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(HAIRPERSON'S NOTE



CAN WE PERHAPS BLAME DOPAMINE, OXYTOCIN, OR SEROTONIN HORMONES ON GBV?

Have you ever found yourself madly in love with someone, but you just did not feel the love? ...I know it's confusing....

Falling in love is one of life's most heart-warming, mind blow-

ing experiences.

It makes us feel energetic, euphoric, and optimistic. All good stuff. But it also clouds our judgement, causing us to make impulsive, sometimes risky, decisions. So, what's really happening to our brains when we fall in love?

Many neurochemical changes unfold as soon as we think we are in love. It all begins with various hormones that are released when we experience love. Those hormones are called dopamine, oxytocin, and serotonin.

What does neuroscience have to do with a feminist magazine and how does it help the feminist movement?

Of late I have been pondering what could be perpetuating gender-based violence (GBV) at the very individual level – apart from social conditioning.

In my search, I came to the hormones Dopamine, oxytocin, and serotonin which are sometimes released by both people in a relationship during sexual intimacy. This is a purely biological process, which humans have no control over. These hormones can get released once a couple is cosy, cuddly, intimate, and sexual. When that happens the mind tells the person that they are in love. If a couple becomes intimate before they have established whether they are compatible, it becomes problematic. We may now discover a scenario where the two people feel extremely attracted to one another and have incredible sex, but have nothing else in common. They have nothing to talk about, agree on very little, and don't seem to have anything of value in common.

This dilemma can be very confusing. For, on the one hand, there is much to complain about, while, on the other hand, the hormones released by the great sex cloud the partners' thinking about their compatibility and whether they should stay together or not. If this incompatibility is not dealt with it can lead to frustration and in extreme cases, to abuse.

Dopamine, oxytocin, and serotonin hormones could be trapping you in a non-compatible relationship, which could leave you potentially at risk for GBV!

But, hey, there is nothing as powerful as when you are experiencing these hormones with a partner that you are compatible with.

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