

# **The Happiness Class**

**November 05, 2017**

**afternoon session: affection, loneliness, crying**

# Sunday November 05

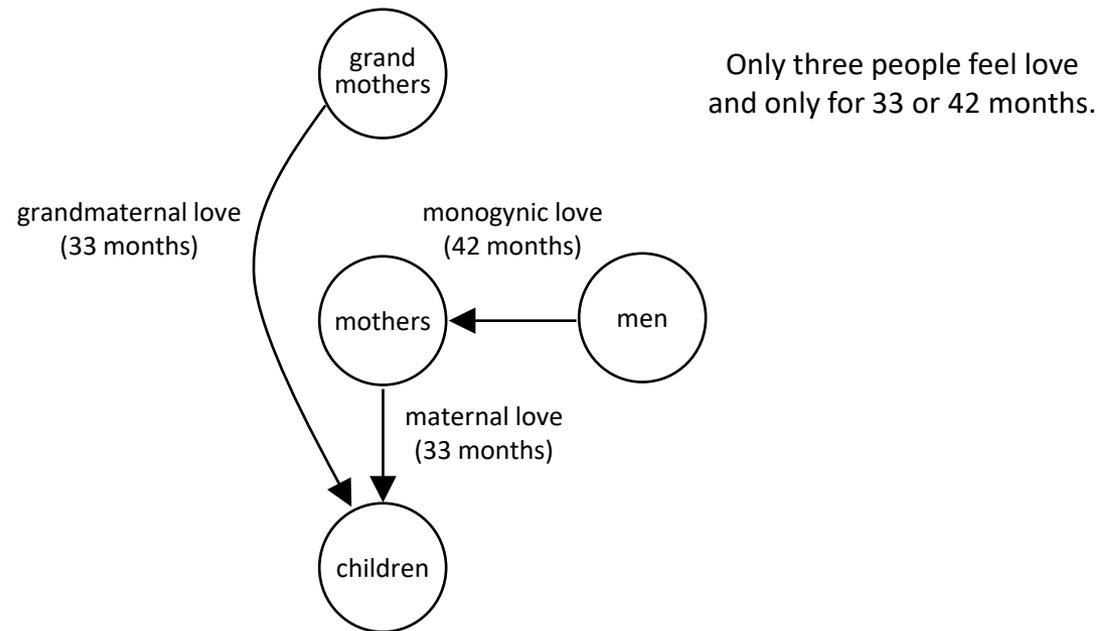
10:30am – 10:45am last week - questions/comments

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

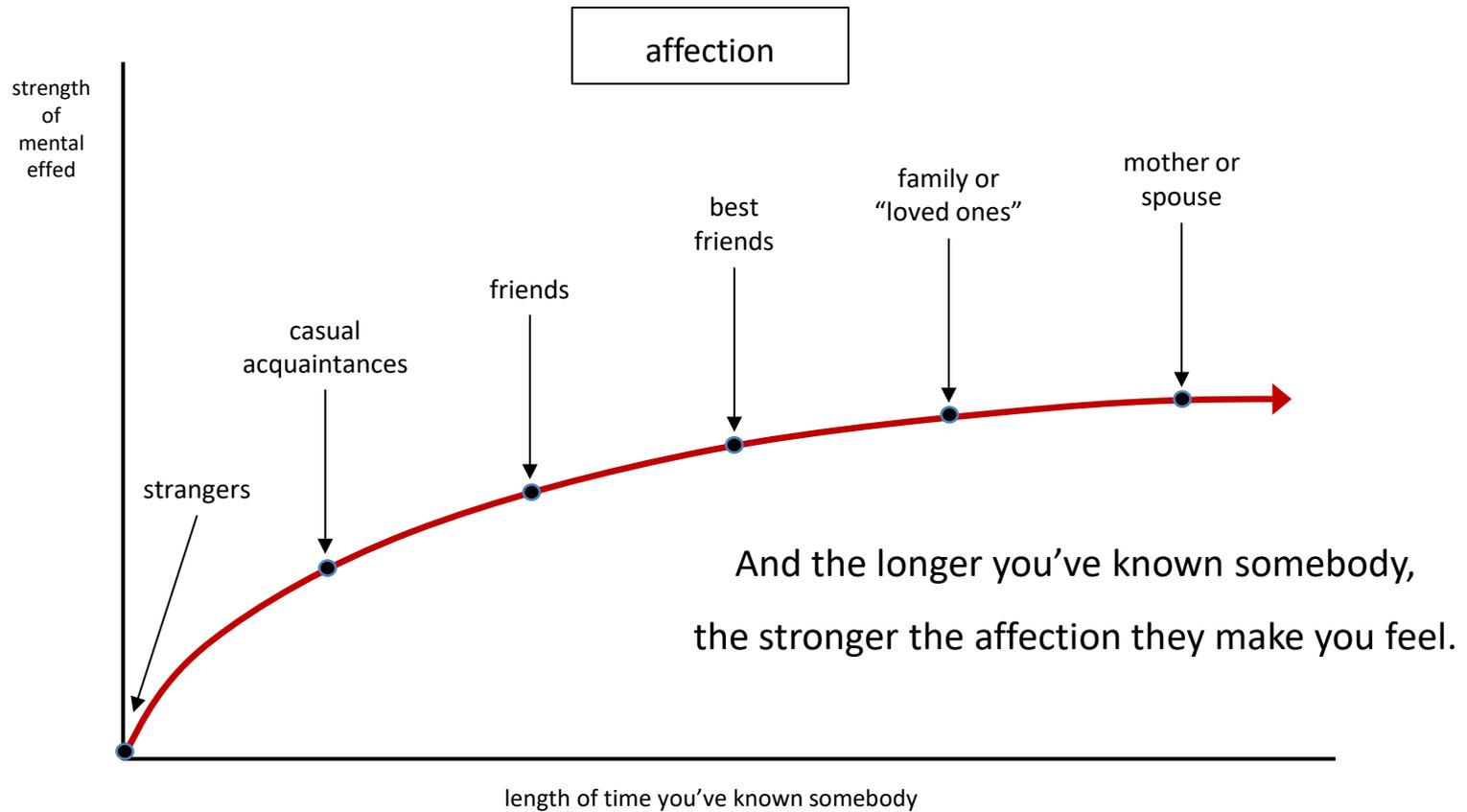
12:00pm – 12:30pm lunch break

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



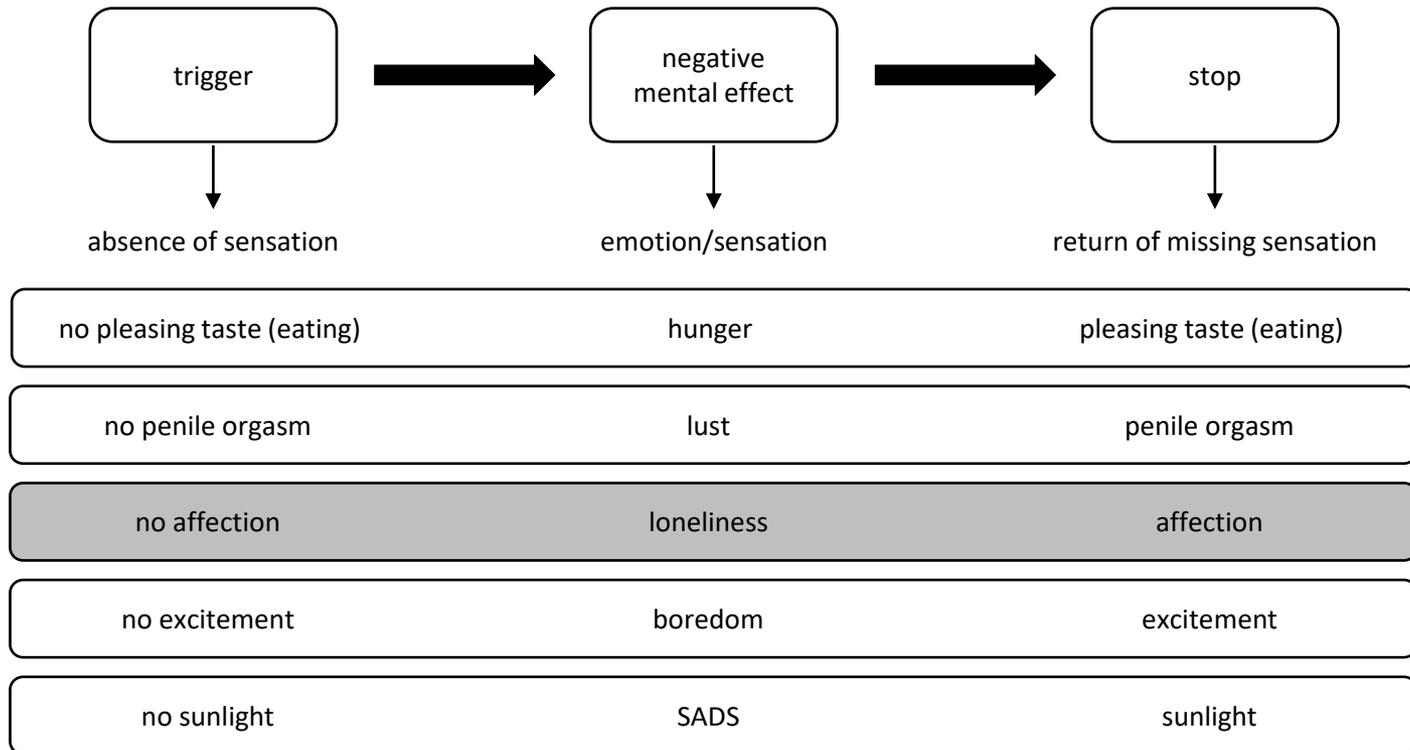
You feel affection when you see or hear familiar people.



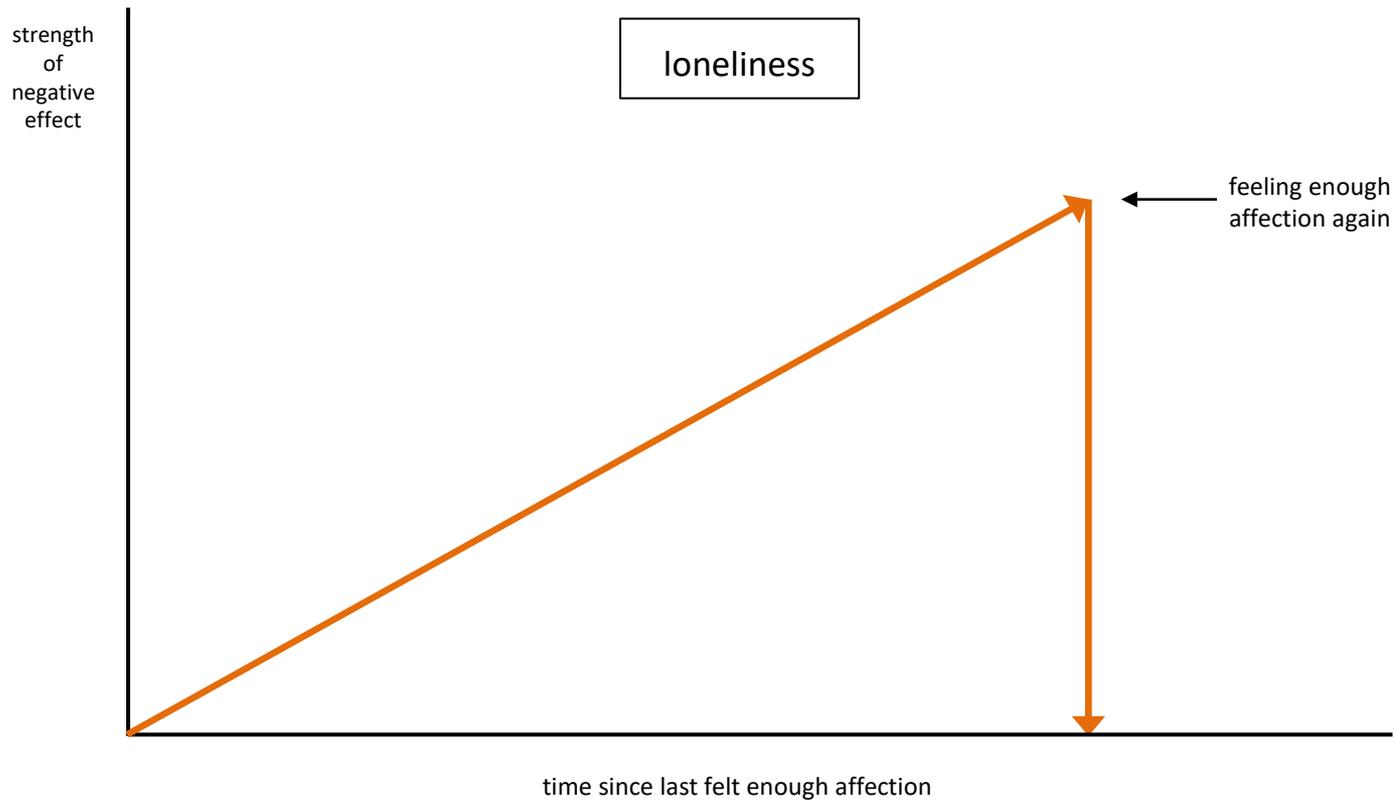
# Affection transferred knowledge to the next generation.

- 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

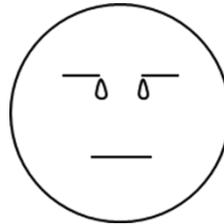
If you don't get enough affection,  
you start feeling loneliness.



And loneliness grows stronger  
until you feel enough affection again.



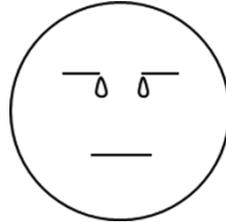
# Loneliness causes crying.



tears from eyes,  
not wailing

- 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

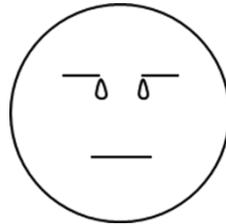
# Only loneliness causes crying.



How do you explain happy crying? 

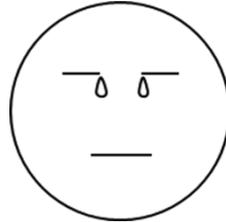
- each expression can only send one message
  - grief – frowning : what you’ll feel if your child dies
  - loneliness – crying : this person is lonely
  - multiple messages from an expression not feasible
  - resulting confusion would render all meaningless
- two expressions do have variations that send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

Most crying  
is suppressed.



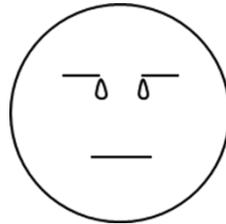
- we can voluntarily suppress crying
  - like suppressing a sneeze
  - use respiratory and facial muscles
  - probably stops majority of crying
- crying suppressed to avoid stigma of weakness
  - particularly in non-family situations
  - particularly among men
- we can suppress crying, but not eliminate it

# Suppressed crying is released by any strong emotion.



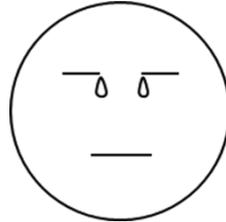
- suppression can't be maintained during strong emotion
  - while being humiliated
  - when you feel compassion seeing others cry – contagious crying
  - while winning an award – happy crying
  - while eating
- you can see the physical release of suppressed crying
  - suppressing muscles forced to relax
  - 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 it's 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.

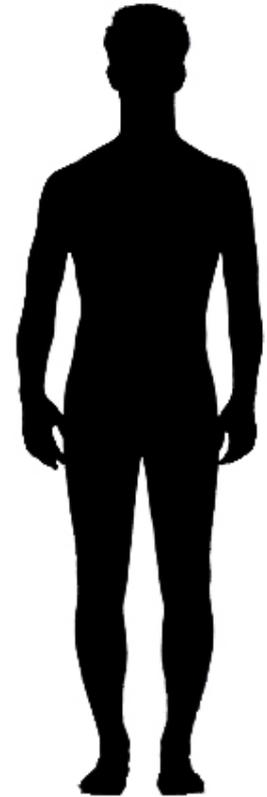
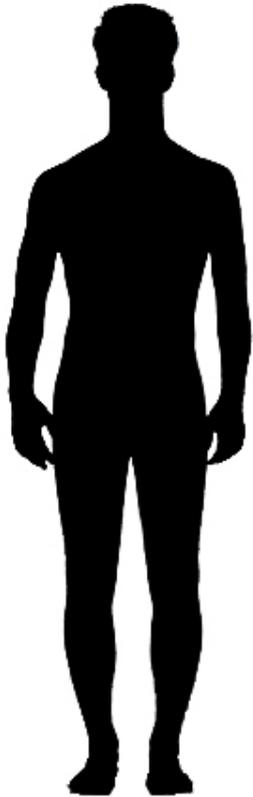


And the more a feature separates fertile, non-pregnant women  
the stronger the pleasure it triggers.

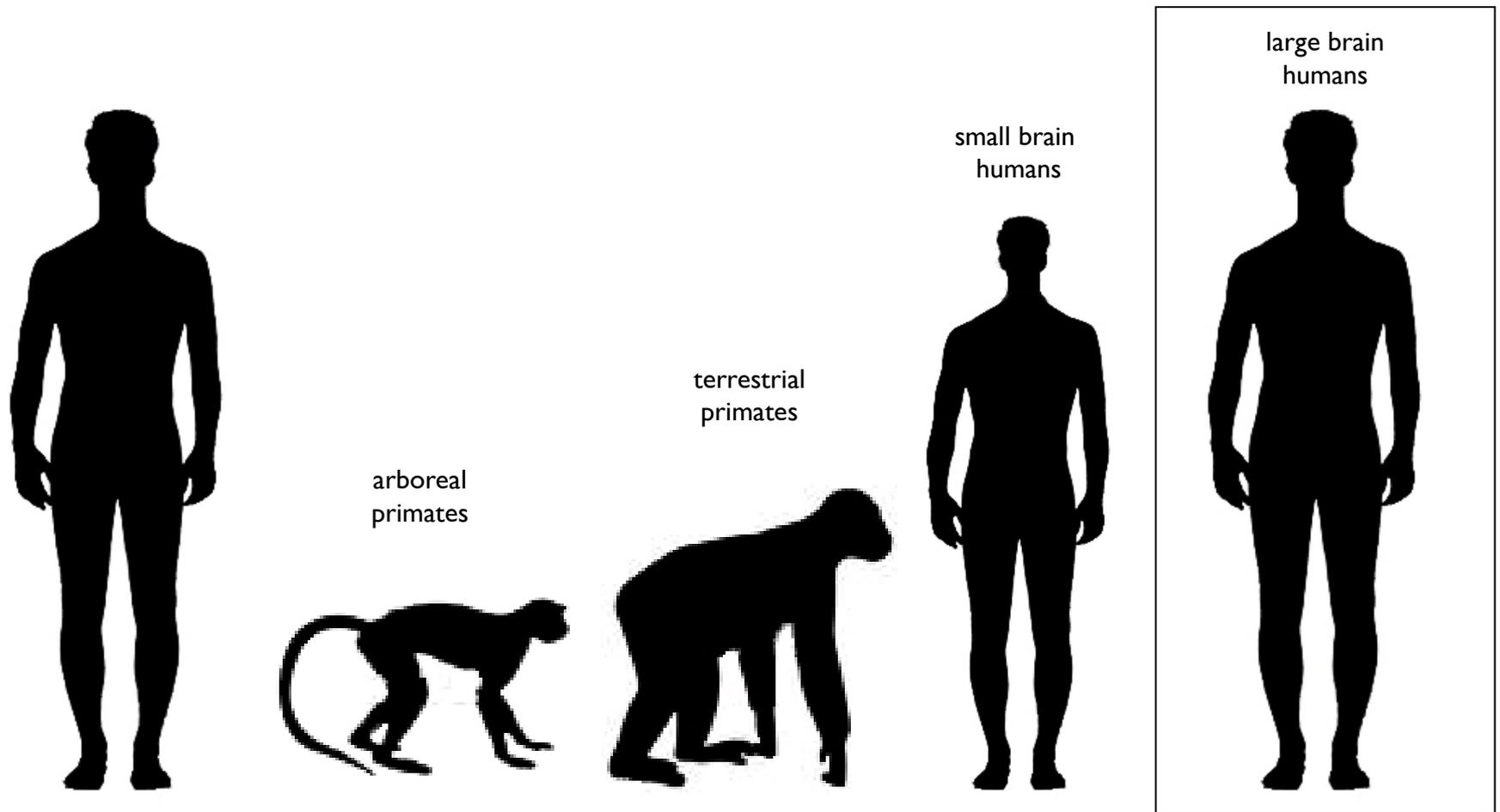
strength of pleasure		children	men	post- menopausal women	fertile pregnant women	fertile non-pregnant women
strong	hourglass figure					✓
moderate	protruding breasts				✓	✓
	plump lips				✓	✓
weak	wide hips			✓	✓	✓
	slender appendages			✓	✓	✓
	8% shorter height			✓	✓	✓
	feminine voice			✓	✓	✓
very weak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

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.

singing, poetry, alliteration	- logically sequenced acoustics from human voice
talking, laughing	
smiling	- corners of mouth turned up, not showing teeth
eyebrows, white eyes, nose, philtra, lips, chin	- everted lips
hands with long opposable thumbs	
walking bipedally	- or dancing
feet without opposable toes	
bums without tails	

There more a feature separate us from other primates  
the stronger the affection it triggers.

strength of effect		arboreal primates	terrestrial primates	small brain humans	large brain humans
strong	singing, poetry, alliteration				✓
moderate	talking, laughing			✓	✓
	smiling			✓	✓
	eyebrows, white eyes, nose, philtra, lips, chin			✓	✓
	hands with long opposable thumbs			✓	✓
	walking bipedally			✓	✓
weak	feet without opposable toes		✓	✓	✓
	bums without tails		✓	✓	✓

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

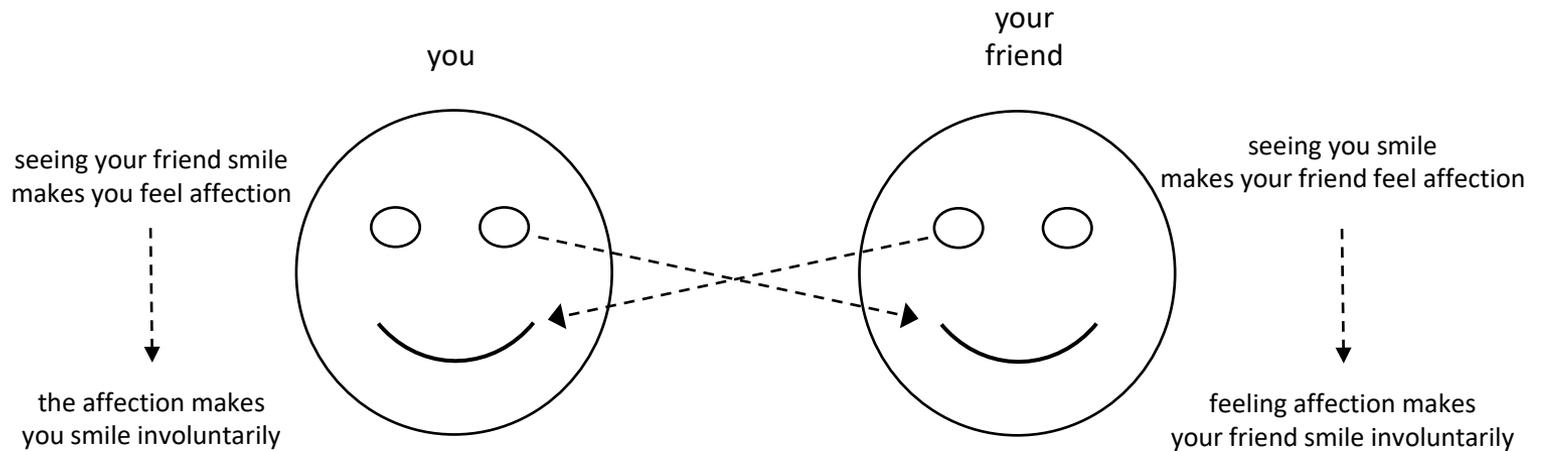
Brad Pitt is a familiar face  
who makes you feel affection . . .



. . . 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 be 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  
hours of  
affection

- 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

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more  
affection  
per hour

- 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

## 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