



O'level
Foundation
Week 5

The Write Tribe

COMPO PLANNING

Composition Topic

Does familiarity breed contempt?

Yes

No

YES!
Familiarity DOES
breed contempt!

1. Familiarity makes us take people for granted

Many marriages break apart after the 25th year mark. Why is that?

The longer we know someone, the stronger the relationship should be. Sadly, it is not true. The longer we interact with someone, the less patient we become to their flaws. What you might find cute in the beginning of a relationship becomes irritating later. This is because human beings love novelty. After all, our dopamine levels (happy chemical) spikes up when we explore something or someone new.



Imagine after winning a game multiple times, it becomes boring to play the game over and over again. That is because you know what exactly to expect. There is nothing new to explore. This is why people leave jobs or relationships that don't provide stimulation!

BASAL GANGLIA

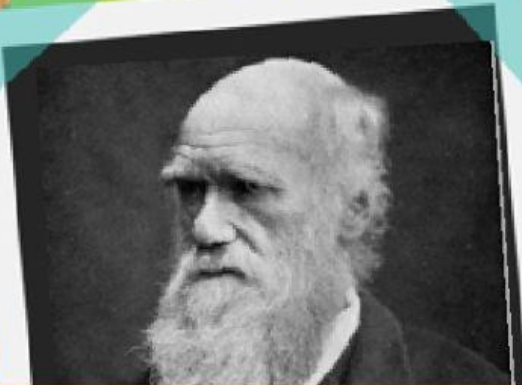
Just like our BASAL GANGLIA automate tasks in our lives, we may automate behaviours in a relationship. Our actions become predictable, therefore, boring! Thanks to dopamine, when we first fall in love, we are driven by the excitement on whether we will get the person or not! The moment we get the person, there is no more excitement.

STIMULATION?

This is why ROBLOX comes up with new challenges often! The new challenges (Dopamine) keeps you coming back to the game. The more excitement you have at work or in a relationship, the more motivated you will be to come back!



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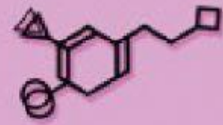
Hi, remember me? It's
CHARLES DARWIN

Charles Darwin said that creatures that are open to changes had better chances of survival. We are hardwired with a growth-mindset. This is why we are always looking for new things even if it scares us.

This is why humans risked their lives to explore dangerous terrains and conquer new nations. This helped us achieve greater heights and goals. We need stimulation. Only when there is stimulation, will there be a dopamine spike. Our brain's REWARD CIRCUIT pushes us for novelty. This is why we keep desiring for newer toys and experiences.

2. Wanting novelty is an evolutionary response

Know your
NEURO



Dopamine

A new survey found a third of **employees** who **quit** their jobs did so because they didn't learn new skills or better performance. A lack of career growth is one of the biggest reason **workers leave**. A fat paycheck may keep them interested only for a while. At the end of the day, they need stimulation!

That new iPhone, toy, pair of shoes, makes you anticipate your life will be better or easier with them. But once you've got the shiny, new thing, your brain is on the lookout for additional opportunities.



YES!
Familiarity **DOES**
breed contempt!

3. Familiarity can keep us in toxic environments

Familiarity does not only breed contempt, it breeds comfort too!

DANGER

This is why people may stay with a TOXIC boss or spouse even though it is better for them to leave.

Over time, this pattern becomes so ingrained in their neural pathways that they become a magnet for TOXIC bosses and relationships!

Something like the

**THE
YOUTUBE
ALGORITHM**

You end up in a maddening cycle of toxic situations. You never grow or improve because you are afraid of change



Why people are afraid to leave dead-end jobs or failed marriages?

The human brain that loves novelty is also deathly afraid of the unknown. This is called **THE FEAR OF UNCERTAINTY**. This is precisely why humans are afraid to leave their comfort zones and make changes. Once we are familiarized with something, we would like to continue doing what is familiar instead of dealing with the unknown. Every time you are thrown into a new environment, your brain is on full alert, processing every action, taking up lots of energy. This can be exhausting, hence, why we can be resistant to make changes even if the situation is awful.

YES!
Familiarity DOES
breed contempt!

QUIZ TIME!

1. At which year do many marriages break apart

- a. 7th year
- b. 25th year

2. Is it true that dopamine decreases the longer we are in a relationship?

- a. True
- b. False

3. What did Charles Darwin think?

- a. We are hard-wired with a growth mindset because it gives us an evolutionary advantage by helping us adapt to changes. After all, the ones who adapt easily to changes survive the best!
- b. We are hard-wired to be complacent because change is scary. it gives us an evolutionary advantage to be in the comfort zone. After all, the ones who resist changes survive the best!



4. Employees quit their jobs because they didn't have

- a. a fat pay check
- b. stimulation/challenges

5. Dopamine is the reason why we keep chasing after the next cool thing.

- a. True
- b. False

6. Human beings are afraid of the unknown. This is called THE FEAR OF _____.

- a. certainty
- b. uncertainty

7. Every time we are thrown in a new environment, the brain is on high-alert, looking for dangers. This can be exhausting.

- a. True
- b. False



Which side are you?

Does familiarity breed contempt?

Yes

No

WHY? ADD YOUR OWN THOUGHTS HERE.

INTRODUCTION

Thesis statement

Familiarity

because

Supporting claim #1

and

Supporting claim #2

Paragraph 2

Topic sentence



Explanation



An example



Link back to topic



Paragraph 3



Topic sentence



Explanation



An example



Link back to topic

CONCLUSION

THESIS
RESTATEMENT

SUMMARIZE
SUBPOINTS

FINAL
IMPRESSION