

## **Transcript: Love and Happiness**

### **INTRO**

What is happiness? What is love? Is love happiness? What does the scientific literature tell us about the two abstractions? These are some of the questions we're going to explore throughout this podcast. We'll be listening to interviews, personal opinions, and discussing what the science says about love and happiness to hopefully expand our collective understanding of these emotions and really reveal their similarities and differences, so keep it dialed in.

### **INTERVIEW ONE**

Interviewer:

“Guys, what makes you happy?”

Interviewee 1:

“Umm I like going home to see my family. My family makes me happy. I like dancing. I dance in my kitchen all the time. Just... Just because .. you know ?”

Interviewer:

“That’s so nice.

What makes you happy?”

Interviewee 2:

“My dog makes me happy. He’s like my little cuddle buddy.”

Interviewer:

Laughs

Interviewee 2:

“Always happy like on a sad day going home always makes me happy. It’s my safe place. And my family.”

Interviewer:

“Yeah. Great!”

“What makes you happy?”

Interviewee 3:

“Well, my boyfriend makes me happy.”

Interviewer:

“That’s amazing”

Interviewee 3:

“My family makes me happy. Doing something that I love makes happy. Going to school.”

Interviewer:

“Going to school? “Oh wow. Laughs.”

“What makes you happy?”

Interviewee 4:

“Umm my dog makes me happy, I think. Watching Harry Potter makes me happy.”

Laughs

“Makes me feel like I’m at home.”

Interviewer:

“Yes. I know. Thank you guys.”

Interviewees together:

“You’re welcome.”

## **INTERVIEW TWO**

Interviewee:

“What makes me feel happy?”

Being wanted, desired, and being loved by somebody else.

How do I experience happiness?

Being with someone special. Someone that shows kindness, caring, empathy. Uhh... Happiness is to feel loved.

Does love make me happy or unhappy?

Love makes me feel happy. There is not... there’s no better feeling than to know somebody loves and cares about you.

Love can also make you feel unhappy. Umm if somebody doesn’t feel the same way back to you or if the situation is very challenging. “

### **INTERVIEW THREE**

I do not believe love is happiness. I believe love and happiness are two independent events. When they are dependent on one another it does lead to positive outcomes. However, one should not drastically affect the other. By this I mean we can obtain happiness by living an ethical life. Obtaining our goals... creating positivity around us. And we can obtain love by having an individual, a partner in our life. there are bad days in relationships where its just misery. When there's no happiness around. That doesn't define how you feel in general. You might still be happy. You might still have a good day, but that person is just the negative part of your day. Where as in happiness, just because im in love doesn't mean im going to be happy all the time. Happiness might be obtained elsewhere. It might be obtained with social groups, with family, with friends. Friends that you love can give you that happiness. Friends that you dislike can give you that hatred, that negativity. When I say love and happiness are two independent events, I mean they can be lived differently through all parts of the day. When dependent on each other, as I mentioned before, it is a more positive experience. However, it should not determine if a person is happy or in love.

### **SCRIPT ONE**

There are three hormones that are responsible for the initial stages of attraction between two people: adrenaline, dopamine and serotonin. A person falling in love can experience drastic changes in their levels of these three hormones. Similarly, feelings of happiness can also be attributed to increased levels of adrenaline, dopamine and serotonin. If the same chemical reactions taking place in our bodies are responsible for both feelings of love and happiness, are these two abstractions really any different from one another? Most people, when asked, believe that love and happiness are intertwined, and that one is often not possible without the other. However, most will also place a clear divide between the two; despite their similarities, most people believe that love and happiness are two clearly different abstractions.

### **SCRIPT TWO**

Love is a mechanism in your brain that gives you satisfaction in terms of making you feel joy and excited. It triggers your receptors in way that brings joy and makes you feel invisible. You can conquer anything if you have love in your life. Same feeling as if you eat chocolate. When you taste chocolate it's a satisfying feeling and it's the same feeling as love. You feel comfortable. Love is a form of sweetness. Nothing negative around you in life would ever impact you to lose site of love because love is the most strongest representative of positivity. Love will prompt you in order to make others feel happy and prompt you to uplift others that are influenced by negativity. Having someone there in terms of caring sharing and spending moments of life with you is the best form of love. To sum up the analysis, the chemicals released that promote happiness and the chemical reaction that stimulates love both produce similar affects. So yes love in happiness.

### SCRIPT THREE

Plato once said “love is a serious mental disease.” But, what if instead of a disease, love was a serious brain parasite? The parasite toxoplasmosis can influence our emotions, namely feelings of love or attraction towards cats. The parasite lives in the brain of its host, however, it can only reproduce within the gut of cats. Therefore, while living inside the host’s brain, it influences the host. In the case of mice or rats infected with toxoplasmosis, they are undeniably attracted to cats, and thus are inevitably eaten, and toxoplasmosis’ life cycle continues. However, in the case of humans, toxoplasmosis also increases our attraction, or love, for cats. Therefore, can emotions be real if they are being influenced by something beyond our control? What of forces outside of our control that influence our feelings of happiness and love? Selective serotonin reuptake inhibitors, or SSRIs, are medications that can artificially mimic feelings of happiness in the body, and are used in antidepressants such as Prozac.

### REFERENCES/SHOW NOTES

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