



Love at First Sight

You see someone.

Within milliseconds, your medial prefrontal cortex tells you they're attractive.



Chemical Romance

Hormones and neurochemicals from your brain flood your body.

Love comes in **THREE** stages, which can overlap.

1

SEXUAL DESIRE

Possible without attachment or infatuation

Can rise and fall during long-term relationships

Testosterone increases in both men and women
Estrogen increases in women

2

LIMERENCE

Infatuation

A primitive instinct

Characterized by an increase in dopamine, which motivates you to pursue a reward
Serotonin decreases, which can sometimes cause obsession

Testosterone decreases in men and increases in women
(this may help men focus sexual interest)

3

ATTACHMENT

Increases with time in healthy and sustainable relationships, while limerence dwindles

Oxytocin (the "cuddle hormone") increases over time in long-lasting relationships



Love Can Be Scary

If you see someone you find attractive, your sympathetic nervous system may have a fight-or-flight reaction, releasing adrenaline, norepinephrine and cortisol.

Adrenaline and norepinephrine make your heart race.



Broken Heart?

Losing a loved one or a love interest can also cause a stress response in the body.

For older people, disruption in routine can cause depression.



Get the Nerve Up

Your vagus nerve runs from your brain to your stomach. Your fight-or-flight stress response stimulates this nerve, which is why your stomach does somersaults when you see a person you find attractive.