

**LIMERENCE:** the state of being infatuated or obsessed with another person, typically experienced involuntarily and characterized by a strong desire for reciprocation of one's feelings but not primarily for a sexual relationship.

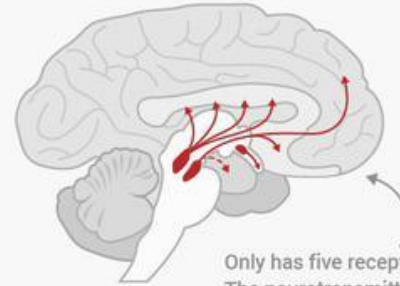
Limerence	Love
<ul style="list-style-type: none"> <li>- Obtaining affection.</li> <li>- Testosterone, dopamine and adrenaline chemicals.</li> <li>- Sees the LO as perfect and without flaws.</li> <li>- Stress and frustration due to lack of commitment.</li> <li>- Mind games.</li> <li>- Cannot stop thinking about their crush.</li> </ul>	<ul style="list-style-type: none"> <li>- Giving affection.</li> <li>- Vasopressin, oxytocin and similar calming chemicals.</li> <li>- Sees the Lover's flaws, but accepts them.</li> <li>- Calm and relaxation in a solid relationship.</li> <li>- Clear communication.</li> <li>- Can stop thinking about the Lover whenever needed.</li> </ul>

# PLEASURE VS. HAPPINESS

## the neurobiology of love vs. lust

### Why addictive pleasure isn't the same as true happiness

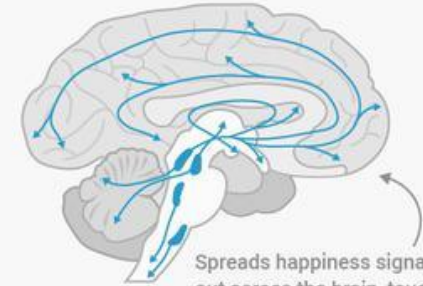
**Dopamine**  
Pleasure



Only has five receptors. The neurotransmitter fuels desire and motivation.

- **Addictive**
- **Short term**, like enjoying a piece of cake
- **Visceral**—it's felt in the body
- Inspires **taking**, like cashing in your chips at the casino
- Typically experienced **alone** (eating, shopping, drinking, bingeing)
- Makes the brain say, "This feels good, I want **more**."
- **Too much** leads to addiction

**Serotonin**  
Happiness



Spreads happiness signals out across the brain, touching at least 14 different receptors.

- **Not addictive**
- **Long term**, like contentment
- **Ethereal**—it's felt above the neck
- Inspires **giving**, like volunteering at a soup kitchen
- Generally **shared** (spending time with friends, family, colleagues, a congregation, etc.)
- Makes the brain say, "This feels good, and it's **enough**."
- **Too little** leads to depression