**Sternberg’s Love Triangle:**

* Passion develops first, then intimacy, then commitment
* The sides can vary to depict differences among relationships and how a relationship varies over time.
* Article

**Biology of Love**

Stage 1: Limerance

* High levels of amphetamines (phenylethylamine or PEA) are released by hypothalamus
* It is the same chemical reaction as fear, the only difference is that you are focussed on the loved one.

Stage 2:

* Amphetamine levels drop and are replaced by oxytocin which induces a feeling of calm satisfaction. Less exhausting than limerance.

Courtship:

* In all societies men display resources and women display health and nurturing abilities
* Early Canada: middle class young men would call on a woman and her mother would make inquiries as to his resources.
* The men were expected to compete until she selects one, then they would meet unchaperoned.
* **Bundling** in New England: allows couple to have a private conversation without getting cold
  + In 1700s, 1/3 of brides were pregnant on wedding day

**Bernard Murstein’s Filter theory**



