Genetic and Chemical Causes of Love: Analytical Essay

Write a discussion essay explaining what science has discovered about the genetic and chemical causes of love as described in The Right Chemistry. Pick the three most important causes and finish with a personal reflection or recommendation.

Love is a cocktail of brain chemicals: dopamine, serotonin, oxytocin, endorphin. Love triggers your happy chemicals. That’s why it feels great.

Falling in love feels great. it causes a hormone rush.

When you first fall in love, you experience a rush of brain hormones including oxytocin, the 'love hormone', the 'pleasure hormone' dopamine, and sex hormones like estrogen and testosterone, and other hormones, such as adrenaline, make your heart beat faster

Lust

If you are anxious about having a sexual encounter with someone (even if you are not entirely sure who you will end up with), chances are you will respond to the sex hormones testosterone and estrogen. Both of these hormones play important roles in increasing sexual desire in both sexes. Testosterone and estrogen get released as a result of messages from the brain. Testosterone is a very powerful aphrodisiac. Estrogen can make women more “sexualy active” when they ovulate.

Attraction

Lust is fun, but it’s not certain that it may lead to real romance. Chemicals become increasingly important when you’ve been attracted to someone for a little while.

On the one hand, chemicals associated with attraction can make you dreamy. On the other hand, they may make you feel anxious or obsessed. People who are in this early phase of 'love' can also lose sleep or even lose their appetite!

Connection

- Oxytocin: Dopamine triggers the release of oxytocin, sometimes called the 'stuffing hormone'. In both sexes oxytocin is released during contact.
- Serotonin: A chemical that is more common among people with obsessive-compulsive disorders, serotonin can increase our dependence on another person.
- Endorphins: Your brain gets a tolerance for love stimulation and begins to release endorphins. Endorphins are associated with feelings of adhesion and comfort. Endorphins are like opiates. They calm anxiety, relieve pain and reduce stress.

I “experience a rush of brain hormones” the first time i fell in love. It was a strange feeling but it felt great.

My recommendations:

I fell in love with a girl a while back. We were together for about 2 months but we both knew that the relationship wouldn't work out. We were to completely different people. But the biggest problem was our families. She is a muslim, i'm a christian. Our families were completely against our relationship. So we started fighting and in the end we ended it.

My biggest mistake was, i didn't fight hard enough. I loved this girl and i still love her till this day. I can't start a new relationship because i only think about her. Please for the love of god if you really love someone fight for that person. Because you'll regret it in the end.

Do not ask for anyone’s approval or permission. When you realize you’re in love with someone, tell them. If someone is not right for you, end it. Don’t stay with them out of pity.

Don't forget to talk to each other. Take walks together. Talk about nothing important. Just talk. And don't forget never miss an opportunity to tell someone why they make you smile. Atlast if you really love someone fight for that person.