The Happiness Class

November 05, 2017

afternoon session: affection, loneliness, crying
Sunday November 05

10:30am – 10:45am  last week - questions/comments

11:00am – 12:00pm  parental love, cute, grief

12:00pm – 12:30pm  lunch break

12:30pm – 2:00pm  affection, loneliness, crying
Affection is what most people mean when they say they love somebody.

Only three people feel love and only for 33 or 42 months.
You feel affection when you see or hear familiar people.

And the longer you’ve known somebody, the stronger the affection they make you feel.

strength of mental effed

affection

length of time you’ve known somebody

strangers

casual acquaintances

friends

best friends

family or “loved ones”

mother or spouse
Affection transferred knowledge to the next generation.

• affection made kin want to interact
  • kin triggered the strongest affection
  • interaction mixed kin of different generations

• interacting with kin led to learning by observation
  • how to make flints, cook food, avoid prey, find food

• only way to transfer learning before words, writing, books
  • observing kin plays a minor role today
  • but played a central role in our rise to dominance
  • affection plays a central role in our psychology or happiness
If you don’t get enough affection, you start feeling loneliness.

- trigger: absence of sensation
- negative mental effect: emotion/sensation
- stop: return of missing sensation

<table>
<thead>
<tr>
<th>no pleasing taste (eating)</th>
<th>hunger</th>
<th>pleasing taste (eating)</th>
</tr>
</thead>
<tbody>
<tr>
<td>no penile orgasm</td>
<td>lust</td>
<td>penile orgasm</td>
</tr>
<tr>
<td>no affection</td>
<td>loneliness</td>
<td>affection</td>
</tr>
<tr>
<td>no excitement</td>
<td>boredom</td>
<td>excitement</td>
</tr>
<tr>
<td>no sunlight</td>
<td>SADS</td>
<td>sunlight</td>
</tr>
</tbody>
</table>
And loneliness grows stronger until you feel enough affection again.
Loneliness causes crying.

- causes kin to interact with people not interacting
  - typically children not learning
  - could also be elders not teaching

- specifically, makes others feel compassion
  - negative stopped by interacting with crier

- crying and blushing are autonomic expressions
  - cannot be faked
  - good because they trigger compassion
Only loneliness causes crying.

- each expression can only send one message
  - grief – frowning : what you’ll feel if your child dies
  - loneliness – crying : this person is lonely
  - multiple messages from an expression not feasible
  - resulting confusion would render all meaningless

- two expressions do have variations that send different messages
  - grief – prolonged frowning : “Avoid what happened to this woman.”
  - disgust – momentary frowning: “Avoid what this person ate.”
  - the other, smiling, is coming up in a few slides

How do you explain happy crying?
Most crying is suppressed.

- we can voluntarily suppress crying
  - like suppressing a sneeze
  - use respiratory and facial muscles
  - probably stops majority of crying

- crying suppressed to avoid stigma of weakness
  - particularly in non-family situations
  - particularly among men

- we can suppress crying, but not eliminate it
Suppressed crying is released by any strong emotion.

- suppression can’t be maintained during strong emotion
  - while being humiliated
  - when you feel compassion seeing others cry – contagious crying
  - while winning an award – happy crying
  - while eating

- you can see the physical release of suppressed crying
  - suppressing muscles forced to relax
  - chins tremble, breathing labored or choppy
Crying is a good diagnostic tool.

- great diagnostic tool for affection
  - if you cry, you’re lonely and need more affection
  - valuable given importance and subtlety of affection
  - keep increasing affection until crying stops

- good diagnostic tool for other emotions
  - if you release suppressed crying, you feel something strong
  - don’t know emotion with certainty, but can guess given strength
Crying does not indicate whether someone does or does not feel grief.

• grieving people only cry if they’ve been lonely
  • if lonely, grief releases suppressed crying
  • if not lonely, grief will not release suppressed crying

• crying or its absence tells you nothing about grief
  • crying doesn’t indicate someone feels grief
  • not crying doesn’t indicate someone doesn’t feel grief

• grieving people probably won’t cry
  • they’re usually surrounded by familiar people
  • so they’re probably not lonely
In modern societies, most people are lonely.

- until recently, we spent about 100 hours/week with familiar people
  - ancestors spent almost all waking hours with kin

- affection/loneliness evolved to match these lifestyles
  - if you hadn’t felt affection for a few hours, you’d feel loneliness
  - if didn’t feel affection most of the time, you’d feel loneliness

- nowadays, many people spend less than 33 hours/week with familiar people
  - our work and commuting is typically away from kin
  - at work many deal with strangers, screens or telephones all day

- proof that most people are lonely is crying
  - most people release suppressed crying when they feel a strong emotion
  - particularly true if the crying is not public, like a tear-jerker movie
Loneliness is now part of normal.

- we are accustomed to feeling the negative effect of loneliness
  - like someone who grows accustomed to a handicap

- when we spend a lot of time with familiar people, we feel an afterglow
  - after spending an evening with old friends or a vacation with family
  - believe good feeling that follows is affection afterglow

- it’s not an afterglow – it’s not feeling loneliness
  - affection cannot continue afterwards – only when see or hear people
  - what does change is loneliness – it stops, the clock resets and starts again
  - you don’t feel a positive – you stopped feeling a negative
Affection is important to happiness.

- one of two most important sources of happiness
  - affection is foundation of happiness
  - pride provides the peaks added to foundation

- affection avoids loneliness
  - most common source of unhappiness
  - we’re unaware most people are chronically lonely

- affection one of most appealing sources
  - requires little work – unlike pride
  - reliable source – unlike romance emotions
  - no downside – unlike pleasing taste
  - can feel ongoing – unlike humor, excitement
Affection is important to health.

- the more affection you feel, the better your health
  - longevity: people who live the longest have the most friends
  - recovery: patients who recover quickest have the most visitors
  - survival: Donner Pass/Mayflower survivors had the most family

- logical connection
  - if you feel affection, you’re learning or teaching: stay alive
  - if don’t feel affection, you’re not learning or teaching: die

- on a tangent – the universal need for glasses
  - planned obsolescence, like menopause
  - would have made elders seek juniors for help
  - close interaction with visual details transfers knowledge
Affection is the best way
to be popular.

• key to be popular is making others happy
  • make them feel positive emotions

• only three non-romantic positives you can make others feel
  • pride – paying people compliments
  • humor – telling jokes or gossip
  • affection – just interacting

• pride and humor cannot be sustained, but affection can
  • pride – compliments stop working
  • humor – requires constant supply of new jokes
  • affection – grows stronger by doing same thing
Given the importance of affection it’s very helpful to know it’s details.

• exactly what does and does not trigger affection

• what triggers the strongest and weakest affection

• what can make the affection you feel stronger

• what can make the affection others feel stronger

That’s what we’re going to look at now.
Remember how visual/audible pleasure draws men to women,
but it’s not triggered by women.
Instead of women, it’s triggered by visual/audible differences between fertile, non-pregnant women and other humans.
And the more a feature separates fertile, non-pregnant women, the stronger the pleasure it triggers.

<table>
<thead>
<tr>
<th>strength of pleasure</th>
<th>children</th>
<th>men</th>
<th>post-menopausal women</th>
<th>fertile pregnant women</th>
<th>fertile non-pregnant women</th>
</tr>
</thead>
<tbody>
<tr>
<td>strong</td>
<td>hourglass figure</td>
<td></td>
<td></td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>moderate</td>
<td>protruding breasts</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td></td>
<td>plump lips</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>weak</td>
<td>wide hips</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td></td>
<td>slender appendages</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td></td>
<td>8% shorter height</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td></td>
<td>feminine voice</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>very weak</td>
<td>beardless face</td>
<td>✓</td>
<td></td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td></td>
<td>pubic hair</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td></td>
<td>non-grey hair</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td></td>
<td>narrow waist</td>
<td>✓</td>
<td>✓</td>
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</tbody>
</table>

the fewer checkmarks a feature has, the more it separates fertile, non-pregnant women
Similarly, affection draws you to familiar people, but it’s not triggered by people.
Instead, affection is triggered by **visual/audible differences** between humans from other primates.
There are numerous visual/audible differences that separate us from other primates.

<table>
<thead>
<tr>
<th>Singing, poetry, alliteration</th>
<th>- logically sequenced acoustics from human voice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Talking, laughing</td>
<td>- corners of mouth turned up, not showing teeth</td>
</tr>
<tr>
<td>Smiling</td>
<td>- everted lips</td>
</tr>
<tr>
<td>Eyebrows, white eyes, nose, philtra, lips, chin</td>
<td>- or dancing</td>
</tr>
<tr>
<td>Hands with long opposable thumbs</td>
<td></td>
</tr>
<tr>
<td>Walking bipedally</td>
<td></td>
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<tr>
<td>Feet without opposable toes</td>
<td></td>
</tr>
<tr>
<td>Bums without tails</td>
<td></td>
</tr>
</tbody>
</table>
There more a feature separate us from other primates
the stronger the affection it triggers.

<table>
<thead>
<tr>
<th>strength of effect</th>
<th>arboreal primates</th>
<th>terrestrial primates</th>
<th>small brain humans</th>
<th>large brain humans</th>
</tr>
</thead>
<tbody>
<tr>
<td>strong</td>
<td>singing, poetry, alliteration</td>
<td></td>
<td></td>
<td>✓</td>
</tr>
<tr>
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the fewer checkmarks a feature has, the more it separates large brain humans
Affection is stronger when you interact with the source.

- ways to interact with a source include:
  - eye contact with somebody
  - somebody whispers in your ear
  - dancing or tapping to music
  - singing along to music
  - chanting with others

- behaviors prove your interacting with kin
  - you are rewarded with more affection
Brad Pitt is a familiar face
who makes you feel affection . . .
. . . but he makes you feel stronger affection when you make eye contact.
Affection causes involuntary smiling
which causes involuntary smiling
which causes involuntary smiling . . .

- involuntary smiling creates self-reinforcing bonding
  - similar to what wagging tails do for dogs

- affection and pride both cause involuntary smiling
  - affection: momentary smiling while looking at others
  - pride: prolonged smiling while looking anywhere (beaming)
Beautiful people trigger stronger affection.

• beautiful people make you feel one of three positive effects
  • affection: anybody looking at anybody
  • visual pleasure: men looking at women
  • cute: anybody looking at infants/toddlers

• qualities that both genders find beautiful match purpose of affection
  • closer to average – more likely to be human
  • more symmetrical – better genes, more intelligent
  • clearer skin – better at managing health

• the more beautiful a person, the better for knowledge transfer
  • if student, a better person to invest knowledge in
  • if teacher, a better source of get knowledge from
MDMA makes affection much stronger.

• also called Molly or The Love Drug
  • amplifies the positive mental effect of affection

• people on MDMA like to:
  • dance and sing at raves
  • talk to each other for hours
  • do not hesitate to make eye contact

• was a fully approved and tested pharmaceutical
  • was only designed to make people happier
  • FDA banned it for not having medical purpose
In addition to real people, you can get affection from alternatives.

- you can also feel affection when you:
  - look at photographs
  - watch television or videos
  - have a telephone call
  - listen to a voicemail
  - listen to music
  - are with your pet

- you don’t feel affection when you:
  - send or read a text
  - send or read an email
  - update or read facebook
Leaders, nations and religions use affection to gain your loyalty.

• leaders build familiarity by:
  • huge posters of their faces everywhere
  • prominent facial displays on currency

• nations build familiarity by:
  • having everybody sing the anthem repeatedly
  • flying the national flag everywhere

• religions build familiarity:
  • having members sing, chant and dance together
  • playing the same bell sounds repeatedly
Given the importance of affection it should managed like your eating.

• constantly planning how you’ll get enough affection

• who will provide it and how will you interact

• increasing how much you get until you rarely cry

• finding replacement sources when you lose a source

• consider charting weekly hours and quality of affection
  • we’ll do this in the last section of the course
There are six ways to increase the amount of affection you get.

- **more people**
  - exercise with others instead of alone
  - change careers to be with others

- **more hours per person**
  - meet friends twice a week instead of once
  - spend all Saturday with family, not just the afternoon

- **more alternatives sources**
  - watch a familiar face on TV instead of reading
  - listen to oldies music while commuting

- **more familiar people**
  - switch from casual friends to old friends
  - instead of partying with new people, spend time with family

- **more intimate interaction**
  - eat facing each other instead of the TV
  - make it habit to make eye contact

- **synchronize with sources**
  - sing, dance or tap along to music

**more hours of affection**

**more affection per hour**
Next week’s topics are:

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