

Questions for Class: Biology of Love
OLLI – Love 2.0 April 29, 2014

General Questions

1. When we talk about “love” what are we talking about? E.g., are there relationship specific types of love? e.g. mom, dad, pets, children, lovers, friends, colleagues, humanity, Earth, God, Universe
2. In what sense might we call love a gift we give? In what sense is love a gift we receive? What is the balance or does it matter?
3. In what sense is “love” a noun? In what sense is it a verb?
4. BF says “*love is connection*” (p. 17). Can “connections” be one-way? Or does the gift/receipt circuit need to be closed in order to be “love”?
5. In what ways is Barbara Fredrickson’s “Love 2.0” different from traditional ideas of love? In what ways is it the same?

Chapter 3: Biology of Love Questions

1. Do you imagine your body as a noun or as a verb? Can you imagine it as the one that you usually don’t? What difference might it make?
2. Do BF’s descriptions of brain wave synchronization, mirroring, and anticipation strike a chord with you? (This is supposed to be a pun.)
3. What do you think of her labs’ findings on vagal tone?

Chapter 6: Loving Self

1. Why might there be a correlation between lower levels of “self-love” in cultures that are heavy on both self-deprecation and high self-esteem?
2. BF says, “Rest assured, the order of targets to which you direct your warm wishes matters far less than the time and energy you devote to developing this habit and skill. Your aim is simply to condition your heart to be more comfortable and familiar with warm and tender sentiments.” (p. 117-118). How is your practice going?