

The Happiness Class

November 26, 2017

afternoon session: managing happiness

romantic emotions, parental emotions

minor emotions, hazards

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

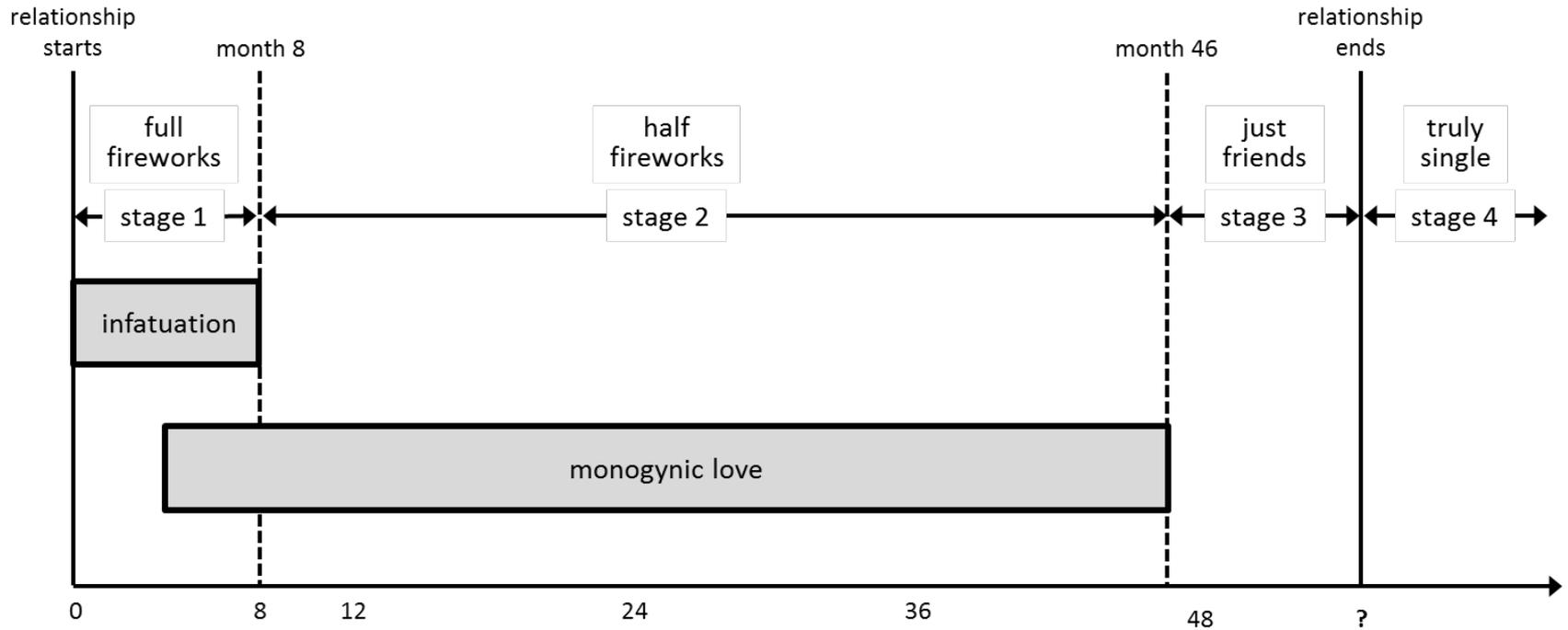
The romance emotions are the third priority.

friends/family	1. social	affection loneliness, crying	Do you cry more than once a week?
career/hobby	2. primary rank	pride humiliation	Is your rank up, flat or down?
dating	3. romance	monogynic love infatuation	Which stage of romance are you in?
children	4. parental	maternal love grandmaternal love	Are you a mother or grandmother?
comedy/gossip	5. humor	humor, laughter	Do you enjoy humor > 4 hrs/wk?
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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?



During the first 8 months (stage one),
everybody is happy and horny.

women

- feel strong infatuation
- feel elevated vaginal pleasure
- want to turn man on
- want to have sex

men

- feel monogynic love
- feel strong visual pleasure
- want to make woman happy
- want to have sex

relationship

- very stable
- small % of relationships
- “should get a room”

From month 8 to 46 (stage two),
only men are happy.

women

- no longer feel infatuation
- no longer feel elevated vaginal pleasure
- just feel weak affection
- no longer want to turn man on
- no longer want to have sex
- look for happiness elsewhere
 - maternal love
 - infatuation
- pride
- future focused

men

- still feel monogynic love
- still feel visual pleasure, but weaker
- feel weak affection
- still wants to make woman happy
- still wants to have sex
- happy with present – not future focused

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.

women

- lose affection from a key source

- find replacement for lost affection
- looking for romance
- search for affection and romance
often combined – better to separate

men

- lose affection from a key source
- lose sexual partner

- find replacement for lost affection
- looking for romance
- looking for sex
- search for affection, romance and sex
often combined – better to separate

Ending a long-term relationship means trading affection for fireworks.

continue relationship

- never feel monogynic love or infatuation again
- continue to grow stronger affection

end relationship

- feel monogynic love or infatuation again for limited time
- lose multi-year investment in building affection
- permanently cap strength of affection you'll feel in old age

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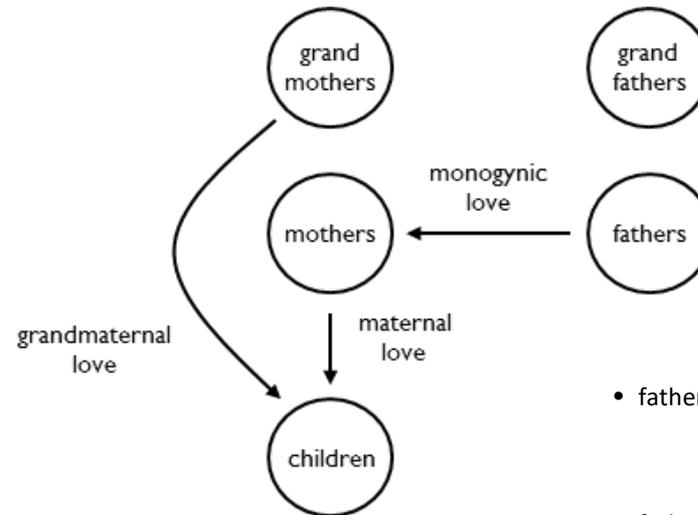
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The parental emotions are the fourth priority.

friends/family	1. social	affection loneliness, crying	Do you cry more than once a week?
career/hobby	2. primary rank	pride humiliation	Is your rank up, flat or down?
dating	3. romance	monogynic love infatuation	Which stage of romance are you in?
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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

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

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career/hobby	2. primary rank	pride humiliation	Is your rank up, flat or down?
dating	3. romance	monogynic love infatuation	Which stage of romance are you in?
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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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The sexual sensations are the seventh priority.

friends/family	1. social	affection loneliness, crying	Do you cry more than once a week?
career/hobby	2. primary rank	pride humiliation	Is your rank up, flat or down?
dating	3. romance	monogynic love infatuation	Which stage of romance are you in?
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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

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The eating sensations are the eighth priority.

friends/family	1. social	affection loneliness, crying	Do you cry more than once a week?
career/hobby	2. primary rank	pride humiliation	Is your rank up, flat or down?
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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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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:

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 Minor Emotions
Sun Nov 26	Analyzing Happiness
Sun Dec 03	Q & A ?

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!

