

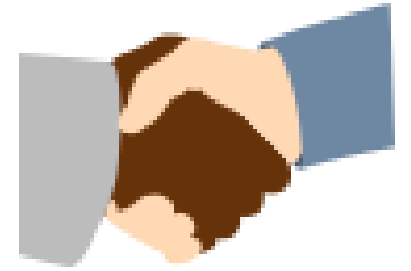


Attraction vs Bonding Chemicals

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Reminder: humans are:

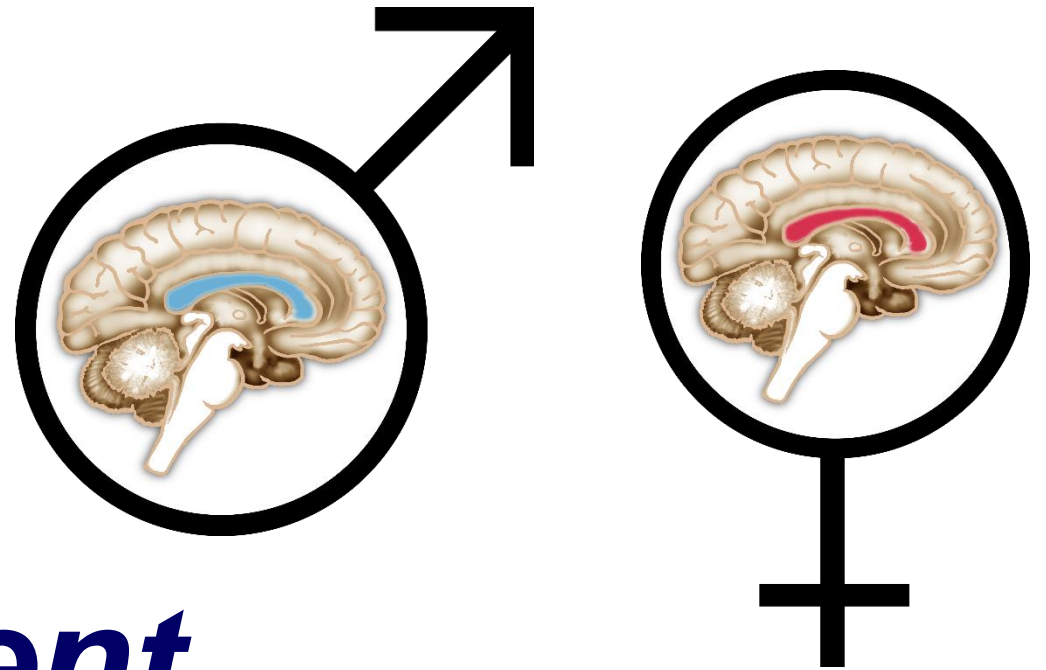


Sexual - Relational - Spiritual

**You can become addicted
sexually, relationally, and
religiously—but likely not
spiritually**

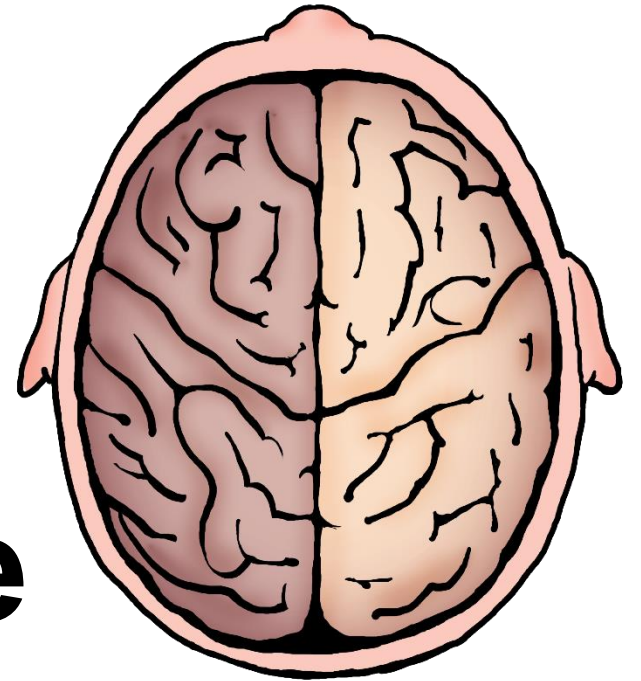
Your actions and behaviors related to relationships are impacted by:

- **Genetics**
- **Epigenetics**
- **Your Brain *Bent***



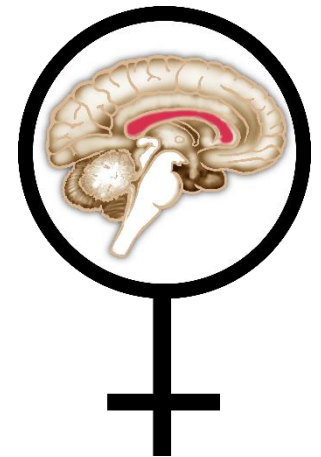
Your unique brain *bent* is one-of-kind—it is your primary *relationship* organ

Males as partners, parents, friends, and coworkers make unique contributions—or not

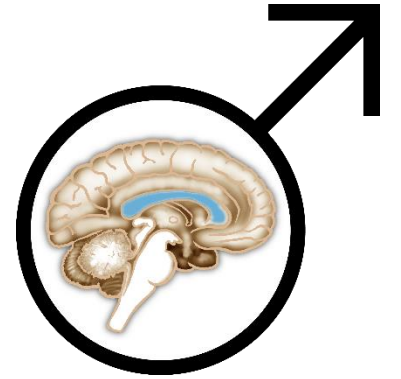


“A happy wife is a happy life”

Studies: *a husband's marital quality and life satisfaction is buoyed when his wife also reports a happy marriage* —Deborah Carr

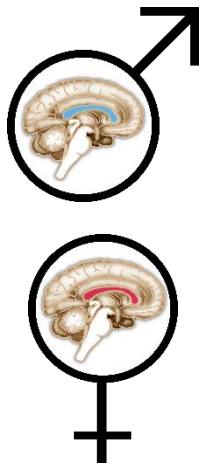


In a marriage that is deemed unsatisfactory by either partner, the male is **more likely** (than the female) to withdraw behaviorally, emotionally, or physically from his children —David C. Geary, PhD



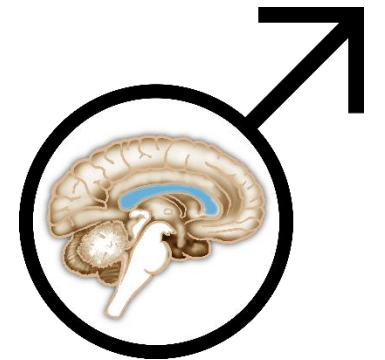
During adolescence, the results of father's absence (physically, (emotionally, or behaviorally) affects boys / girls in two ways:

- ***Earlier sexual activity (may copy parental behaviors)***
- ***Poorer school performance***

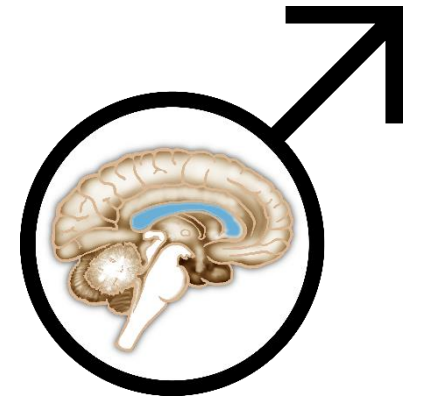


**Impact (of a father's withdrawal)
is even greater on a son**

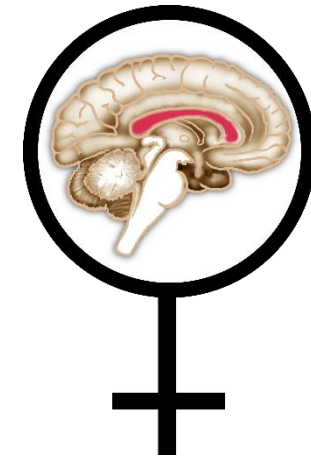
**Adult males who experienced
their father's absence *show
higher levels of cortisol
throughout entire lifetime***



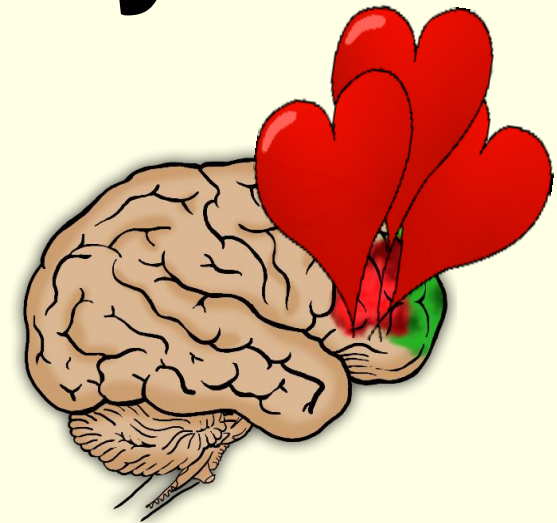
Typically, children reared with both natural parents in a relatively stable home *live longer and healthier lives*



Your child's **success** in life is impacted by your health and functionality



Your brain is the most amazing organ in the known universe; it works 24 / 7, 365 days a year, from birth to death until you 'fall in love' ... then it turns you into a chemically-fueled PEA brain



“We have chemistry!”
(hormones, neurotransmitters,
sexual energy)—relationship type
impacts the chemicals released:
sexual-romantic encounter or
committed marriage (relationship
type may reflect brain *Bent*)



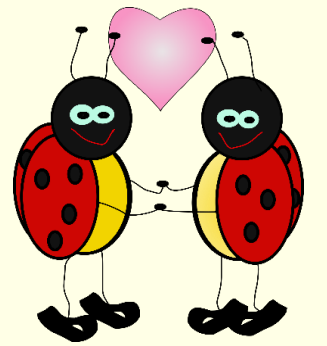
Sexual / romantic attraction is fueled by 3 powerful 'Attraction' chemicals; if mismanaged → STDs, untenable marriages, emotional / sexual affairs, pregnancy, cancer, disastrous liaisons, crimes, death . . .



**#1A - Phenylethylamine or PEA,
amphetamine-like neuro-
transmitter; ↑ elation and
↓ conscience, boundaries,
morality, decision-making, and
judgment (also in avocado and
dark chocolate)**



#2A - Norepinephrine (N&H); triggers gut butterflies; sweaty palms; pounding heart; light headedness; regulates sexual arousal; ↑ risk of becoming ‘a mental bug on speed’ and reduces cognitive function



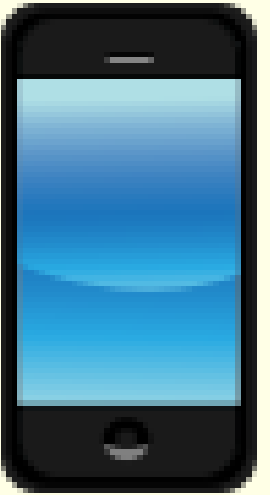
#3A - Dopamine—feel-better neurotransmitter; 50% in gut, (linked with BRS, emotional responses, addictions, bonding); Levels ↑ : as adrenalin ↑, with sexual activity, anticipation of pleasure, etc. (Voles)



When a female meets you something may trigger the release of dopamine, which will attract her to you . . . That may be a good thing, may not if you just wanted a shot of heroin . . .



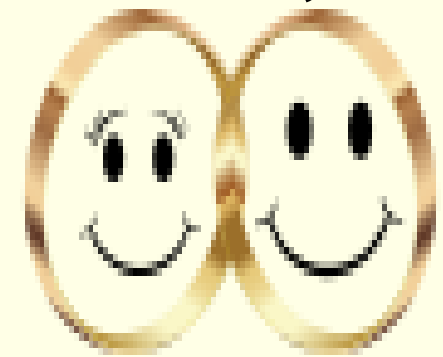
Tsunami lasts about 18 months; if addicted to PEA may move on to another—trying to recapture the passionate PEA stage (or get involved with sexual misuse: porn, phone sex, “friends with benefits,” masturbation . . .)



If the couple marry, 3 different “bonding” neurochemicals are released to help them develop a happy, deeply committed relationship over time (If it’s a poor choice to begin with, bonding may never occur)



#1B - Endorphins—brain's natural morphine; levels ↑ with physical exercise, sexual activity in committed love; promote attachment, comfort; calm anxiety, reduce stress and relieve pain



#2B - Oxytocin—hormone; plays a role in neuroanatomy of pair bonding, maternal behaviors; promotes contentment, sense of security, calmness in presence of one's mate, and allows orgasm to occur in partners



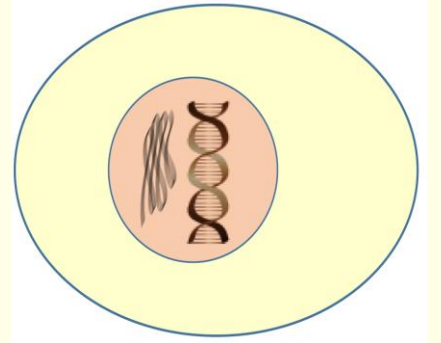
#3B - Serotonin (N)— required for the brain/nervous system to function properly (90% in gut); impacts mood, happiness, sleep; sense of well-being; levels ↑ with moderate physical activity and exercise



**Past is the best predictor of
the future! You cannot change
the other person—avoid trying!**

**Relationships take energy; the
more you have in common, the
less energy it takes to keep the
relationship rewarding / on track**

**Evaluate person / family as a
parents and in-laws; brain *bent*
similarities/differences; you both
donate cellular memory to your
offspring (Addictions?
Sex with multiple persons?
Monogamy? Lifestyle?)**



Become the person you want as friend or partner, with:

- ✓ **Good moral character**
- ✓ **Bona fide boundaries**
- ✓ **High Emotional Intelligence**
- ✓ **Good work ethic, humor, and genuine love and spirituality**



The End...

