

Crazy in love

Worksheet 1 Teacher's notes

1. What is love ? Can you write a short definition of love?

♥ Love is

students' own answers

2. We often say that *love is blind* and that when we are in love we *have butterflies in our stomach*. Do you know that these emotions can be explained by chemical reactions in our body ? Read the article on Worksheet 2 and answer the following questions:

♥ What are the important discoveries made by the scientists through scanning the “brain in love”?

They have mapped the chemical changes that occur and discovered the parts of the brain that activate – and more importantly, the parts that shut down – during the heady days of courtship.

♥ How can the saying “Love is blind?” be explained on a neurological level?

The frontal cortex, vital to judgment, shuts down when we fall in love. Semir Zeki, professor of neuro-aesthetics at University College London, says: ‘When you look at someone you are passionate about, some areas of the brain become active,’ he says. ‘But a large part is de-activated, the part that plays a role in judgment.’

♥ What is the purpose of suspending any judgment when we are in love?

Prof Zeki believes the brain may behave in this way for ‘higher biological purposes’ – it makes reproduction more likely. If judgment is suspended, the most unlikely pair can get together and reproduce.

♥ Why are we happy when we are in love ?

Brain scans have also shown the area of the brain that controls fear, and another region involved in negative emotions, close down, explaining why people feel so happy with the world – and unafraid of what might go wrong – when they fall head over heels.

♥ Explain the role of dopamine, serotonin and adrenaline when we are in love.

Dopamine is key to our experiences of pleasure and pain, linked to desire, addiction, euphoria, and a surge may cause such acute feelings of reward that it makes love hard to give up. Tests show that taking opioid drugs such as cocaine have a similar effect on dopamine as love.

A side effect of rising dopamine levels is a reduction in another chemical, **serotonin**, a key hormone in our moods and appetite. Serotonin levels may fall in a similar way to those seen in people with obsessive-compulsive disorder, explaining why love can make us feel anxious and jittery.

The love chemical we are most familiar with is **adrenaline**. This hormone is why our heart races, palms sweat and mouth goes dry when we see the person we like. The same hormone is also released when we are frightened. This means that two people only vaguely attracted to one another

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can fall madly in love if they go through an exciting or scary experience together. It may also explain the lure of forbidden love.

3. Listen to the song "Crazy in love" by Beyonce and look at the excerpt of the lyrics:

<http://www.youtube.com/watch?v=ViwtNLUqkMY> ,

knowing what you have just read can you explain the emotions she is singing about?

*It's so crazy right now!
Most incredibly, it's ya girl, Bee,
It's ya boy, young.
You ready?
Uh oh, uh oh, uh oh, oh no no
Yea, history in the making,
Part 2, it's so crazy right now*

*I look and stare so deep in your eyes,
I touch on you more and more every time,
When you leave I'm begging you not to go,
Call your name two or three times in a row,
Such a funny thing for me to try to explain,
How I'm feeling and my pride is the one to blame.
'Cuz I know I don't understand,
Just how your love your doing no one else can.
Got me looking so crazy right now, your love's
Got me looking so crazy right now (in love)
Got me looking so crazy right now, your touch
Got me looking so crazy right now (your touch)
Got me hoping you'll page me right now, your kiss
Got me hoping you'll save me right now
Looking so crazy in love's,
Got me looking, got me looking so crazy in love.*

*When I talk to my friends so quietly,
Who he think he is? Look at what you did to me,
Tennis shoes, don't even need to buy a new dress,
If you ain't there ain't nobody else to impress,
The way that you know what I thought I knew,
It's the beat my heart skips when I'm with you,*

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*But I still don't understand,
Just how the love your doing no one else can.*

*Got me looking so crazy right now, your love's
Got me looking so crazy right now (oh crazy)
Got me looking so crazy right now, your touch (you're in love)
Got me looking so crazy right now (love!)
Got me hoping you'll page me right now, your kiss (hey!)
Got me hoping you'll save me right now
Looking so crazy in love's, (hey)
Got me looking, got me looking so crazy in love.
I'm looking so crazy in love's,
Got me looking, got me looking so crazy in love.*

(...)

*<http://www.metrolyrics.com/crazy-in-love-lyrics-beyonce-knowles.html>
students' own answers*