

The Happiness Class

November 05, 2017

morning session: parental love, cute, grief

Sunday November 05

10:30am	–	10:45am	last week - questions/comments
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11:00am – 12:00pm parental love, cute, grief

12:00pm – 12:30pm lunch break

12:30pm – 2:00pm affection, loneliness, crying

Questions? Comments?

- about jealousy? about heartbreak?
 - I did a poor job – confusion with revenge
 - hope to clarify later
- about the sexual sensations?
 - slender is relative to men, children
 - genitalia no visual pleasure, but imagined penile
 - pubic hair purpose – armpit/groin
- about other stuff?
 - handouts okay? password: Debates
 - half hour lunch okay?

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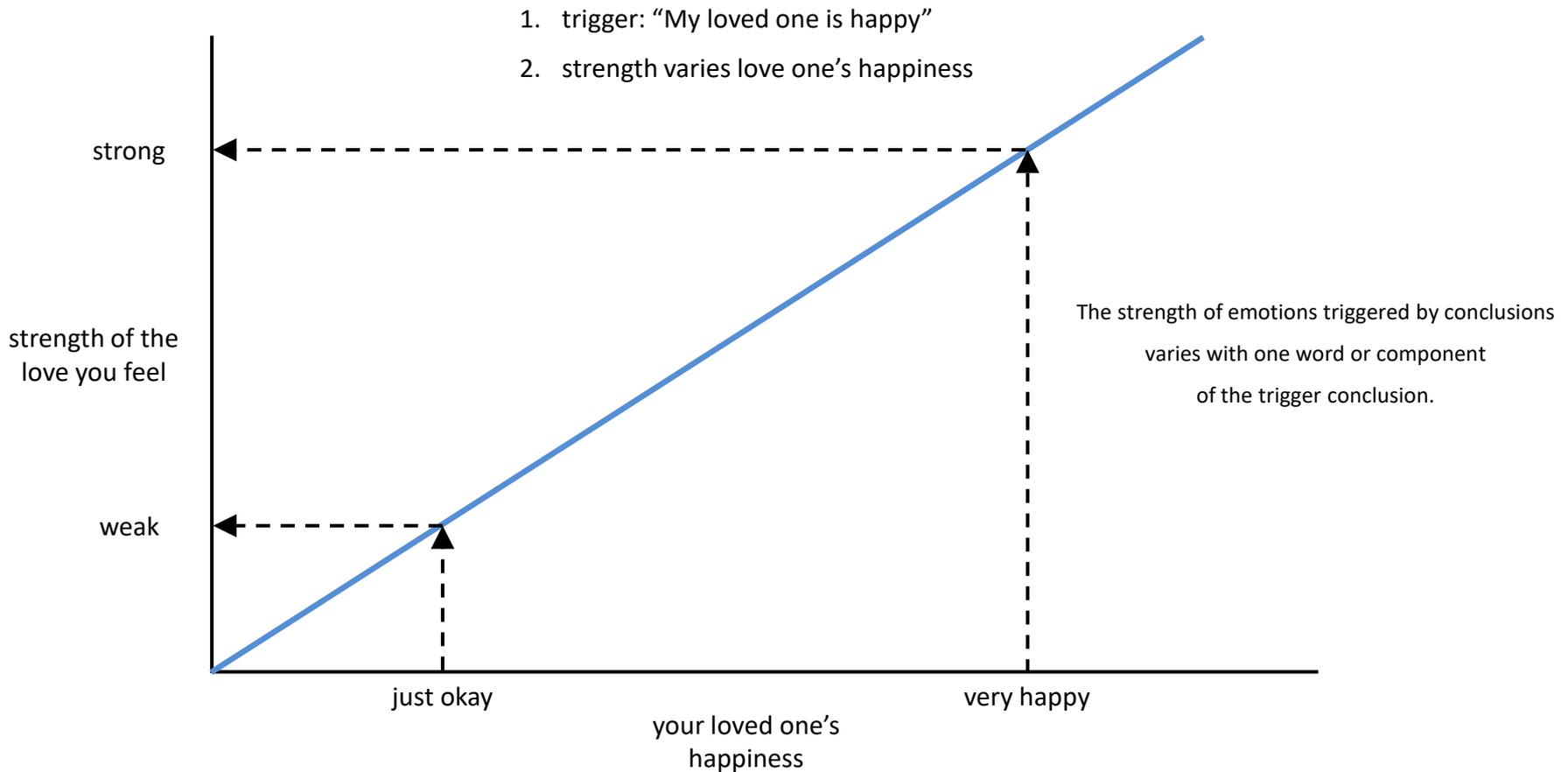
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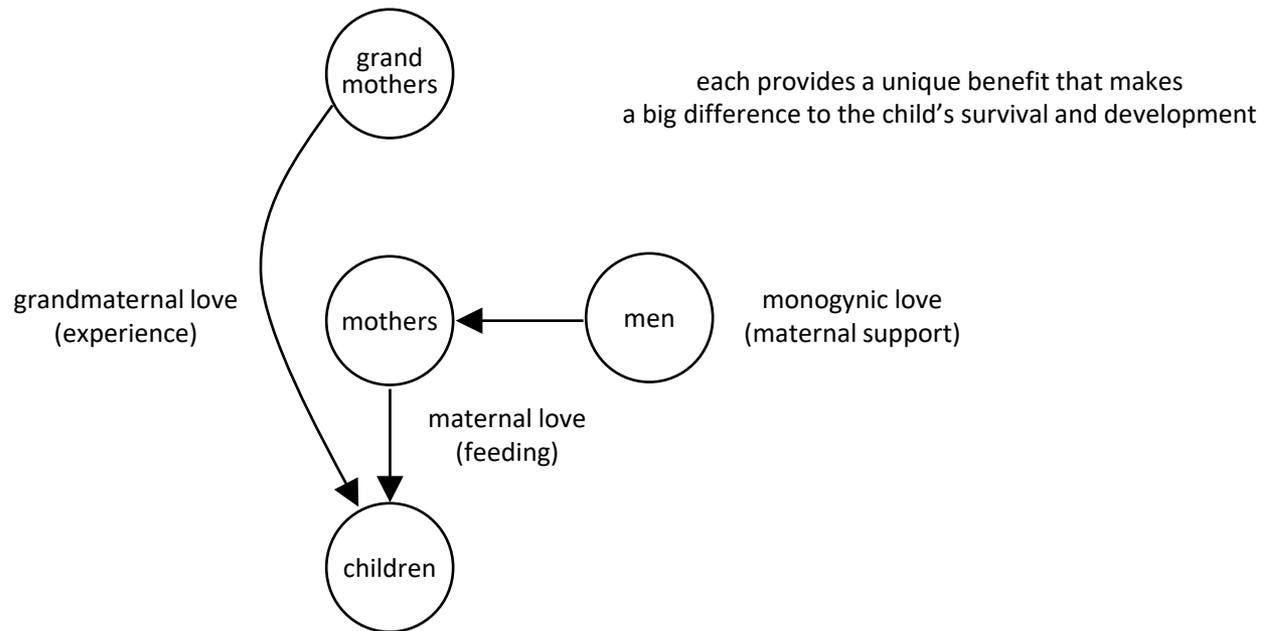
Love inextricably ties your happiness to the happiness of your loved one.



Love only makes sense where there is a unique benefit to infant/toddler kin.

- benefit must be big to offset high biological cost of grief
 - loving person seriously harms their own survival
 - full-time diversion of time/resources to the loved one
- to be a benefit, must involve kin to help genes of loving person
- to be a big benefit, kin must be infants or toddlers
 - only humans that need full-time care to survive and develop
 - older humans don't benefit significantly from full-time care
- to be unique, benefit must not be already be provided by others
 - children don't need two mothers, for example

Only three people feel love:
men, mothers and grandmothers.



Nobody else feels love.

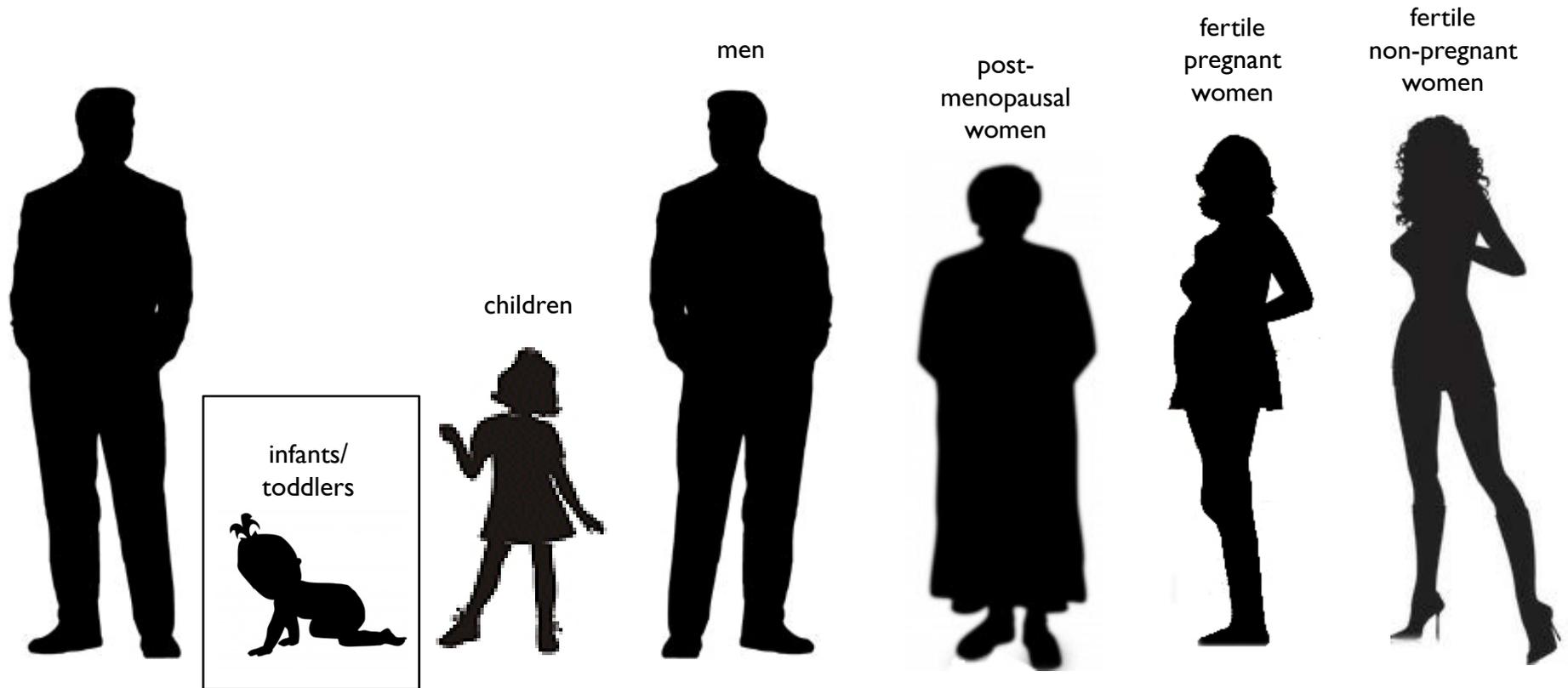
- fathers don't love children
 - cannot feed infants/toddlers or provide experience
- grandfathers don't love grandchildren
 - gone by time their children were 3 years old
- children don't love parents
 - parents not infants/toddlers
- siblings don't love siblings
 - cannot feed infants/toddlers or provide experience
- women don't love men
 - men are not kin

Instead of love, other people feel affection, cute or infatuation.

- everybody feels affection for others
 - triggered by sight/sound of familiar people
 - the more familiar, the stronger affection is
 - what most people mean by “love”
- everybody also feels cute when looking at infants/toddlers
 - stops when child 33 months old
 - fathers mistakenly think cute is paternal love
- women feel infatuation when “in love”
 - triggered when men attracted to woman
 - infatuation has been review previously

We're now going to take
a 4 slide detour to explain cute.

Cute is triggered by visual/audible differences
between infants/toddlers and other humans.



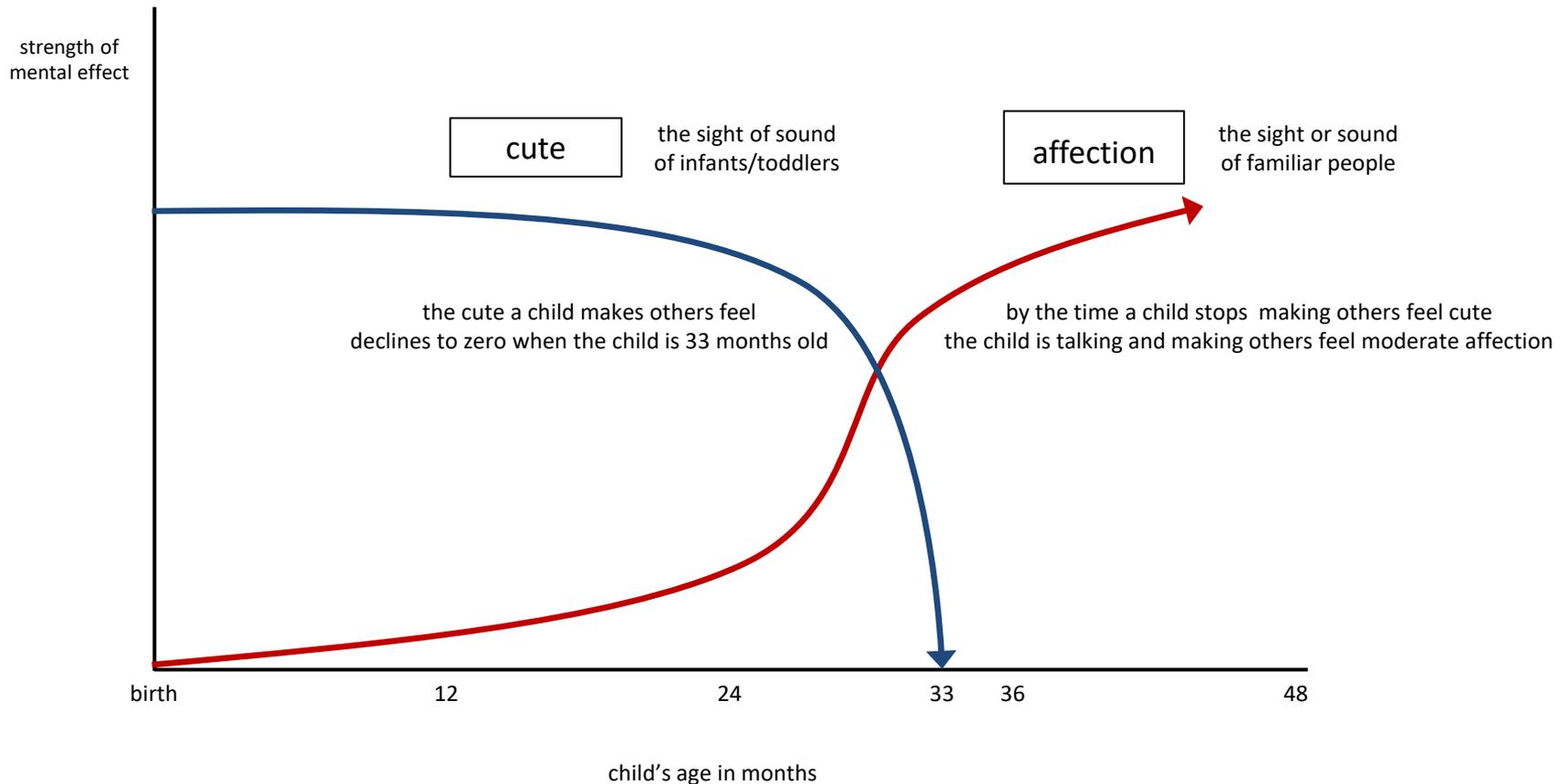
Cute is triggered by visual/audible differences between infants/toddlers and other humans.

- sight of:
 - scaled down features : hands, feet
 - scaled up features : large eyes
 - behaviours : clumsy walking
- sound of voices with higher pitch and resonance
 - squeaky voices
- mistakenly triggered by other scaled down visuals
 - puppies, kittens
 - Mini cars, Legoland
- helps if larger version beside it
 - baby elephant beside mother

Cute fills a gap that affection doesn't cover.

- kin interaction is critical to infants/toddlers
 - a key stage of mental development
- infants/toddlers do not trigger significant affection
 - not familiar yet
 - cannot talk – key to making others feel affection
- without cute, people would not enjoy infants/toddlers
 - besides mothers and grandmothers
- cute solves the problem
 - makes people happy to interact with them
 - makes fathers think they love their children

Cute ends when a child is 33 months old.



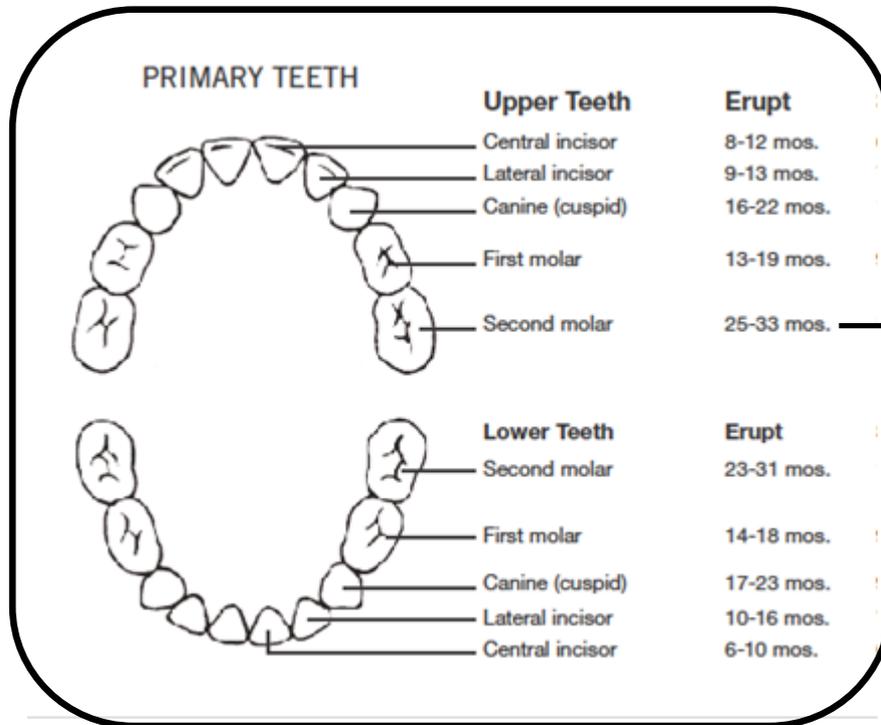
Although love, affection and cute are all positives,
they are different emotions and motivate different behaviours.

love	affection	cute
strong effect	moderate effect	weak effect
“My child/grandchild/woman is happy.”	sight or sound of the familiar people	sight infants or toddlers
strength tied to loved one’s happiness	strength tied to person’s familiarity	strength tied to child’s age
happy slave to loved one	indifferent roommate	puppy watcher
people stop feeling love when fighting with a loved one	people keep feeling affection when fighting with familiar people	
men in love spend money on their women	men out of love spend money on themselves	
mothers stop feeling love when their child cries		fathers keep feeling cute when their child cries

Although monogynic love and infatuation are both strong positives, they are different emotions and motivate different behaviours.

monogynic love	infatuation
strong effect	strong effect
“My woman is happy.”	“X, a man of equal or higher rank, is attracted to me.”
support a woman	attract a man
men stop feeling love when fighting with their woman	women stop feeling infatuation when fighting with their man
spend money buying presents for their woman	spend money buying clothes for themselves

As we reviewed earlier, monogynic love stops after 42 months to cover 9 months of pregnancy and 33 months of post-natal care.



at 33 months, children can feed themselves if given food



33 months of post-natal care
9 months of pregnancy

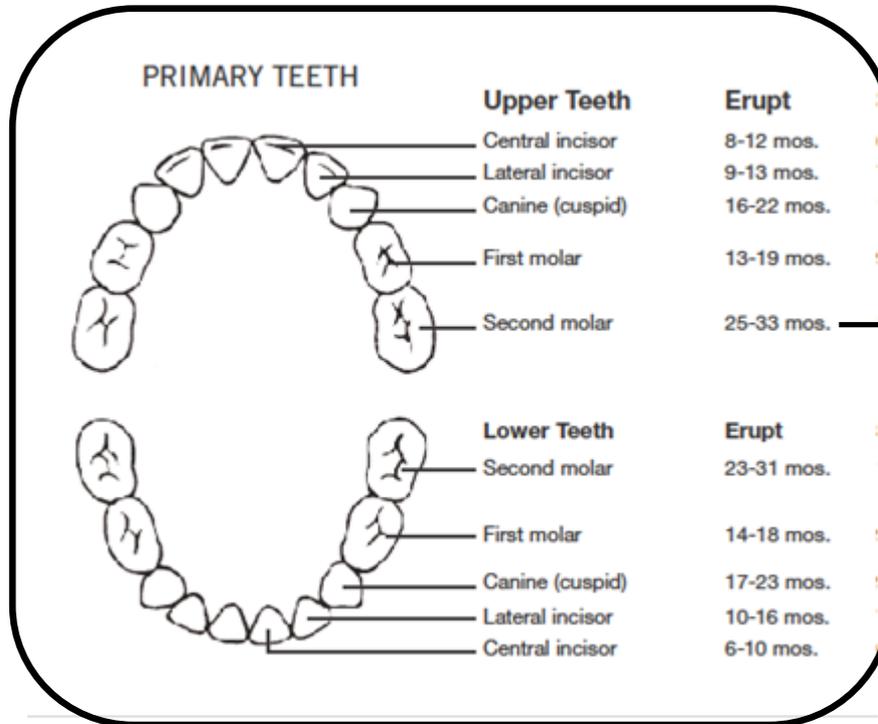
42 months of support
4 months to fall in love

46 months to fall out of love



4 years to fall out of love

For the same reasoning, maternal and grandmaternal love stop after just 33 months.

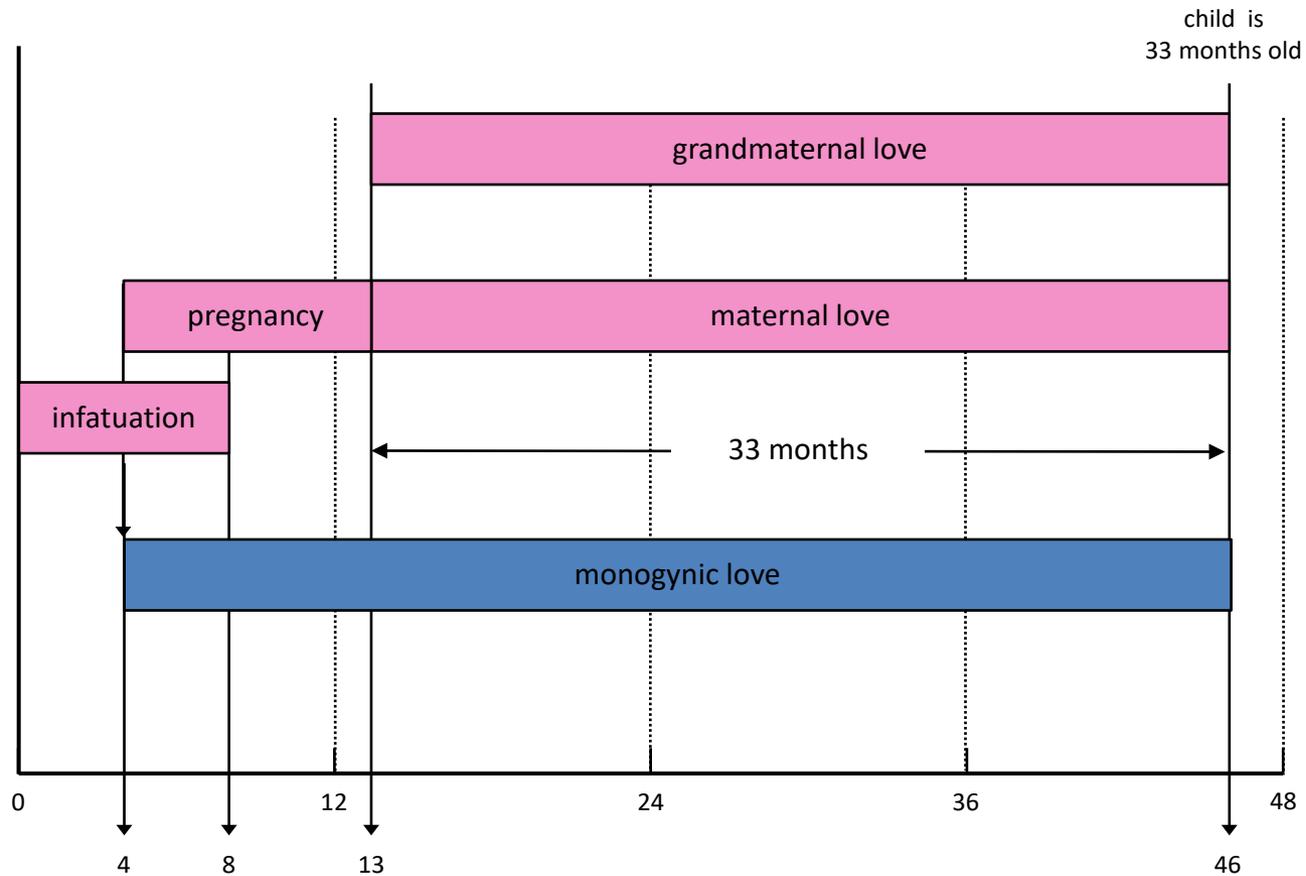


at 33 months, children can feed themselves if given food

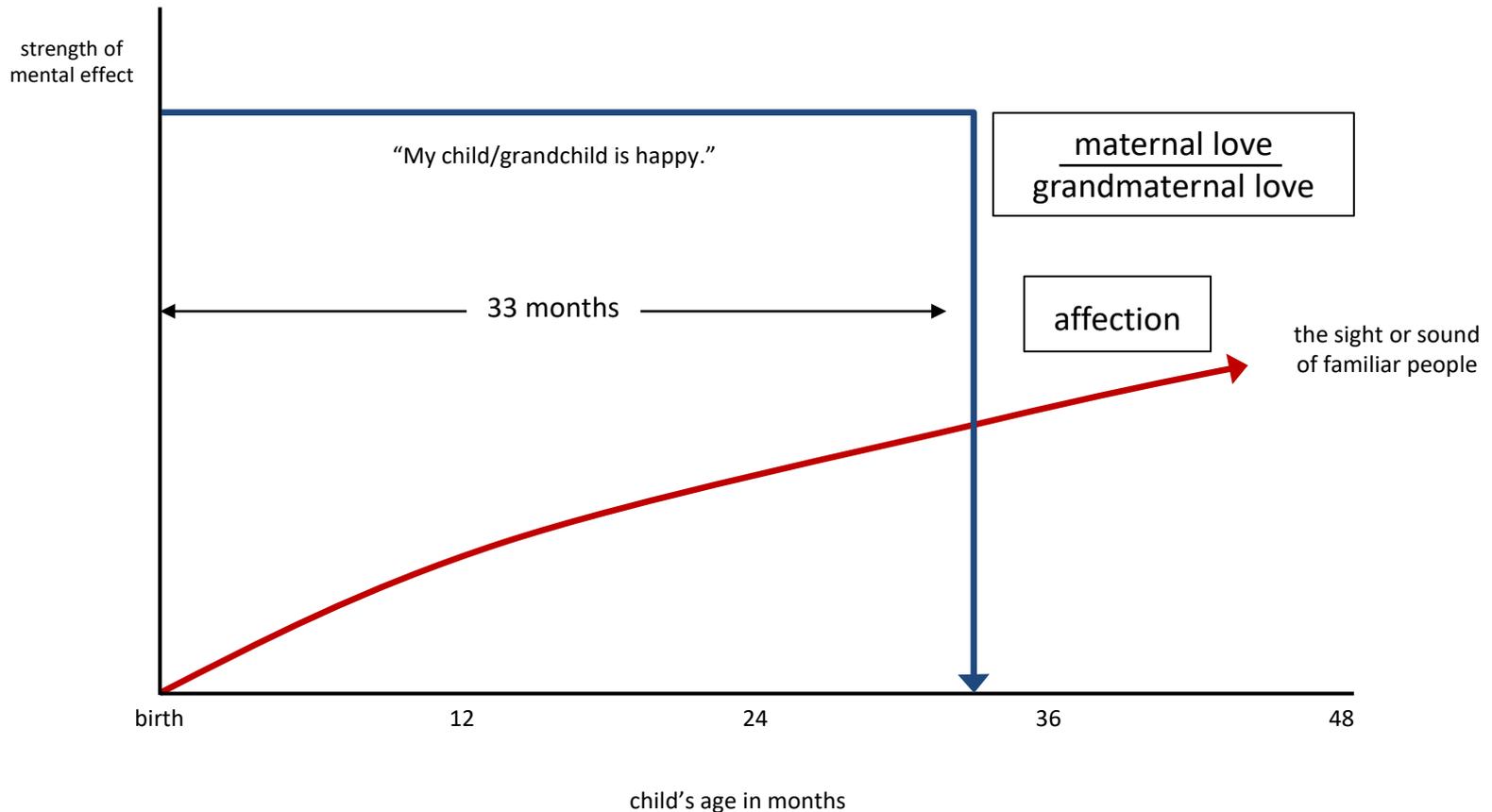


maternal love stops when child is 33 months old

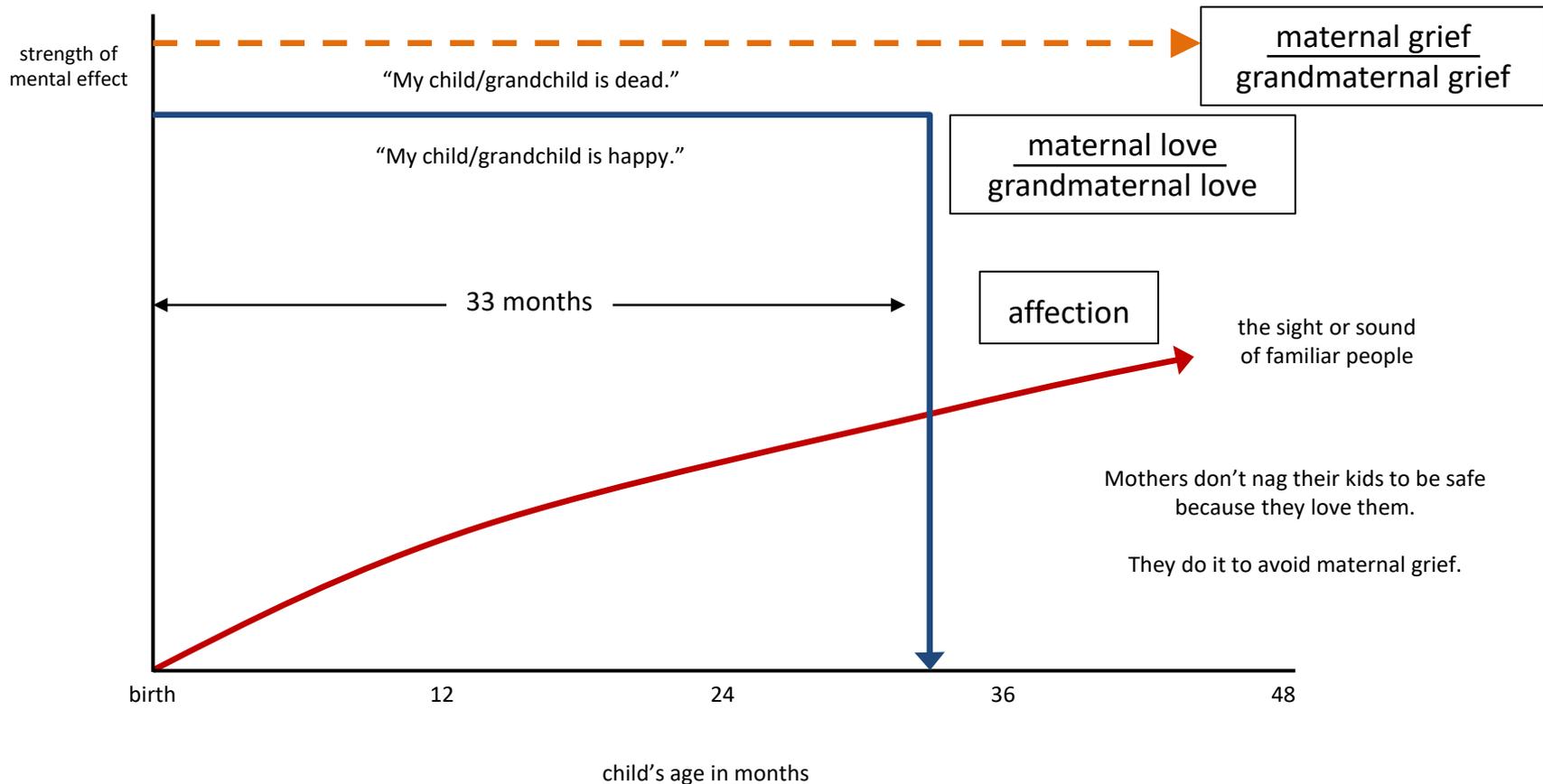
Before modern contraception, everybody stopped feeling love at month 46.



After 33 months, mothers and grandmothers do continue to feel the weaker positive of affection.



After 33 months, mothers and grandmothers also continue to face the threat of maternal/grandmaternal grief.



The terrible-two's are proof that maternal love ends after 33 months.

- terrible-two's: children become difficult aged 24-36 months
- children do become more difficult during this time
 - begin to think conceptually, trigger conclusion emotions
 - start feeling revenge, envy and humiliation
- but mothers also view their children less positively
 - at 33 months, stop getting ongoing hits of maternal love

A common response to the end of maternal love is to have another child – which is what biology wants.

- end of maternal love feels like depression
 - sudden stop after 33 months of sheer bliss
 - now just left with a lot of work and damaged body
- mothers seek to replace missing bliss with more of the same
 - why children are usually spaced 2-3 years apart
- however, mother will end in the same situation but worse
 - will end in the same feeling of depression 3 years later
 - but with twice the work
- would be best for mother and child if mother adjusted
 - get used to life without maternal love
 - it's not depression – it's just not bliss

Mothers are misled by love.

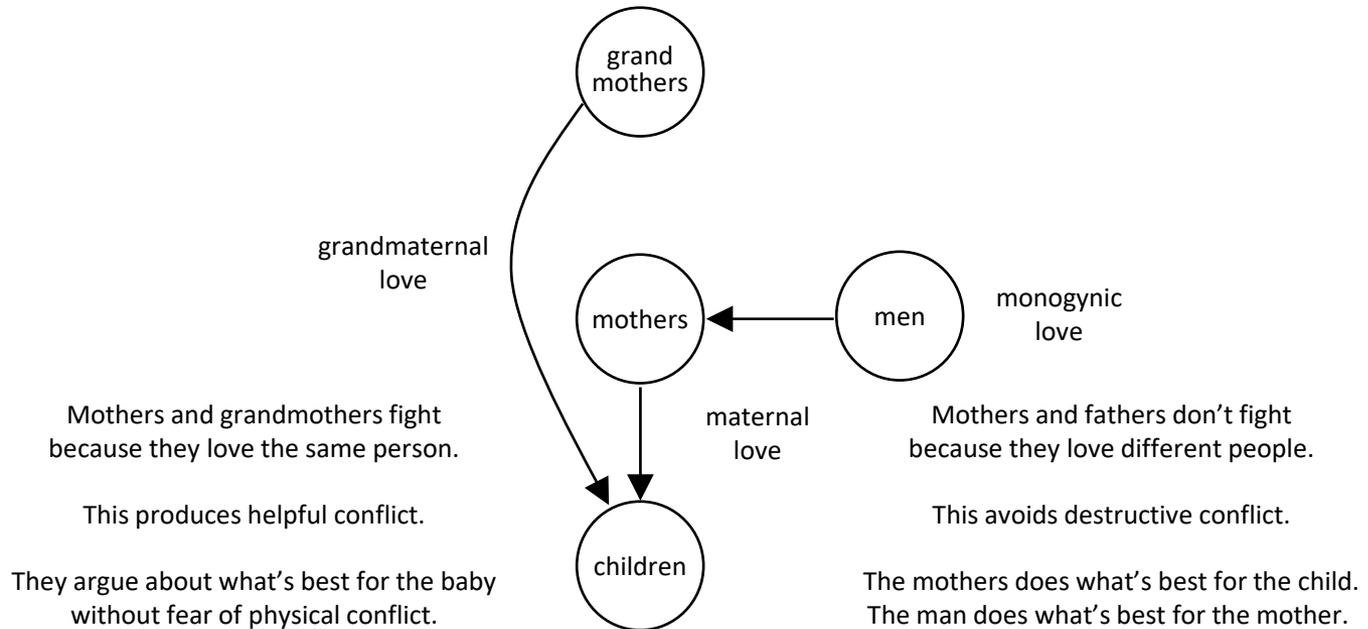
mothers assume

- they'll feel maternal love forever
 - see how happy young mothers are
- their children will love them
 - see how happy infants are with mothers

mothers get

- no maternal love after 33 months
 - just feel affection
- no love from their children ever
 - just feel affection
- a lifetime of slavery to children
- ongoing risk of maternal grief

Love avoids maternal/paternal conflict,
but not maternal/grandmaternal conflict.



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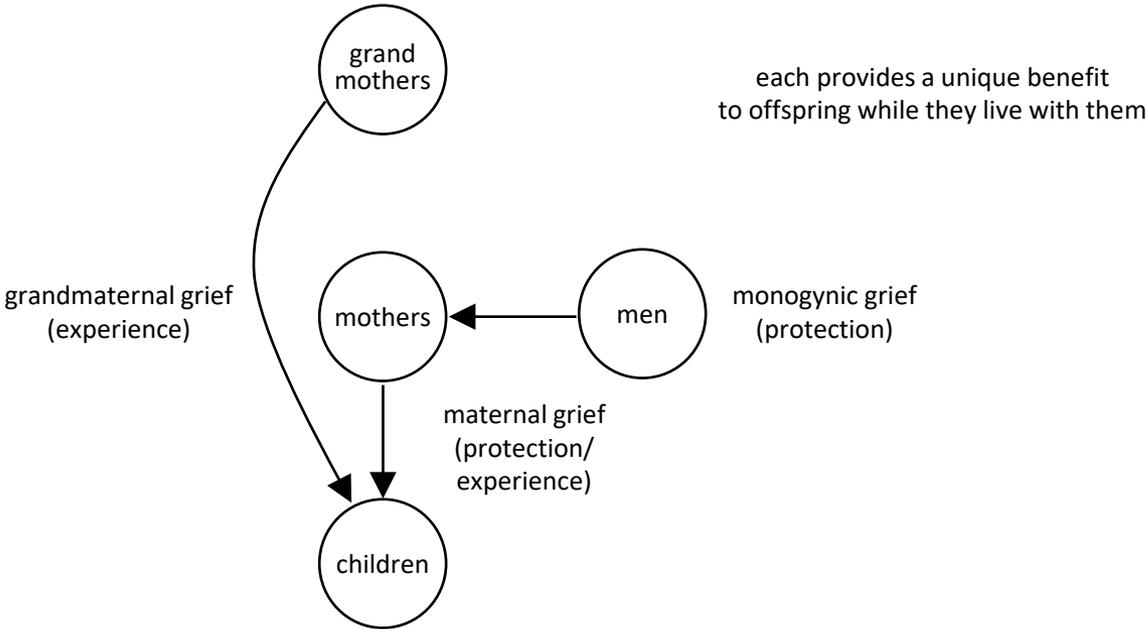
Grief ties your happiness to the survival of another person.

- strong negative triggered by “X is dead.”
 - encourages you to ensure survival of X
 - either by taking risk to save X’s life
 - or by sharing experience to save X’s life
- learn what to expect by imagining “X is dead”
 - feel imaginary grief
 - imaginary grief probably more important than actual
- grief encourages minimum effort to ensure X’s survival
 - no extra happiness from doing more than necessary
 - allows mothers to focus on children under 33 months
 - by comparison, love encourages maximum effort
 - the happier you make X, the happier you are

Grief only makes sense where there is a unique benefit to offspring you live with.

- two types of benefit help avoid death
 - protection/vigilance for young children
 - sharing of experience for older children, adults
- protected person must be kin for genes to benefit
- kin must be offspring to gain an incremental benefit
 - can't provide others with new experience or protection
- must be offspring you'd normally be living with
 - unhelpful to punish for death of those living far away
- benefit must be unique – not already provided by others

Only three people feel grief:
men in love, mothers and grandmothers.



Nobody else feels grief.

- fathers don't grieve dead children
 - infants/toddlers: mother already provides vigilance
 - older offspring: gone when they are older
- grandfathers don't grieve dead grandchildren
 - gone before children were 3 years old
- children don't grieve dead parents
 - cannot provide new experience
- siblings don't grieve dead siblings
 - cannot provide new experience
- women don't grieve dead men
 - men are not kin

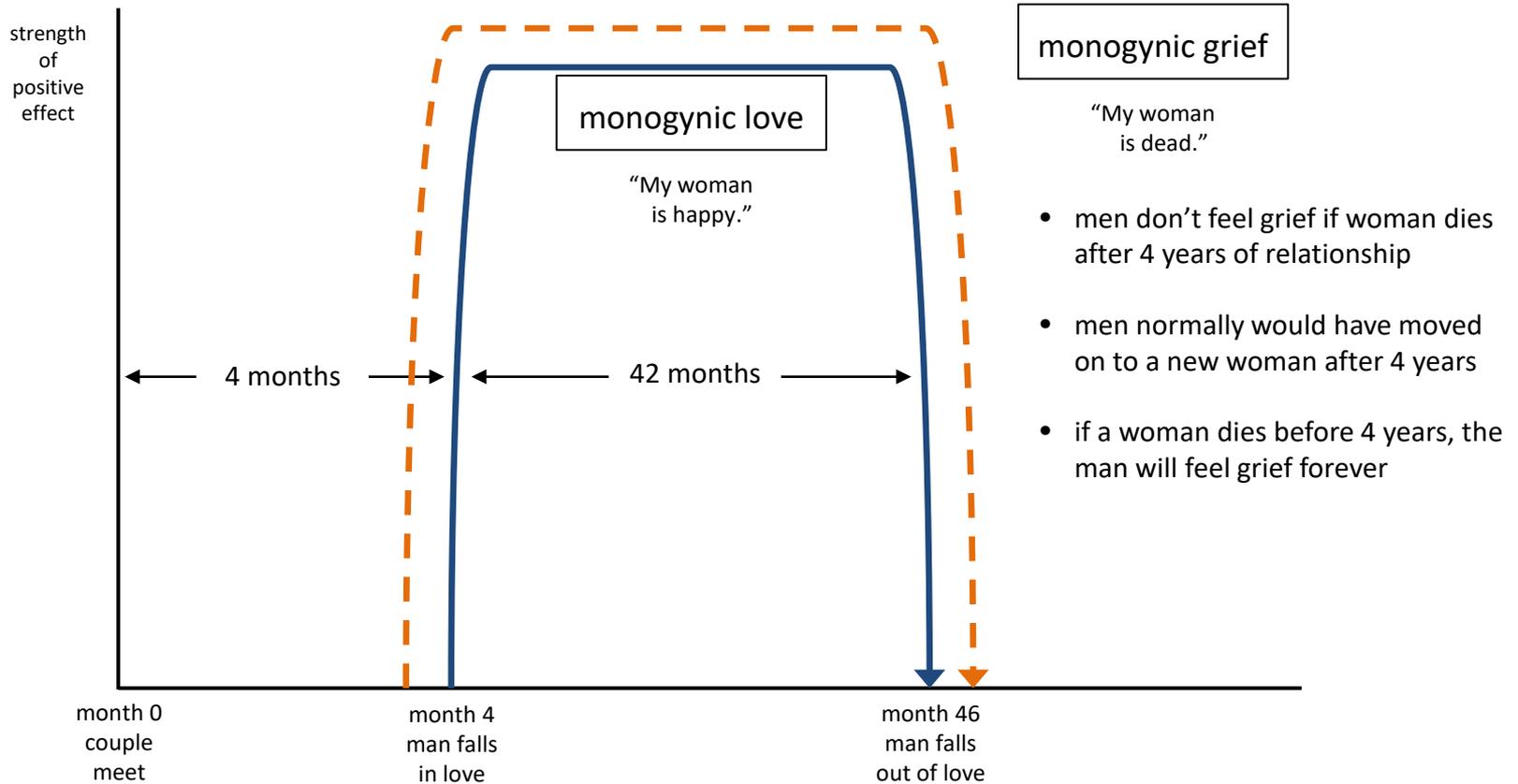
Other people feel imagined loneliness.

- all emotions can be triggered by imagining the right scenario
 - mental effect is weaker than real scenarios
 - imagining winning to feel imagined pride
- imagining a lonely future makes you feel imagined loneliness
 - when someone dies, you imagine a future without them
 - usually a scene with just the two of you and then just you
 - a particularly lonely scenario you imagine is eternal
- you may also feel fear or humiliation if you relied on the dead person
 - if they fed or housed you, you will fear change
 - and will feel humiliation if you become poorer

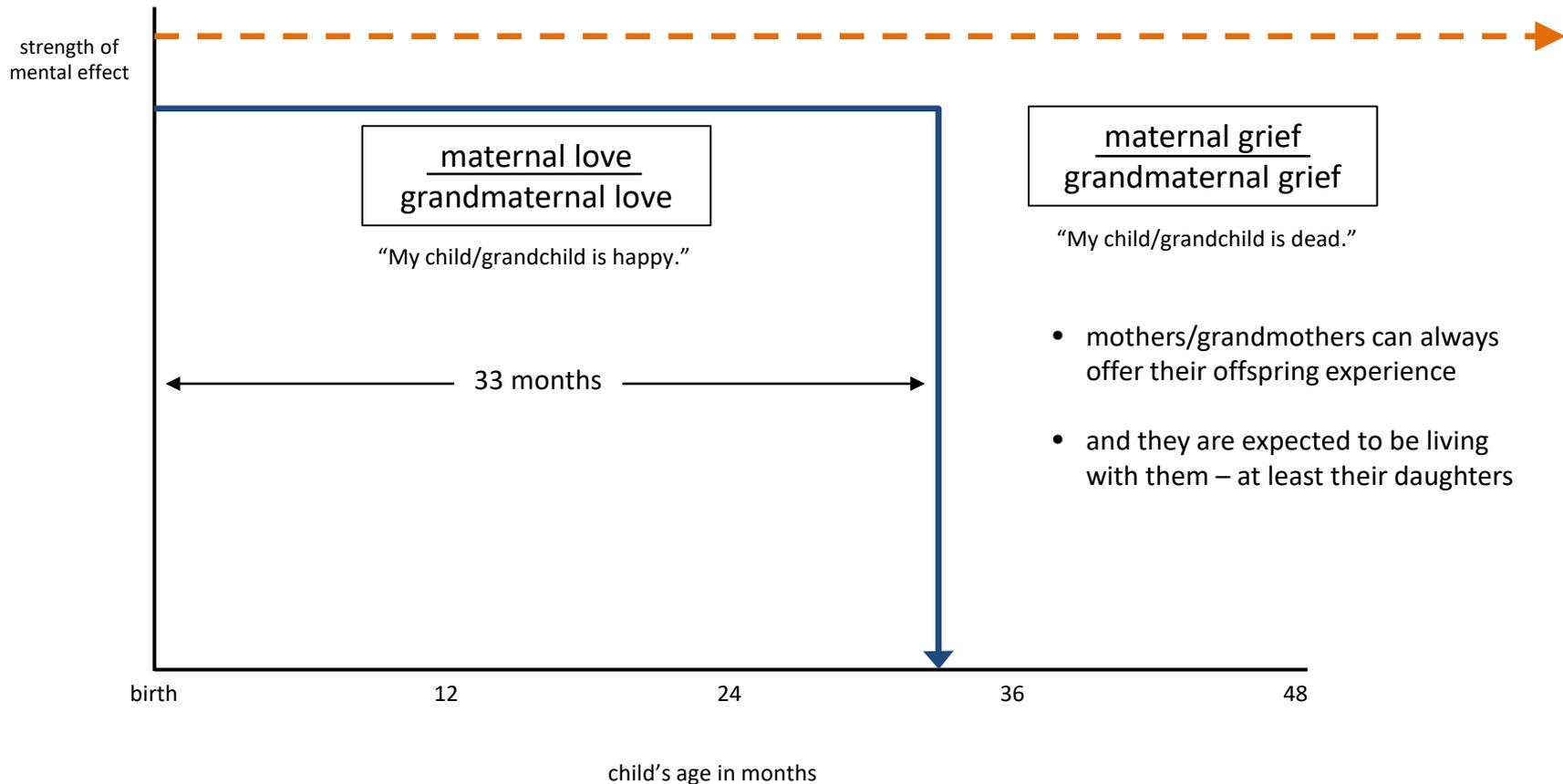
Grief is much worse than imagined grief.

grief	imagined loneliness
strong effect	weak/moderate
"X is dead."	imagining a future without the dead person
permanent	only felt while imagining that particular future
involuntary frowning	no involuntary frowning

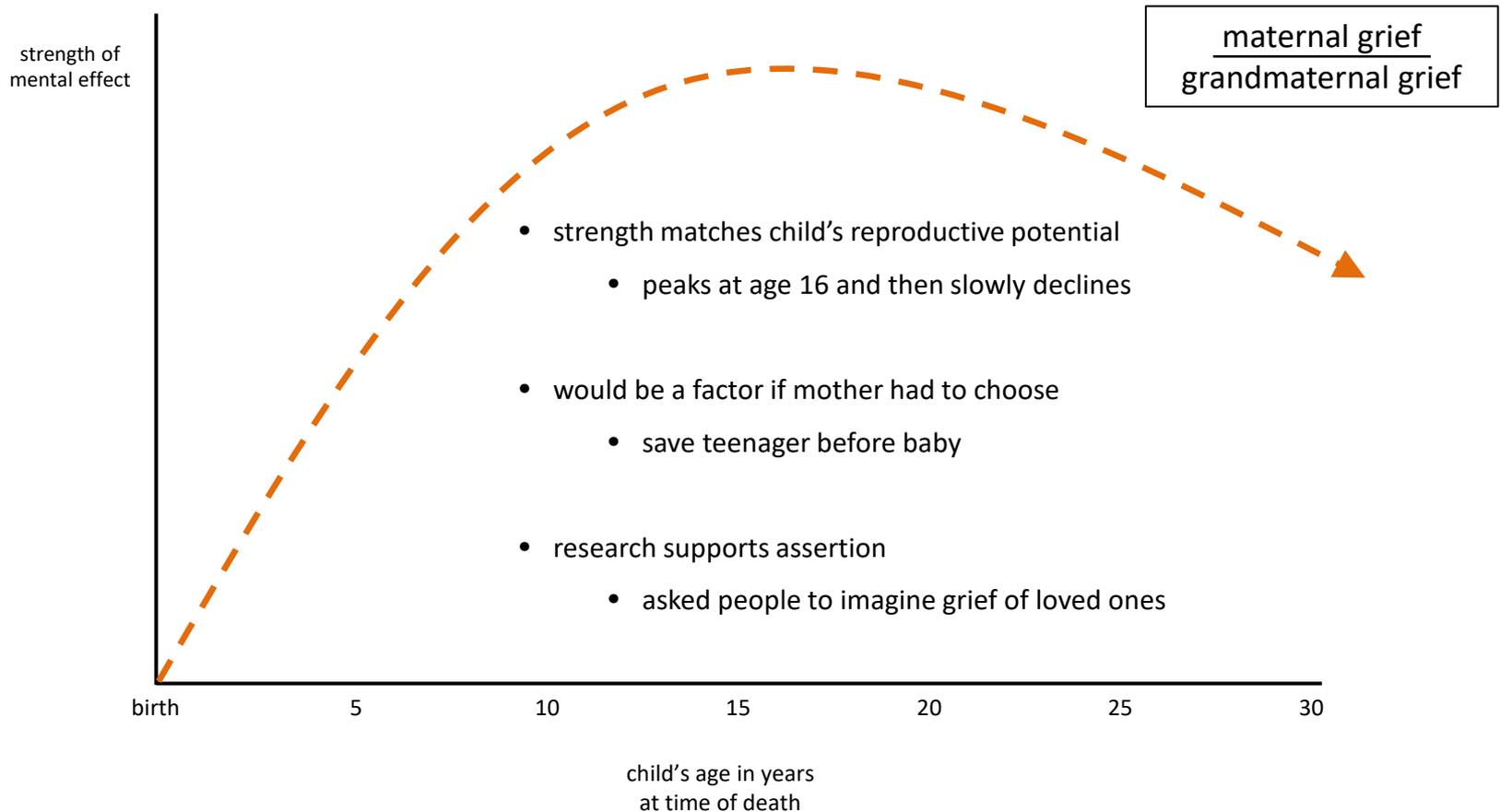
Men can only feel grief if they were still in love.



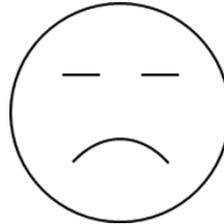
Mothers/grandmothers feel grief
whenever a child/grandchild dies.



Maternal/grandmaternal grief is strongest when the child dies at age 16.



Grief causes involuntary frowning.



turn corners
of mouth down

One of the seven emotions
that has an involuntary
facial expression.

- grief frowning is prolonged or sustained
 - not momentary like disgust frowning
- purpose is to warn others
 - this is how you'll feel if you lose your child
 - it has no effect on griever – already punished
- reliable indicator of grief
 - if they frown, they feel grief
 - if they never frown, they don't feel grief

Very few people feel grief.

- the vast majority of people of old age
- when a man dies of old age, nobody feels grief
 - his mother or grandmother could, but are usually dead
- when a woman dies of old age, nobody usually feels grief
 - her mother and grandmother could, but are usually dead
 - a man in love with her could, but it's very rare in old age
- premature deaths cause grief, but are rare today
 - mostly children dying before mothers/grandmothers
 - occasionally, a man in love loses his woman

Sting: They Dance Alone

George Michael

Grief counsellors make things worse.

- grief counsellors assume everybody can feel grief
 - don't realize virtually nobody does
- counsellors make people think they supposed to feel grief
 - so people feel unhappy because it's expected
 - or people worry because they don't feel grief
- best to leave everybody alone and save the money

People often use grief as an excuse.

- people assume everybody feels grief when a close person dies
- people take advantage of this to claim they feel grief
 - when someone close to them dies
- use excuse of grief to explain problems
 - excuse for poor work performance to boss
 - excuse for poor motivation to themselves
- real source of unhappiness is often mid-life crisis
 - when rank plateaus and a life of feeling pride stops
 - often the same time the parents die
 - more next week!

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