



O'level
Foundation
Week 5

The Write Tribe

COMPO PLANNING

Composition Topic

Does familiarity breed contempt?

Yes

No

NO!
Familiarity DOES NOT
breed contempt!



1. Our brain is trained to favour familiarity

Remember the first time you learned how to cycle? Your brain was on full alert, processing every action carefully so that you wouldn't fall. However, once you already learned how to cycle, you can do it with your eyes closed. This is thanks to a cluster in your brain called THE BASAL GANGLIA

Basal Ganglia is responsible for automated behaviour. This is why you don't have to learn things over and over again!

WHY DOES THIS MATTER?

When faced with unfamiliar situations.

our brain goes into protective mode. The stress hormone **cortisol** is released, keeping us on high alert for danger. Fear and uncertainty can leave you feeling stressed, anxious, and powerless over the direction of your life. It can drain you emotionally and trap you in a downward spiral of endless "what-ifs" and worst-case scenarios about what tomorrow may bring.

So every time we put ourselves into a new situation by switching a job or a partner, we cause stress to our brain. Also, it inhibits our progress.

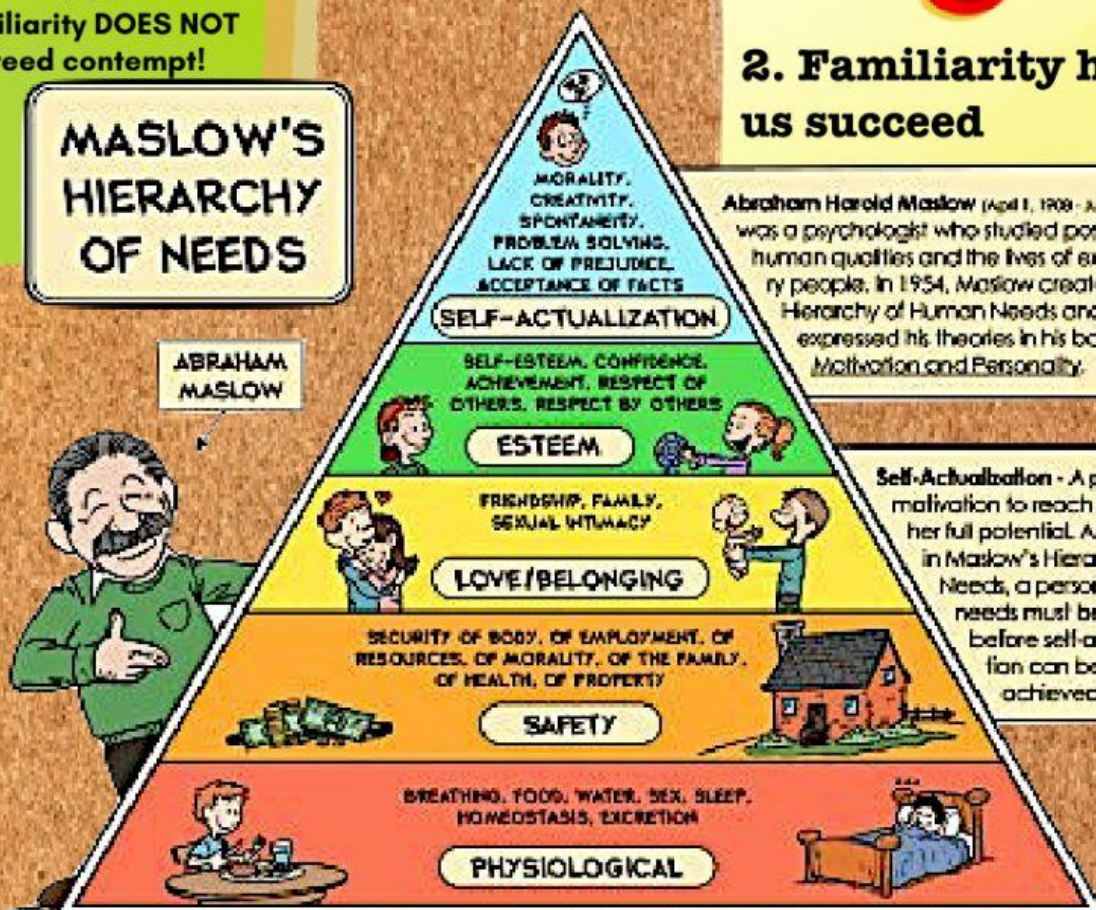
Familiarity helps you advance. It is like playing a game. After dying a few times, you learn what to avoid and what to pursue. Soon, you proceed to Level 2. That is thanks to the Basal Ganglia and familiarity. However, switching jobs and partners are like playing Level 1 of a different game each time. It gets harder to proceed to Level 2.



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MASLOW'S HIERARCHY OF NEEDS

ABRAHAM
MASLOW



2. Familiarity helps us succeed

Abraham Harold Maslow (April 1, 1908 - June 8, 1970) was a psychologist who studied positive human qualities and the lives of exemplary people. In 1954, Maslow created the Hierarchy of Human Needs and expressed his theories in his book, *Motivation and Personality*.

Self-Actualization - A person's motivation to reach his or her full potential. As shown in Maslow's Hierarchy of Needs, a person's basic needs must be met before self-actualization can be achieved.

When people are immersed in fear, they generally don't feel secure enough to focus on higher-level aspirations.

Self actualization can occur when basic needs are met. When it comes to love, having a long term relationship makes one feel secure. When one is secure, they can concentrate on other areas in life with confidence. This applies to career as well. The more familiar you are with your work environment, the more secure you feel. The more secure you feel, the higher you can achieve.

What is self actualization?

Self-actualization is the complete realization of one's potential, and the full development of one's abilities and appreciation for life.



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3. Familiarity elevates mood

Serotonin is important in social behavior, and also plays a significant role in psychological disorders such as depression. Supportive close relationships are known to protect against the development of mental illnesses and to promote recovery in those affected by psychiatric conditions.

After about four years in a relationship, **dopamine** decreases and attraction goes down. If things are going well, it gets replaced by the hormones **oxytocin** and **vasopressin**, which gives us feelings of happiness and comfort we get when we are close to a loved one. **Oxytocin** and **Vasopressin** are also known as cuddle chemicals.

D.O.S.E OF HAPPINESS

There are four major brain chemicals that affect our happiness. These happy hormones include:



Dopamine

Reward Hormone

Dopamine release results in the good feeling we experience when we reach a goal or win an award.

Oxytocin

Love Hormone

Oxytocin is stimulated by trust & touch. It flows when we are around people, forming social bonds and engaging with them.



Serotonin

Mood Stabilizer

Serotonin is responsible for our happiness, good mood, well-being and regulation of social behavior.

Endorphins

Calm Hormone

Endorphins are released by the body to reduce stress and relieve pain. They produce a feeling of euphoria

Oxytocin evokes **feelings of contentment**, **trust** and **reduces social anxiety**. Oxytocin does not only apply to love, it also applies to building bonds with your classmates or colleagues. Under certain circumstances, oxytocin appears to indirectly **inhibit the release of stress hormones such as cortisol**.



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QUIZ TIME!

1. Which one is responsible for automatic behaviour?

- a. Amygdala
- b. Basal Ganglia

2. What does D.O.S.E stand for?

- a. Dopamine, Oxygen, Serotonin, Endorphins
- b. Dopamine, Oxytocin, Sara's Not In, Endorphins
- c. Dopamine, Oxytocin, Serotonin, Endorphins

3. Rank Maslow's hierarchy of needs from bottom to top of the pyramid

- a. Safety, love and belonging, physiological needs, self-actualization, esteem
- b. Physiological needs, safety, love and belonging, esteem, self-actualization
- c. Esteem, physiological needs, love and belonging, self-actualization, safety

4. According to Abraham Maslow, when basic needs are not met, people cannot achieve higher aspirations.

- a. True
- b. False



5. Serotonin is a happy chemical that regulates mood and is important in social behaviour.

- a. True
- b. False

6. ____ and ____ are cuddle hormones.

- a. Serotonin and Dopamine
- b. Oxytocin and Vasopressin
- c. Oxytocin and Dopamine

7. _____ is a stress hormone.

- a. Serotonin
- b. Oxytocin
- c. Cortisol

8. A task becomes easier to do because the more you do it, the more ingrained it becomes in your neural pathways. Neurons that fire together, wire together!

- a. True
- b. False

