The Happiness Class

October 22, 2017

morning session: monogynic love
(what men feel when they fall in love)
thank you
Sunday Oct 22nd

<table>
<thead>
<tr>
<th>Time</th>
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<tr>
<td>10:30am – 11:00pm</td>
<td>introduction</td>
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happiness

→

individual emotions
Emotions
The Happiness Class
This course will make it easy to:

• manage your emotions

• understand the emotions of those around you
Emotions:

• are universal to the species
• have a unique biological purpose
• have features that support the purpose
For each emotion, we’ll review the following:

- trigger
  - conclusion 19
  - sensation 12
- mental effect
  - positive 12
  - negative 17
  - suppressive 2
- physical effects
- involuntary expression
- behaviour
  - biological benefit
    - you 6
    - your genes 15
    - your group 10
- message sent
Why should we believe you?

- biological logic
- some data/research
- common occurrences
- thought experiments
- past/future experience
plausibility,
not
certainty
The weekly schedule is:

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
The Happiness Menu

The Happiness Checklist
Two books may be helpful:

Happiness Dissected

The Origin of Emotions

version 1.2

Mark Devon
Presentations will be available online.

- Handouts tab on website
- enter password: Debates
- download PPT or PDF file
- available day after presentation
The daily schedule is:

10:30am – 12:00pm  morning session

12:00pm – 1:30pm  lunch break

1:30pm – 3:00pm  afternoon session
questions?
## Sunday Oct 22nd

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Monogamy

- One mate at a time

Monogyny

- One woman at a time

Monandry

- One man at a time

Monogyny is motivated by monogynic love.
Monogyny indirectly helps a man’s child.
Serial monogyny is better than lifelong monogyny.
Serial monogyny has two implications:

- men fall out of love after some optimal time
- men cannot fall in love with a woman twice
The optimal time to fall out of love is when a child is 33 months old.
Men stop feeling love after 42 months.

How long does it take to fall in love?

- 33 months post-natal care
- 9 months pregnancy
- 42 months total

“My woman is happy.”

Monogynic love
Men fall in love after 4 months if they:

• see an hourglass figure for 4 months
• have full-time interaction by month 4
These requirements help avoid two scenarios:

- falling in love with a woman who is pregnant with another man’s child
- falling in love with a woman who cannot get pregnant
An hourglass at month 4 indicates a woman can get pregnant, but was not pregnant when they met.
Full-time interaction prevents other men courting and impregnating a woman since meeting.

- interacting 30-40 hours/week stops other men
  - does not leave 30-40 hours for other men
  - ample evidence that 40 hours/week is sufficient
- any interaction involving sight or sound of woman
  - yes: dates, phone calls, photos
  - no: text messages, facebook posts
Men do not need to have sex to fall in love.

- fall in love requirements involve women not having sex with others
  - hourglass indicates no sex before meeting
  - full-time interaction indicates no sex since meeting

- stalkers are proof that having sex is not required

- having sex does help make a man fall in love
  - shows hourglass figure
  - involves intimate interaction
  - dinner date and right dress has the same effect
Men fall out of love 4 years after meeting a woman.

- Couple meet: month 0
- Man falls in love: month 4
- Man falls out of love: month 46

Strength of positive effect:
- 33 months post-natal care
- 9 months pregnancy
- 42 months subtotal
- 4 months falling in love
- 46 months total

Monogynic love:
- “My woman is happy.”
Divorce data reflects the 4 year cycle.

**Canada**

**U.S.**

Figure 3. Percent distribution of divorces by duration of marriage: Divorce-registration area, 1990
U.S. marriages last 44 months on average.

<table>
<thead>
<tr>
<th>2002 US Census Data</th>
<th>men</th>
<th>women</th>
</tr>
</thead>
<tbody>
<tr>
<td>average age at first divorce</td>
<td>30.5</td>
<td>29.0</td>
</tr>
<tr>
<td>average age at first marriage</td>
<td>26.9</td>
<td>25.3</td>
</tr>
<tr>
<td>average length of marriage</td>
<td>3.6</td>
<td>3.7</td>
</tr>
<tr>
<td>average length of marriage</td>
<td></td>
<td>3.7 years</td>
</tr>
<tr>
<td>average length of marriage</td>
<td></td>
<td>44 months</td>
</tr>
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</table>
Celebrity romances are also good evidence.

<table>
<thead>
<tr>
<th>Name</th>
<th>Start</th>
<th>Stop</th>
<th>After</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kanye West</td>
<td>Apr 2012</td>
<td>Feb 2016</td>
<td>Nov 2016 tour meltdown</td>
</tr>
<tr>
<td>George Clooney</td>
<td>Sept 2013</td>
<td>July 2017</td>
<td>Sept 2017 Presidential run</td>
</tr>
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</table>
Men do continue to feel affection after month 46.
Men’s behavior changes after month 46.

<table>
<thead>
<tr>
<th>monogynic love (month 4 to 46)</th>
<th>affection (after month 46)</th>
</tr>
</thead>
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<tr>
<td>strong effect</td>
<td>moderate effect</td>
</tr>
<tr>
<td>“My woman is happy.”</td>
<td>the sight or sound of the woman</td>
</tr>
<tr>
<td>strength tied to woman’s happiness</td>
<td>strength tied to familiarity</td>
</tr>
<tr>
<td>happy slave</td>
<td>indifferent roommate</td>
</tr>
<tr>
<td>buys flowers, chocolates, jewelry</td>
<td>buys products for himself</td>
</tr>
<tr>
<td>fighting stops the man feeling love</td>
<td>fighting makes the man feel affection</td>
</tr>
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Men in love are socially, but not sexually monogamous.

• men maximize reproduction by following two strategies
  • maximize two-parent children through serial monogyny
  • maximize one-parent children through opportunistic mating

• men in love are less likely to cheat
  • if discovered, their woman will be unhappy and stop his love
  • if no chance of discovery, there is no downside to man
Men can only fall in love with strangers.

- Men only fall in love with women who trigger no affection.
- Affection can identify strangers, but not familiar non-exes.
- Monogynic love:
  - "My woman is happy."
  - No affection.
  - Some affection.

Timeline:
- Month 0: Couple meet.
- Month 4: Man falls in love.
- Month 46: Man falls out of love.

Strength of positive effect:
- 4 months: 0.
- 42 months: 1.

The sight or sound of familiar people:
- Exes
- Familiar non-exes
- Strangers

Website: www.thehappinessclass.com
Men in love also feel visual/audible pleasure.
Men are more likely to stay if they learn about the 4 year cycle.

- First reaction is move on
  - Start new relationship to feel monogynic love again
  - Enjoy novel visual/audible pleasure again

- Second reaction is stay
  - There is no "one" that will make a man feel love forever
  - Leaving will end up in the same place in 4 years
  - Staying means moderate affection grows stronger
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