The Happiness Class

November 26, 2017

afternoon session: managing happiness
romantic emotions, parental emotions
minor emotions, hazards
Sunday November 26

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The romance emotions are the third priority.

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Monogynic love and infatuation are peaks of happiness you can choose to feel periodically.

- monogynic love and infatuation are among the strongest emotions you’ll feel
  - along with the pride and maternal love

- however, you only feel romance emotions for limited duration and frequency
  - men fall in love with 3-4 women for 42 months each time
  - women become fully infatuated with 5-10 men for 8 months each time
  - by comparison, you feel pride throughout your life

- unlike the social and primary rank emotions, romance emotions are a choice
  - you can avoid falling in love or becoming infatuated
  - particularly given what you’ve learned about these emotions
What **stage** of romance are you in?

- **Stage 1:** Infatuation
- **Stage 2:** Full fireworks
- **Stage 3:** Half fireworks
- **Stage 4:** Monogynic love
- **Stage 5:** Just friends
- **Stage 6:** Truly single
During the first 8 months (stage one), everybody is **happy and horny.**

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<tr>
<td>- feel strong infatuation</td>
<td>- feel monogynic love</td>
</tr>
<tr>
<td>- feel elevated vaginal pleasure</td>
<td>- feel strong visual pleasure</td>
</tr>
<tr>
<td>- want to turn man on</td>
<td>- want to make woman happy</td>
</tr>
<tr>
<td>- want to have sex</td>
<td>- want to have sex</td>
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relationship

- very stable
- small % of relationships
- “should get a room”
From month 8 to 46 (stage two),
only men are happy.

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<td>• no longer feel infatuation</td>
<td>• still feel monogynic love</td>
</tr>
<tr>
<td>• no longer feel elevated vaginal pleasure</td>
<td>• still feel visual pleasure, but weaker</td>
</tr>
<tr>
<td>• just feel weak affection</td>
<td>• feel weak affection</td>
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<td>• no longer want to turn man on</td>
<td>• still wants to make woman happy</td>
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<tr>
<td>• no longer want to have sex</td>
<td>• still wants to have sex</td>
</tr>
<tr>
<td>• look for happiness elsewhere</td>
<td>• happy with present – not future focused</td>
</tr>
<tr>
<td>• maternal love</td>
<td></td>
</tr>
<tr>
<td>• infatuation</td>
<td></td>
</tr>
<tr>
<td>• pride</td>
<td></td>
</tr>
<tr>
<td>• future focused</td>
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relationship

• a 38 month gap for women

• men feel love, but women feel nothing

• most unmarried relationships

• no longer “should get a room”
After 46 months (stage three),

couples only feel affection.

**women**

- feel moderate affection
- want to interact – even if fighting
- still looking for happiness elsewhere

**men**

- no longer feel monogynic love
- only feel weak visual pleasure
- feel moderate affection
- no longer wants to make woman happy
- only wants sex to stop lust
- also now looking for happiness elsewhere
- pride, monogynic love

**relationship**

- unstable
- only held together by affection
- most married relationships
If a relationship ends after 46 months (stage four), the **only change is a loss of affection.**

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<td>• lose affection from a key source</td>
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</tr>
<tr>
<td>• find replacement for lost affection</td>
<td>• lose sexual partner</td>
</tr>
<tr>
<td>• looking for romance</td>
<td>• find replacement for lost affection</td>
</tr>
<tr>
<td>• search for affection and romance</td>
<td>• looking for romance</td>
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<tr>
<td>often combined – better to separate</td>
<td>• looking for sex</td>
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<tr>
<td></td>
<td>• search for affection, romance and sex</td>
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Ending a long-term relationship means trading affection for fireworks.

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<th>end relationship</th>
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<td>• never feel monogynic love or infatuation again</td>
<td>• feel monogynic love or infatuation again for limited time</td>
</tr>
<tr>
<td>• continue to grow stronger affection</td>
<td>• lose multi-year investment in building affection</td>
</tr>
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<td>• permanently cap strength of affection you’ll feel in old age</td>
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## The parental emotions are the fourth priority.

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The only people who feel parental love are **mothers and grandmothers** and only for 33 months.

- Fathers only feel love for women
  - better for child to help mother
  - also avoids conflict

- Fathers do feel strong cute
  - strong because of resemblance
  - which is mistaken for love
  - much weaker than love
  - not triggered by child’s happiness

Diagram:

- **mothers**
  - maternal love
  - grandmaternal love
  - monogynic love
  - fathers

--grand mothers

-children
Maternal love is a peak women can choose to feel a few times.

• maternal love is the strongest positive emotion anybody will feel
  • maternity substantially reduces a mother’s survival for years
  • it harms a mother’s survival more than other behavior
  • grandmaternal love is strong, but not as strong as maternal love

• although it’s the strongest emotion, maternal love applies to few people
  • far fewer than the higher priority emotions – affection, love or infatuation

• unlike the social and primary rank emotions, maternal love is a choice
  • although there is much cultural pressure, you don’t have to have children
Mothers should expect a bump to happiness.

- expect a big increase in happiness at birth of child
  - “a mind blowing experience”

- expect a big drop in happiness when child is 33 months old
  - reality of having child will not be offset anymore
  - also when child starts feeling revenge, envy, humiliation
  - and still face threat of maternal grief after 33 months

- should not misinterpret drop in happiness
  - not depression, not marriage, not fitness
  - just a return to normal happiness

- should hesitate before having another
  - yes, will feel maternal love again
  - but that love will also stop at 33 months
Grandmothers should also expect a **bump to happiness and conflict** with mother.

- expect a big increase to happiness at birth of a grandchild
  - just news of a daughter’s pregnancy causes outbursts

- expect a big drop in happiness when grandchild is 33 months old
  - don’t misinterpret the drop – not depression
  - don’t add to daughter’s drop – adjust together

- hesitate before encouraging daughter to have another
  - yes, you’ll start another cycle of maternal and grandmaternal love
  - but it will end and your daughter will be stuck with more work

- expect conflict with mother
  - mother and grandmother both motivated by child’s happiness
  - will compete to make child happy to feel love
  - biology avoids this problem with father
  - best to combine grandmother’s experience and mother’s energy
People around mothers and grandmothers should expect their bump in happiness.

- expect less of interest from mothers/grandmothers
  - fathers, grandfathers, children, friends, employers
  - they will be preoccupied with the new child/grandchild

- expect happiness decrease when child/grandchild is 33 months
  - try to be understanding of the loss
  - consider plans that will offset the loss
  - consider explaining why it happens
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Humour

is the **fifth** priority.

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Humour has many positives and only one negative.

- can be moderately strong
  - a good joke as good as a good compliment

- easy to get or feel anytime anywhere
  - thanks to modern entertainment

- can also feel affection at the same time
  - from friends who join you or comedian

- no downside risk
  - can’t get too much like pleasing taste
  - no threat like humiliation, jealousy or grief

- only negative – must be new to be funny
  - minor problem today
Aim to enjoy humour

4 hours a week.

• humour should be enjoyed as much as feasible
  • given it’s many positives, shame to miss the opportunity
  • “Humour is mankind’s greatest blessing.” – Mark Twain

• setting a minimum of 4 hours is 10% of free time
  • 7 x 24 equals 168 hours/week
  • subtract 68 hours for eat/sleep
  • subtract 60 hours for work/commute
  • leaves 40 hours/week for free time

• you can reach that goal using a wide variety of sources
  • sit-coms, movies, gossip, TMZ, stand-up acts
Ensure you feel the strongest humour.

- finding the best humour no longer requires trial-and-error
  - just look for mistakes you’re most likely to make

- a little research can usually identify which mistakes will be the focus
  - critical reviews, movies descriptions, comedian websites

- may be forced to go alone or find strangers who make similar mistakes
  - humour from The Three Stooges or Monty Python is not for everyone

- or you may have to compromise to be with friends or family
  - rom-coms try to provide an even blend of male and female mistakes

- approach this source of happiness the way gourmets approach food
  - proactively learn what and where the best humour is for you
Develop the habit of using humor to diagnose your fears.

• what you find most humorous is what you most worry about
  • if you like to gossip about people being gay, you probably are
  • if you like to criticize others for having a cheating spouse, you are probably worried about yours

• to identify what you find most humorous note what makes you laugh

• also note what jokes you remember or create
  • assuming you’re not tailoring your jokes to your audience

• also note what topics you like to gossip or criticize others about
  • topics you like to tell others
  • topics you liked hearing from others
Develop the habit of using humor to diagnose other’s fears.

• note what makes others feel humour
  • what makes them laugh
  • what jokes do they like telling
  • what topics do they like to gossip or criticize others about

• apply to everybody around you
  • spouses – do they gossip about adultery?
  • children – do they criticize others for doing drugs?
  • parents – do they like telling jokes about incontinence?
  • bosses – do they particularly enjoy jokes about drinking?
  • subordinates – do they gossip about peers failing?
  • colleagues – do they criticize others for being sexist?

• use the insights to help some and avoid others
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Pleasing scenery and excitement are appealing, underused sources of happiness.

- not commonly thought of as source of happiness
  - relatively weak mental effects

- easy to enjoy – little work required
  - pleasing scenery: almost anytime, anywhere
  - excitement: within a short time with modern transportation

- can be enjoyed while pursuing other sources of happiness
  - while socializing for affection, exercising to feel pride

- can’t get too much
  - like obesity from too much pleasing taste

- while both triggered by scenery, pleasing scenery and excitement need to be managed differently
Maximize pleasing scenery by surrounding yourself with lush scenery.

- at home
  - live near parks
  - buy/rent homes facing lush scenery
  - add landscape paintings and indoor plants

- at work
  - choose companies or offices that have plants or parks
  - choose careers that involve lush scenery

- socializing/exercising
  - use parks for walking with others, jogging or dog walking
Maximize excitement and stop boredom by routinely visiting novel scenery.

- once a year, vacation in a new location
  - the more novel to you, the better

- once a quarter, drive to nearby novel scenery
  - spend a long weekend at a B&B in the countryside
  - visit nearby cities or towns

- daily, look for novel scenery doesn’t require travel
  - watch travel programs on television
  - look at travel glossy magazines in waiting rooms

- difficult to know if you have felt enough excitement
  - to stop you feeling boredom
  - may notice difference when you compare your mood before and after your annual trip
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Sexual pleasure is an **overused, overvalued** source of happiness.

- most people consider sex to be important to happiness
  - you can’t be happy unless you’re having good sex
  - women confuse infatuation and sexual pleasure

- yes, sexual pleasure can be a very strong sensation

- however, it’s an infrequent and short-lived pleasure
  - you feel a positive for a few minutes

- and it requires work and has downsides
  - work to arrange an interested partner
  - physical work to perform, infection risk

- happiness is never determined by sex
  - you can have great sex and be unhappy
  - you can have no sex and be happy
Do you consider sex important to happiness?

• if you answer yes, you put too much emphasis on it
  • you are not putting enough emphasis on other sources of happiness, like affection or pride

• if you answer no, you don’t need to make any changes
  • it’s a low priority – where it should be
  • sex does not need any planning or management
  • it doesn’t need more attention that it already receives
When thinking about **others**
remember how the genders differ!

- **men** should remember that:
  - women do not feel lust
  - women do not feel visual pleasure
  - women do feel vaginal pleasure, but it’s only elevated during months 4-8 of a relationship
  - women do feel clitoral orgasm, not vaginal orgasm
  - what women really enjoy is infatuation, not sex

- **women** should remember that:
  - men feel lust
  - men feel visual pleasure
  - the strength of visual pleasure men feel declines with a woman’s novelty
Sunday November 26

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

10:45am – 12:00pm   social emotions
                  primary rank emotions

12:00pm – 12:30pm   lunch break

12:30pm – 2:00pm   romantic emotions
                    parental emotions
                    humour
                    scenic sensations
                    sexual sensations
                    eating sensations
                    hazards
The eating sensations are the eighth priority.

<table>
<thead>
<tr>
<th></th>
<th>priority</th>
<th>sensation</th>
<th>question</th>
</tr>
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<td>scenery/travel</td>
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<td>sex</td>
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<tr>
<td>food</td>
<td>8. eating</td>
<td>pleasing taste, hunger</td>
<td>Are you overweight?</td>
</tr>
<tr>
<td>threats</td>
<td>9. hazards</td>
<td>envy, revenge, anger, compassion, selfish guilt</td>
<td>Do you feel envy most days? Do you get angry most days? Do you feel sorry for others most days?</td>
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Pleasing taste is the easiest source of happiness and consequently the most overused source of happiness.

- pleasing tastes are the easiest way to be happy
  - very little work required
  - immediate and reliable
  - easy-to-understand

- quickest way to offset negative emotions
  - stop feeling loneliness or humiliation when ice cream hits your tongue

- overuse driven by belief you should be happy
  - if you’re unhappy, something is wrong
  - people correct this problem by eating
  - we’re not supposed be happy
Are you overweight?

• if you’re not overweight, move to the next priority
  • you should not change your eating

• if you’re overweight, you rely on food too much for happiness
  • treat your extra weight as a symptom of a happiness problem

• replace pleasing taste with different positive emotion
  • instead of eating, go for a walk and enjoy pleasing scenery
  • instead of eating, go out with friends and enjoy affection
  • instead of eating, see a comedy and enjoy humour
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scenic sensations
sexual sensations
eating sensations
hazards
The hazards are the ninth priority.

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Envy, revenge, compassion and guilt make you **unhappy** and **harm you**.

- hazards cause unhappiness
  - envy, revenge, compassion, guilt are strong negative effects

- hazards are not linked to positives
  - like humiliation is a risk linked to pride
  - like grief is a risk linked to maternal love

- hazards encourage particularly harmful behavior
  - envy can make you harm a peer
  - revenge can make you harm a stranger
  - compassion can make you harm yourself to help a stranger

- hazards do not include startle or fear
  - they do stop you feeling happiness
  - however, they do not harm you – they help your survival
Avoiding hazards is often the biggest opportunity to improve happiness.

- first inclination to improve happiness is more positives
  - feel more affection by socializing
  - feel more pride by working harder
  - feel more love or infatuation by finding romance

- however, this approach is usually already exhausted
  - obvious opportunities have been pursued

- less obvious is the opportunity to improve happiness by reducing negatives
  - feeling less envy, revenge or compassion is just as helpful as feeling more affection, pride or love
  - probably more opportunity given how little focus this approach has been given in the past
If you feel hazards most days, take more steps to avoid them.

- avoid situations that typically trigger these emotions
  - envy – don’t socialize with people you envy
  - revenge – don’t commute at peak times
  - compassion – avoid streets with panhandlers

- if you cannot avoid these situations, try to change your conclusion
  - envy – a higher-ranked peer is not doing better
  - revenge – the other driver swerved to avoid a child
  - compassion – your neighbour could have bought flood insurance

- if you cannot avoid these situations or conclusions, do and say nothing
  - develop the habit or policy of doing nothing
  - it’s the only hope you have of stopping these powerful emotions

- for revenge in particular, don’t even imagine doing something
  - if you repeatedly picture doing something, you’ll just do it when a surge of revenge is triggered
not listed on

The Happiness Checklist:

grief – so few people feel it
Next week’s topics are:

<table>
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<td>Sun Oct 22</td>
<td>Monogynic Love Infatuation</td>
</tr>
<tr>
<td>Sun Oct 29</td>
<td>Jealousy, Heartbreak Sexual Sensations</td>
</tr>
<tr>
<td>Sun Nov 05</td>
<td>Parental Love, Cute, Grief Affection, Loneliness, Crying</td>
</tr>
<tr>
<td>Sun Nov 12</td>
<td>Pride, Humiliation Humour, Laughter, Envy</td>
</tr>
<tr>
<td>Sun Nov 19</td>
<td>Revenge, Anger, Criminal Guilt Compassion, Selfish Guilt Minor Emotions</td>
</tr>
<tr>
<td>Sun Nov 26</td>
<td>Analyzing Happiness</td>
</tr>
<tr>
<td>Sun Dec 03</td>
<td>Q &amp; A ?</td>
</tr>
</tbody>
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Do we meet next week?

- how many people would attend?
  - will ask for show of hands in a minute

- just questions from class – no presentations
  - would have presentations available

- all questions are okay
  - specific personal situations, for instance
Next week
will be different.

• just your questions
  • no presentations from me
  • I will pull up presentations if asked

• please bring questions if possible
  • better yet, email them to me

• personal questions are good
  • probably apply to others
That’s all folks!