

Questions for Class: What is Love?
OLLI – Love 2.0 April 22, 2014

We are coming to class with different historical experiences of what “love” can mean. Let’s start by taking inventory of the breadth of meanings the word carries for us as a group.

1. Can you think of a story or two from your own experience – first or second-hand – that gives examples of what “love” means to you? You may share a personal experience, or a story you have heard, seen, or read that gives an illustration – or a range of illustrations.
2. Barbara Fredrickson (BF) says, “First and foremost, *love is an emotion*,” (p. 15). What is an emotion? Does the word “emotion” have good, bad, or neutral valence for you?
3. BF says “*love is connection*” (p. 17). She summarizes Love 2.0 as the “upwelling of three tightly interwoven events: first, a sharing of one or more positive emotions between you and another; second, a synchrony between your and the other person’s biochemistry and behaviors; and third, a reflected motive to invest in each other’s well-being that brings mutual care.” She calls this “positivity resonance.” What parts of this do you agree with? What parts do you question or challenge?
4. In what ways is Barbara Fredrickson’s “Love 2.0” different from traditional ideas of love? In what ways is it the same?
5. BF says the first precondition for Love 2.0 is the perception of safety. Do you agree?
6. The second precondition is “true sensory and temporal connection with another living being.” Do you agree?
7. Do you recognize the distinction she is making between Love 2.0 and “parallel play,” (p. 22), between Love 2.0 and rapport?
8. In your experience, what are smiles for? (p. 24)
9. What do you think of her comment: “Love is a product of human evolution. In this very literal way, you were made for love.”