

## The chemistry of love

### Worksheet 1 Teacher's notes



<http://www.grammar.net/tag/love-idioms-and-phrases>

Have a look at the love idioms and create a story about Kate and William using the expressions above.

*students' own answers*

2. Look at <http://mic.com/articles/77915/this-is-what-happens-to-your-body-when-you-re-in-love-and-angry-and-sad> and see what happens to your body when you feel strong emotions like love. What do you think ?

*students' own answers*

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3. Try to write a definition of love. Love is ...

*students' own answers*

4. Watch an interview with Abigail Marsh , the clinical psychologist <http://www.youtube.com/watch?v=bp7Ydv5wAPk> and read information on <http://people.howstuffworks.com/love2.htm> and answer these questions:

♥ How is love like addiction?

*We are obsessed with the other person, think about them all the time, want to spend more and more time with them, sometimes tend to take more risk, there are those who may be addicted to that love "high." They need that amphetamine-like rush of dopamine, norepinephrine and phenylethylamine. Because the body builds up a tolerance to these chemicals, it begins to take more and more to give love junkies that high. They go through relationship after relationship to get their fix.*

♥ What are the stages of love ?

*There are three distinct types or stages of "love":*

- 1. Lust, or erotic passion :*
- 2. Attraction, or romantic passion*
- 3. Attachment, or commitment*

♥ What hormones are realised in our body when we are in love ?

*That initial giddiness that comes when we're first falling in love includes a racing [heart](#), flushed skin and sweaty palms. Researchers say this is due to the dopamine, norepinephrine and phenylethylamine we're releasing. **Dopamine** is thought to be the "pleasure chemical," producing a feeling of bliss. **Norepinephrine** is similar to adrenaline and produces the racing heart and excitement.*

*In romantic love **oxytocin** is released, which helps bond the relationship. According to researchers at the University of California, San Francisco, the hormone oxytocin has been shown to be "associated with the ability to maintain healthy interpersonal relationships and healthy psychological boundaries with other people."*

***Vasopressin**, an antidiuretic hormone, is another chemical that has been associated with the formation of long-term, monogamous relationships. Dr. Fisher believes that oxytocin and vasopressin interfere with the dopamine and norepinephrine pathways, which might explain why **passionate love fades as attachment grows**.*

5. Now check what other animals apart from prairie voles mate for life: <http://www.mnn.com/earth-matters/animals/photos/11-animals-that-mate-for-life/old-faithful>