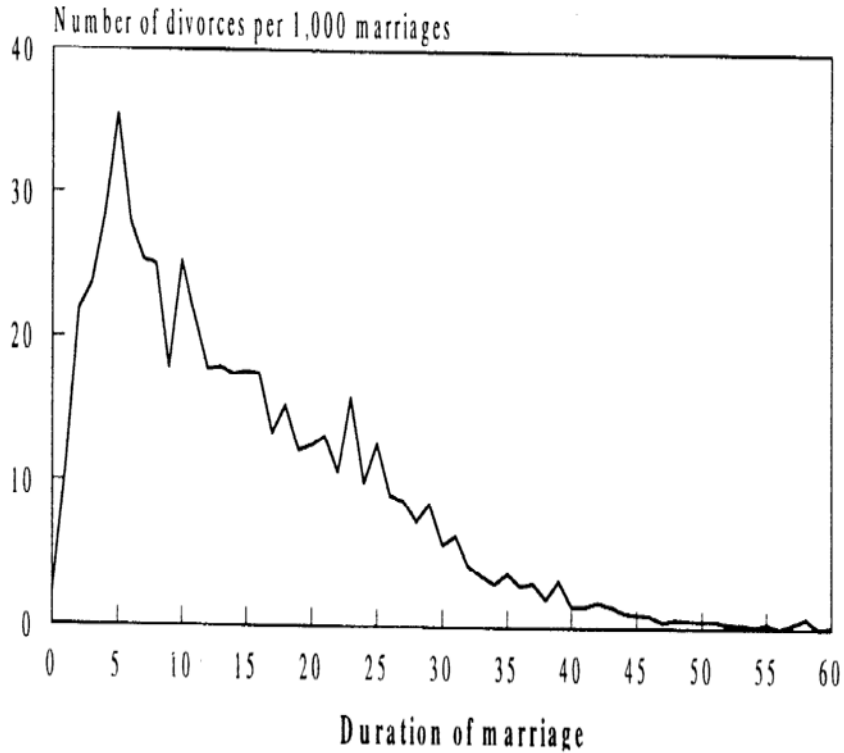
- fall in love requirements involve women not having sex with others
  - hourglass indicates no sex before meeting
  - full-time interaction indicates no sex since meeting
- stalkers are proof that having sex is not required
- having sex does help make a man fall in love
  - shows hourglass figure
  - involves intimate interaction
  - dinner date and right dress has the same effect

# Men fall out of love 4 years after meeting a woman.



# Divorce data reflects the 4 year cycle.

Canada



U.S.

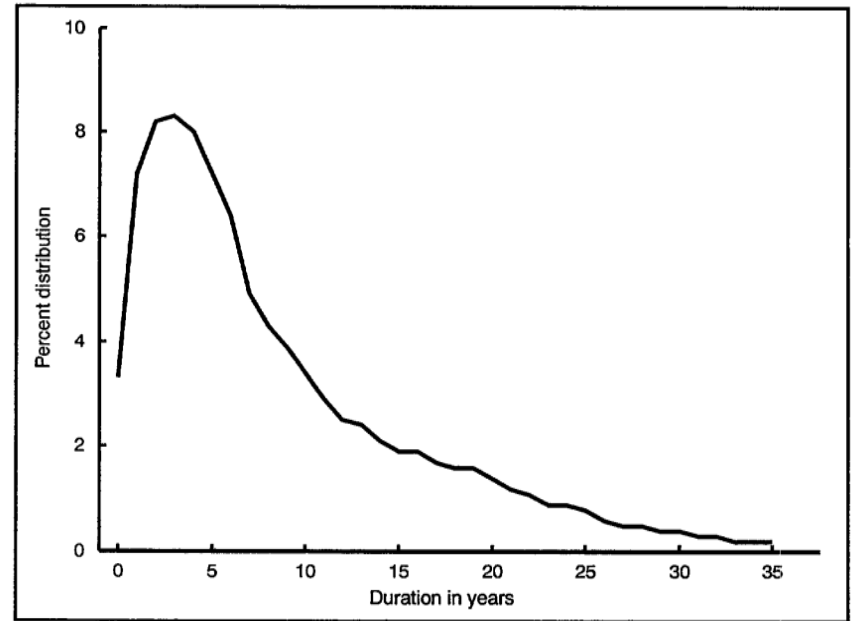


Figure 3. Percent distribution of divorces by duration of marriage: Divorce-registration area, 1990

## U.S. marriages last 44 months on average.

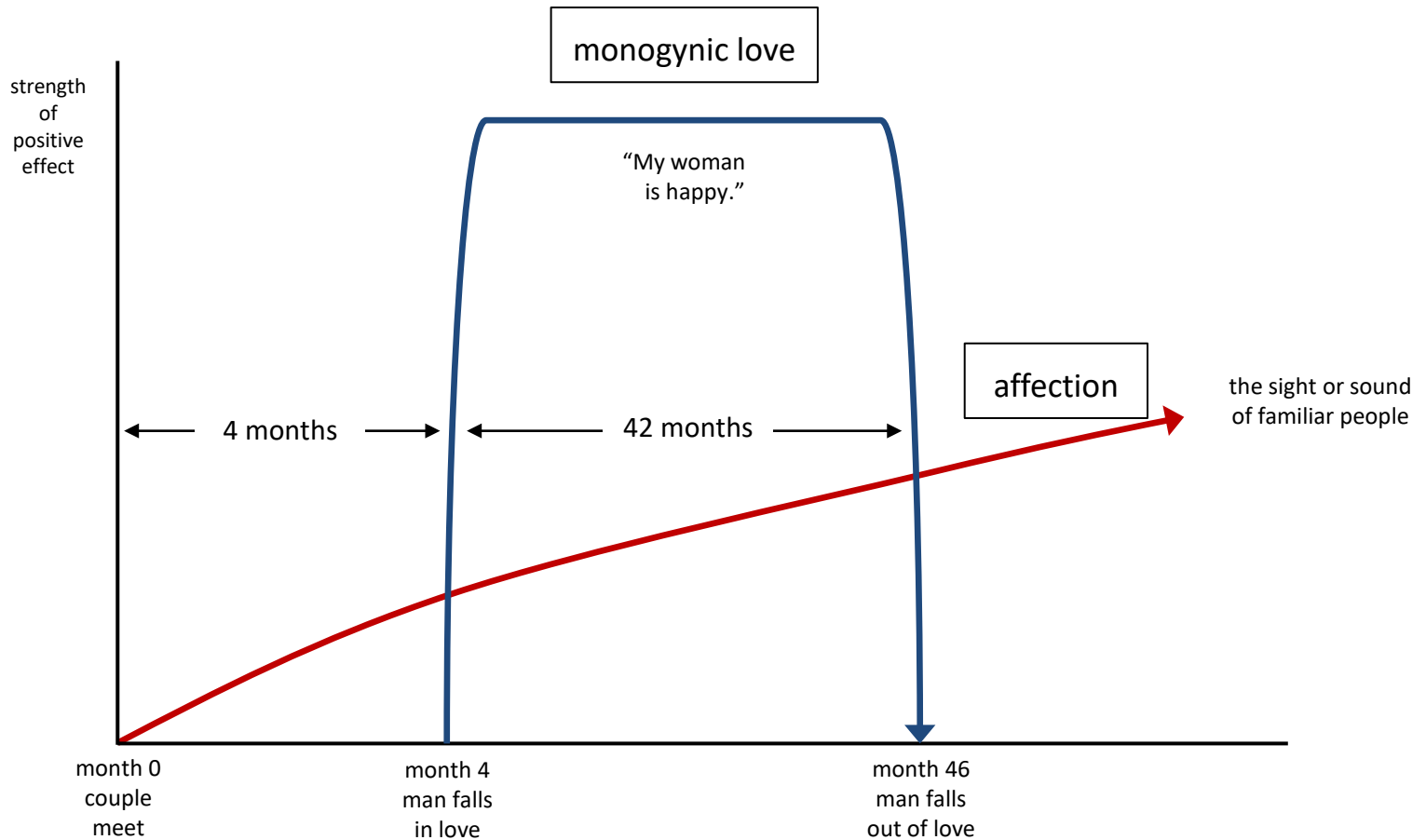
2002 US Census Data	men	women
average age at first divorce	30.5	29.0
average age at first marriage	26.9	25.3
average length of marriage	3.6	3.7
average length of marriage	3.7 years	
average length of marriage	44 months	

## Celebrity romances are also good evidence.

	<u>start</u>	<u>stop</u>	<u>after</u>
Alec Baldwin	Feb 2011	Dec 2014	Jan 2015 memoir deal Mar 2015 HBO series
Kanye West	Apr 2012	Feb 2016	Nov 2016 tour meltdown
George Clooney	Sept 2013	July 2017	Sept 2017 Presidential run



Men do continue to feel affection after month 46.



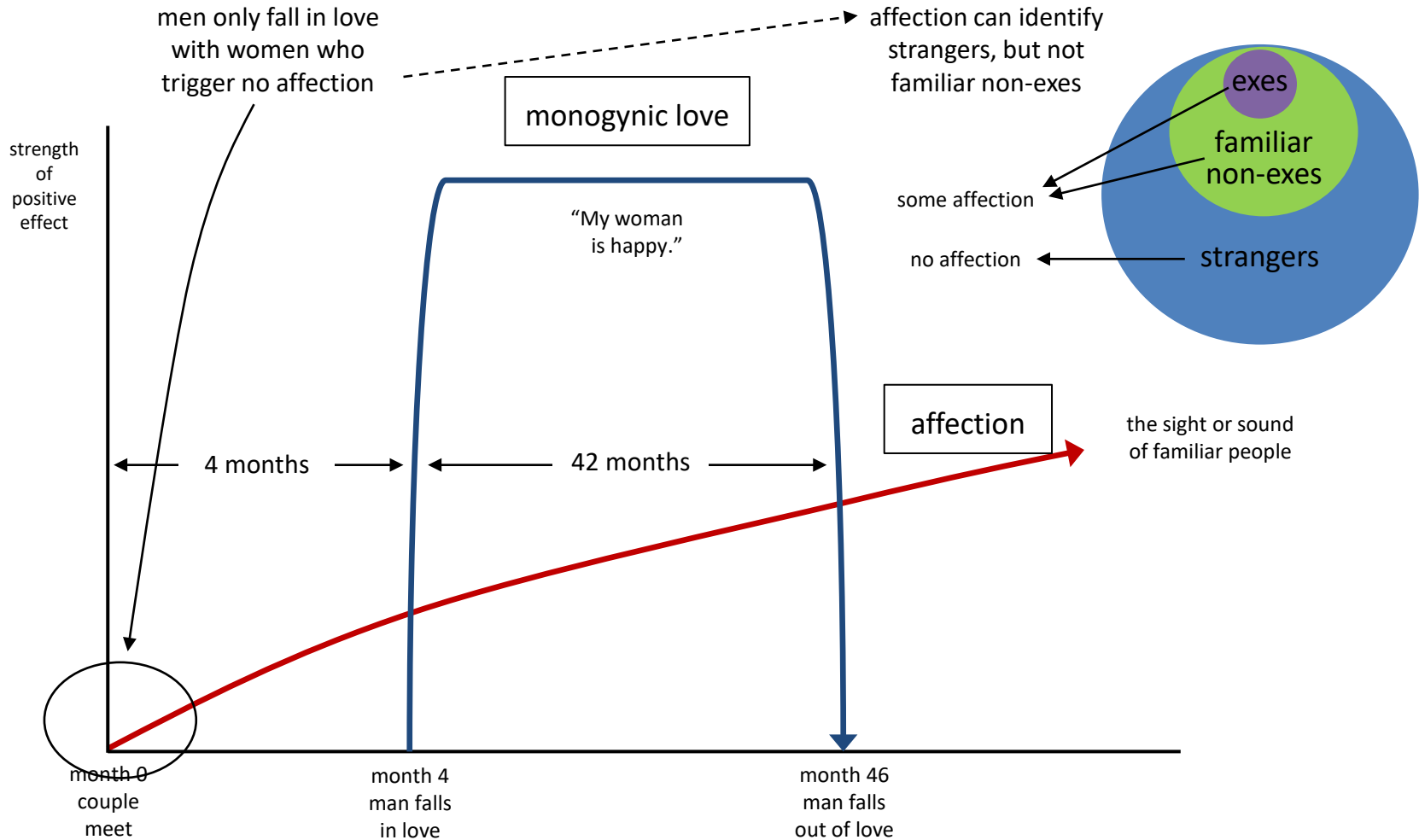
## Men's behavior changes after month 46.

monogynic love (month 4 to 46)	affection (after month 46)
strong effect	moderate effect
"My woman is happy."	the sight or sound of the woman
strength tied to woman's happiness	strength tied to familiarity
happy slave	indifferent roommate
buys flowers, chocolates, jewelry	buys products for himself
fighting stops the man feeling love	fighting makes the man feel affection

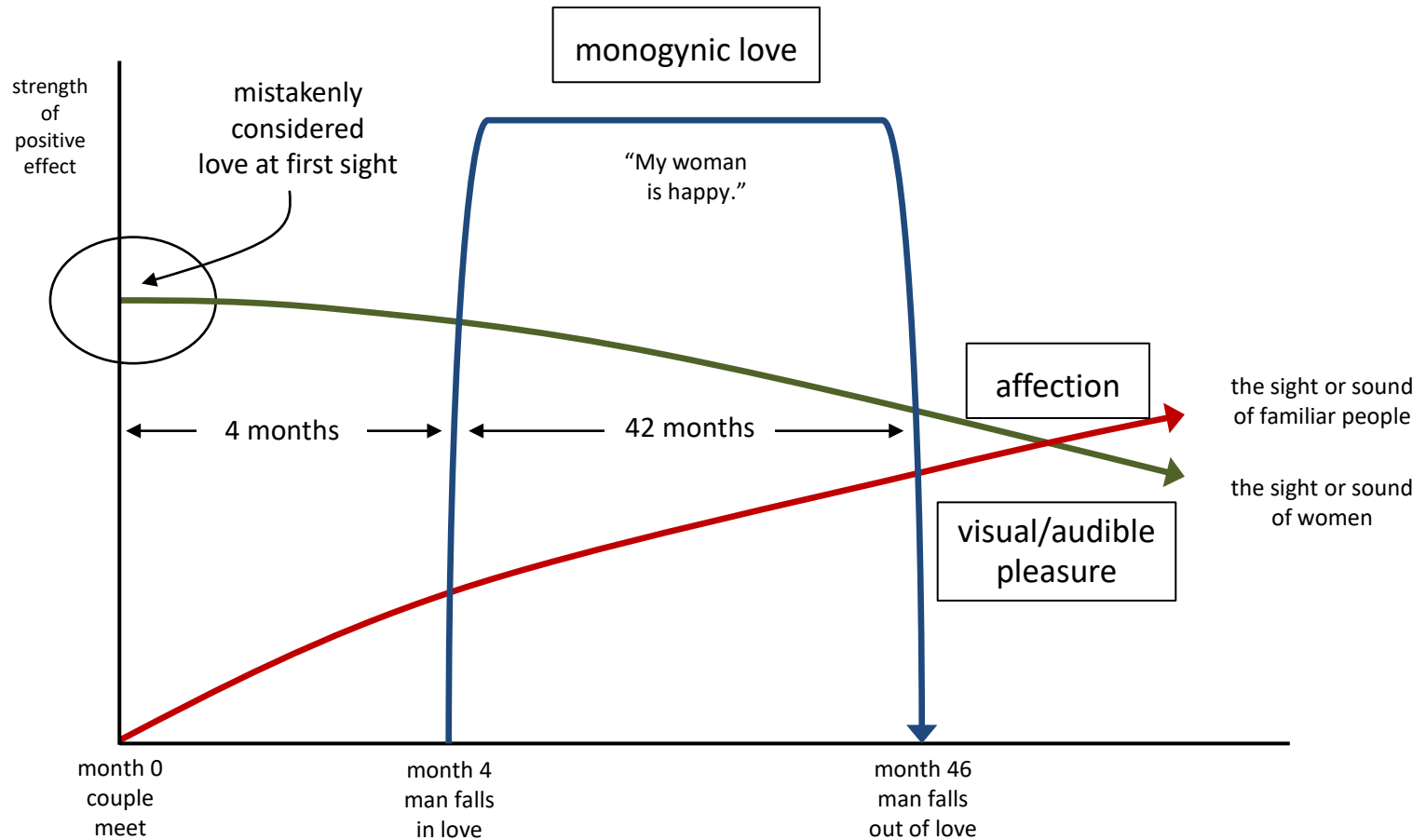
Men in love are socially,  
but not sexually monogamous.

- men maximize reproduction by following two strategies
  - maximize two-parent children through serial monogyny
  - maximize one-parent children through opportunistic mating
- men in love are less likely to cheat
  - if discovered, their woman will be unhappy and stop his love
  - if no chance of discovery, there is no downside to man

# Men can only fall in love with strangers.



# Men in love also feel visual/audible pleasure.



## Men are more likely to stay if they learn about the 4 year cycle.

- first reaction is move on
  - start new relationship to feel monogynic love again
  - enjoy novel visual/audible pleasure again
- second reaction is stay
  - there is no “one” that will make a man feel love forever
  - leaving will end up in the same place in 4 years
  - staying means moderate affection grows stronger

## Sunday Oct 22nd

10:30am – 11:00pm introduction

11:00am – 12:00pm monogynic love

12:00pm – 1:30pm lunch break

1:30pm – 3:00pm infatuation