

# **The Happiness Class**

**October 29, 2017**

**morning session: jealousy, heartbreak  
(the cheating emotions)**

## Sunday Oct 29th

10:30am – 11:00am	questions about last week
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11:00am – 12:00pm    jealousy, heartbreak

12:00pm – 1:00pm    lunch break

1:00pm – 2:30pm    sexual sensations

## Last Week

- questions/comments about romance emotions?
- questions/comments last week were good
- will repeat questions/comments for all to hear
- clicker problem solved - sorry
- reaction to new seating arrangement?
- questions/comments about handouts?
- if you didn't get an email, see me

## Sunday Oct 29th

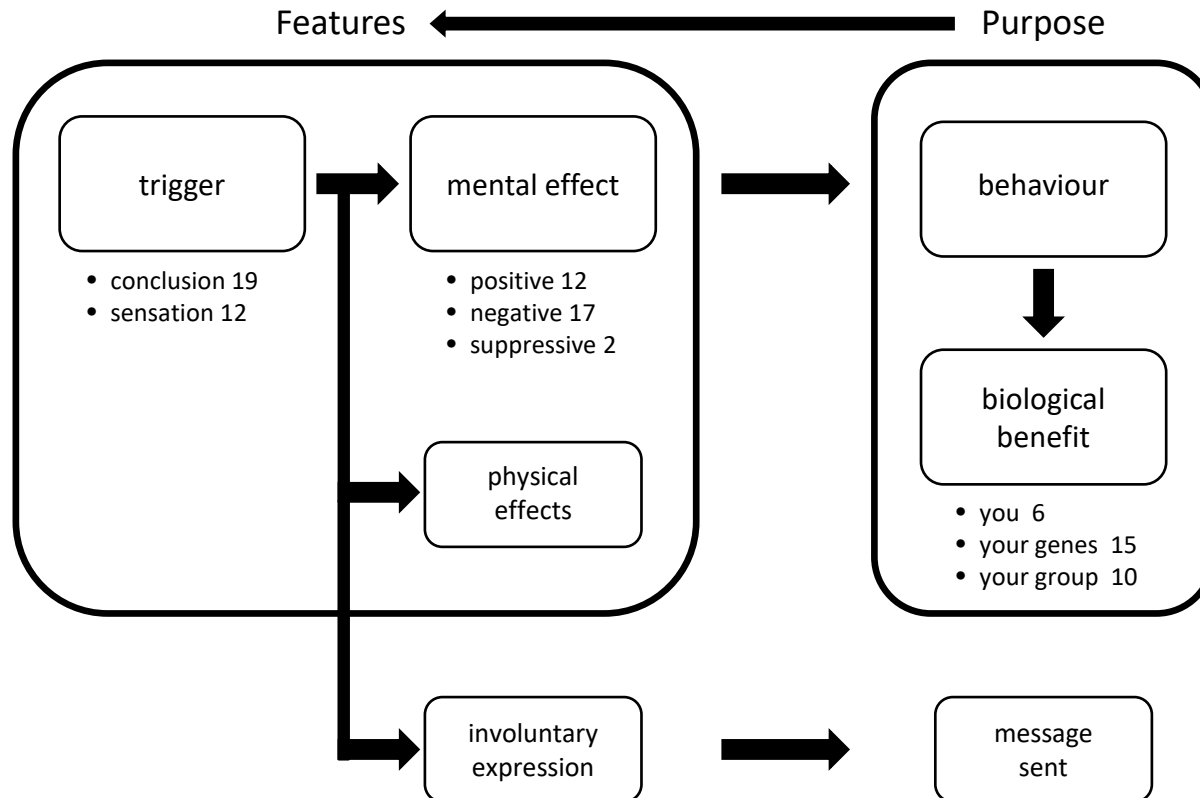
10:30am – 11:00am questions about last week

11:00am – 12:00pm jealousy, heartbreak

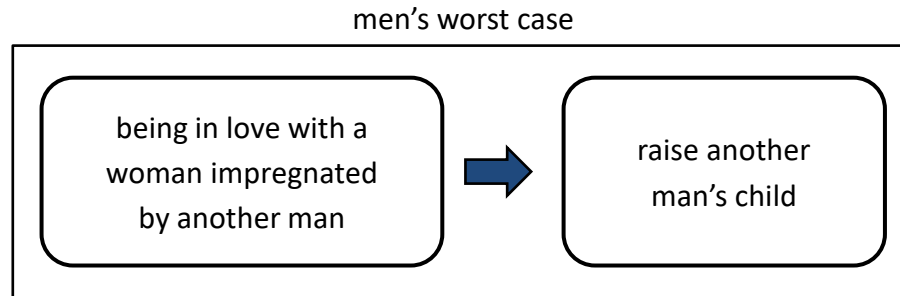
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1:00pm – 2:30pm sexual sensations

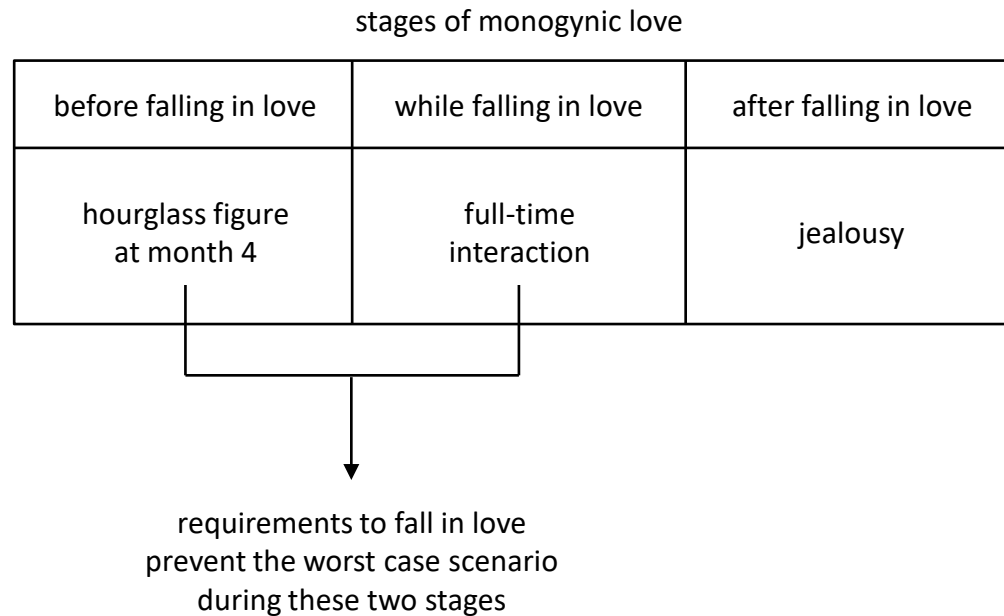
We'll start with jealousy's purpose  
and work backwards to its features.



Jealousy helps prevent a man's worst case scenario:  
being in love with a woman impregnated by another man.



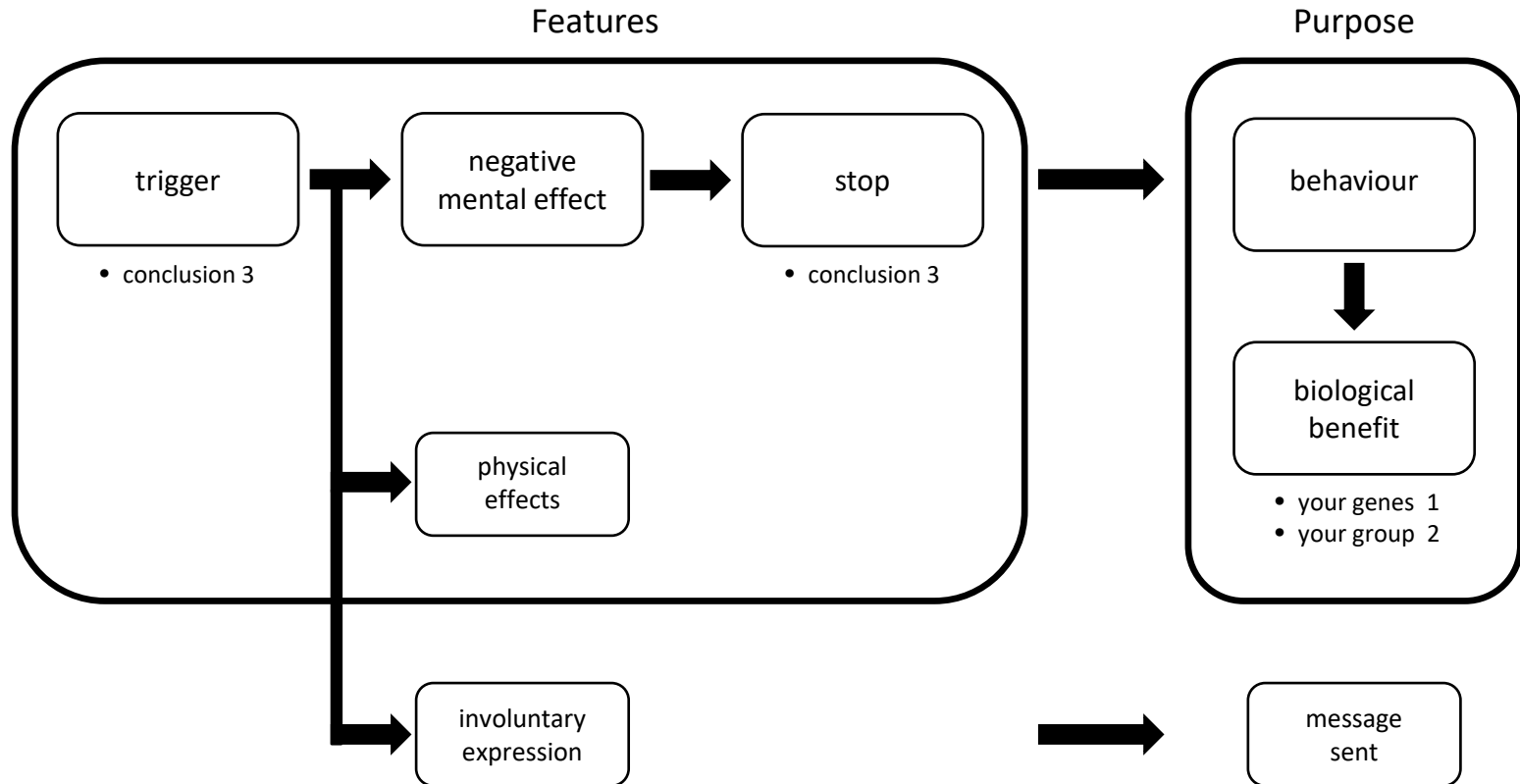
# Jealousy helps prevent a man's worst case scenario after he has fallen in love.



Jealousy coerces men to prevent their woman  
being impregnated by another man.

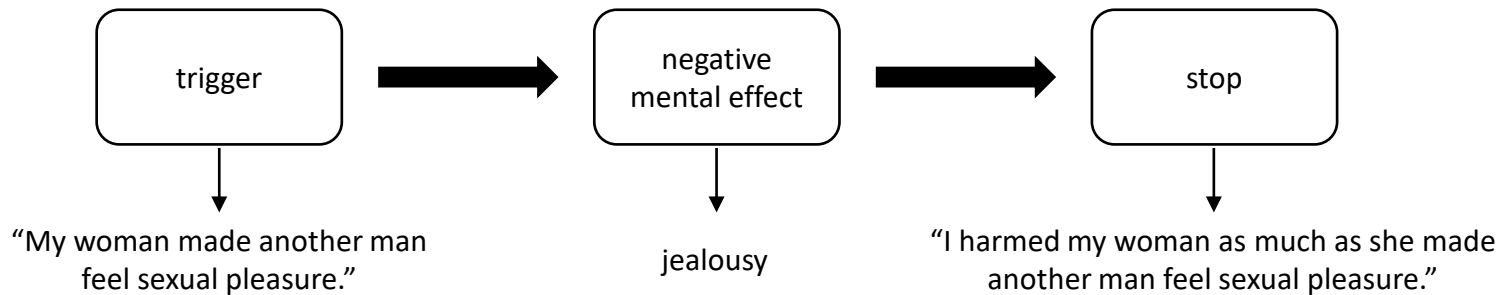


Jealousy is one of three emotions  
that has a trigger and a stop.



The other two are revenge and compassion.

## Jealousy's trigger and stop coerce men to prevent women being impregnated by another man.



## Men feel jealousy when their women cause other men to feel any type of sexual pleasure.

- triggered by more than just penile pleasure
  - visual pleasure
  - audible pleasure
- just flirting makes men feel jealousy
- does not have to be intentional
  - just being seen by other men does it
- the earlier a man intercepts flirting the better
  - minimizes chance of impregnation by others

## The more pleasure another man feels the stronger jealousy is.

- slight pleasure causes slight jealousy
  - passively seen by other men, dressed conservatively
- strong pleasure causes strong jealousy
  - having sex, particularly if woman is giving
- evidence of relationship in men's questions
  - men want to know details to know how pissed they are
- strength of jealousy increases to increase pressure to act
  - the stronger the pleasure, the greater the threat

## Men stop feeling jealousy when they achieve pleasure-for-pain retaliation.

- slight pleasure is stopped by slight harm
  - passively seen by other men, dressed conservatively
  - cold shoulder sufficient
- strong pleasure is stopped by strong harm
  - having sex, particularly if woman is giving
  - violence may be required
- like eye-for-an-eye retaliation built into revenge
  - revenge probably evolved from jealousy
- equating pleasure and pain is measured justice
  - punish just enough to deter future actions
  - increase punishment if necessary to deter

# Jealousy is not stopped by harming the other man.

- jealous men often harm the other man
  - mistakenly expect it to stop jealousy
- harming other man only helps if it distresses woman
  - rarely enough to stop jealousy
  - indirect harm to woman is slight
- harming man does not end threat
  - if this man stopped, woman will move to another
  - she must be discouraged from all other men
- men may confront other men on practical, not emotional basis
  - could warn or harm other man to stay away
  - will not stop current jealousy, but may deter future jealousy

## Men continue to feel jealousy until it's stopped.

- if he does nothing, he continues to feel jealousy
  - if he just bites his tongue while she flirts
- if he doesn't do enough, he continues to feel jealousy
  - if he gives her the cold shoulder and she doesn't care
- unstopped jealousy will undermine relationship
  - he will never be happy, probably passive aggressive
  - she will feel his ongoing discontent
- chronic unstopped jealousy will end relationship early
  - unstopped jealousy will offset monogynic love
  - his genes are acting to avoid the inevitable

## Men can only feel jealousy while in love.

- men stop feeling jealousy after 4 years of a relationship
  - jealousy only possible from month 4 to 46
- in the past, men would have moved on after 4 years
  - would be courting or in love with another woman
- jealousy can be used to see if a man is in love
  - if does not show jealousy yet, he's not in love yet
  - if he shows jealousy, he's in love
  - if does not show jealousy anymore, he's fallen out of love
- women know this intuitively
  - will flirt with other men just to see their man has fallen



# Jealousy is common during the 38 month gap.



## Jealousy and envy are different emotions.

jealousy	envy
only men in love	everybody
coerce men to prevent women from being impregnated by other men	punish you for not reaching their full potential
“My woman made another man feel sexual pleasure.”	“X, a former peer of mine, is higher-ranked than me.”
negative mental effect	negative mental effect
“I harmed my woman as much she made the other man feel sexual pleasure.”	none

# Women don't feel jealousy.

- don't need to worry about carrying another mother's child
  - Princess Diana didn't need to worry about Harry
  - Prince Charles did
- women may feel revenge if they are harmed
  - publicly humiliated by cheating
  - communal money spent on other woman
  - get an STD
- similar to jealousy, revenge stopped by eye-for-an-eye retaliation
  - property of man or other woman is damaged
  - assault man or other woman

While women don't feel jealousy,  
they do feel heartbreak – the other cheating emotion.

And the cheating emotions of the two genders  
differ as much as their genitalia.

The cheating emotions of the two genders differ  
because their worst case scenarios differ.

men's worst case

being in love with a  
woman impregnated  
by another man



raise another  
man's child

women's worst case

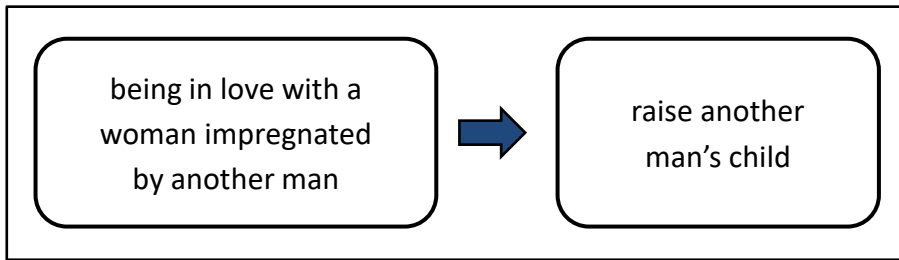
being infatuated with a  
man who falls in love  
with another woman



raise a  
child alone

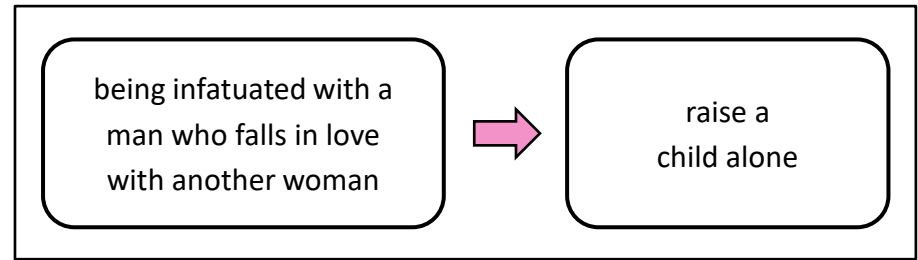
While jealousy coerces men to prevent cheating,  
heartbreak teaches women to avoid it.

men's worst case



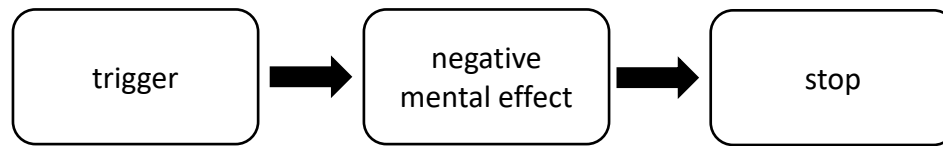
↓  
Jealousy coerces men to prevent this outcome now.

women's worst case



↓  
Heartbreak teaches women to avoid this outcome in the future.

Unlike jealousy,  
heartbreak does not have a stop.



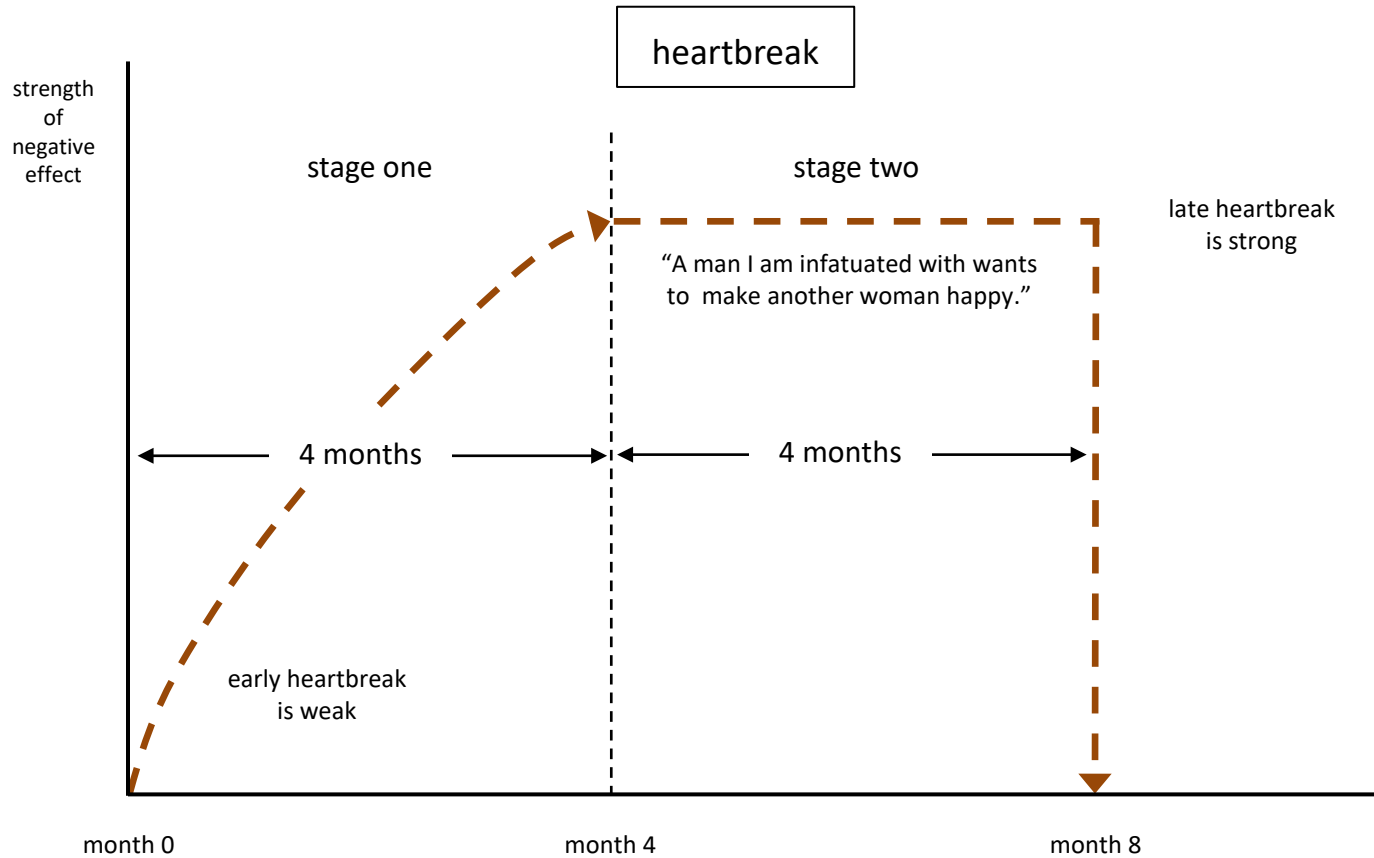
↓  
“A man I am infatuated with wants  
to make another woman happy.”

While jealousy is triggered by sexual pleasure,  
heartbreak is triggered by signs of love.

- heartbreak is caused by making another woman happy
  - monogynic love trigger: “My woman is happy.”
- heartbreak is not caused by sex with another woman
  - no risk of carrying another woman’s child
  - having sex makes the man happy, not the other woman
  - having sex with a prostitute does not cause heartbreak
- questions about cheating reflect gender difference
  - men: What did you do in bed? What did you let him do?
  - women: What did you buy her? Where did you take her?



# The strength of heartbreak is stronger the more infatuated a woman is.



## Unlike jealousy, heartbreak is permanent.

- jealousy can be stopped, but heartbreak cannot
  - jealousy stopped when man harms woman
  - heartbreak not stopped if woman harms man
- needs to be permanent to change future behavior
  - similar to maternal grief
- being heartbroken changes women
  - become more hesitant about romance

# Women don't feel heartbreak if they were no longer infatuated.

- women in relationships longer than 8 months don't feel heartbreak
  - feel less positive emotion: affection, pride
  - may feel revenge if humiliated, lose communal money, get STD
  - don't feel a new negative permanent emotion
- no reason to punish after 8 months
  - would be raising child or moving on to new mate
  - if raising child, heartbreak would harm care for child
  - if moving on, woman should be focussed on new man
- vast majority of male cheating does not cause heartbreak
  - vast majority of relationships are older than 8 months
  - heartbreak primarily affects the young – teens, twenty year olds

# Men don't feel heartbreak.

- heartbreak punishes women for losing a man's support
- men do not risk losing a woman's support
  - women don't support or love men
- men do not risk losing maternal support for their children
  - maternal love ensures it
- men do feel jealousy if their woman cheats

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