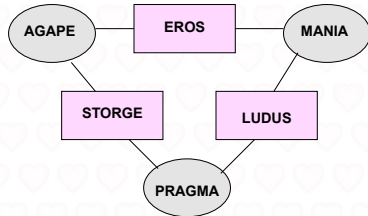


1. John Alan Lee's Types of Love

- Love types are like shades of a color
- Three primary
- Combine to form three secondary



4. Sternberg's Triangular Theory

- Based on intimacy (connection), passion (desire), and commitment

| | Passion | Intimacy | Committed |
|-------------------|---------|----------|-----------|
| Non-Love | - | - | - |
| Infatuated Love | + | - | - |
| Liking | - | + | - |
| Empty Love | - | - | + |
| Romantic Love | + | + | - |
| Companionate Love | - | + | + |
| Fatuous Love | + | - | + |
| Consummate Love | + | + | + |

Biology of Love...

- Oxytocin – the hormone responsible for human attachment, bonding, and connection
 - Released during nursing, birth, and orgasm

2. Evolutionary Theory of Love

- Adult human love is instinctual due to
 - Need for human infants to be cared for
 - Desire for adults to protect and be protected
 - Sex drive

5. Biology of Love

- Fisher – MRI while looking at a picture of your loved-one shows stimulation in the ventral tegmental area and caudate nucleus
 - Higher concentration of dopamine in these areas

Biology of Love...

- Pheromones
 - Chemicals the body secretes
 - Detected unconsciously
 - Verdict is still out.

3. Attachment Theory

- By Hazan-Shaver, but based on Ainsworth's work
- **Secure lovers**
 - comfortable with relationships
- **Avoidant lovers**
 - Uncomfortable being close, difficult to touch
- **Anxious-Ambivalent lovers**
 - Worry they aren't close enough, jealous

Same as your attachment style from when you were an infant and toddler

5. Biology of Love

- Marazziti – compared serotonin levels of ppl in love, ppl with OCD, and controls
 - Love and OCD – 40% lower levels of 5hT

D. What separates "like" from "love"

- Mutual Absorption – lovers (unlike friends) attend almost exclusively to one another