FROM MY HYPOTHALAMUS TO YOURS

by:

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Have you ever been in love with someone? Someone who is different from your set standards? Let me guess... you did!

You hated someone who has no goal in life, someone who smokes, drinks, not physically fit, unattractive but then, ended up falling in love with that same person. Yes, it may sound absurd, but it happens. Ironically, you always end up loving someone you despised the most. That’s love! You can try to avoid it, but you can never stop it. Just like what is says in the song, Kapag tumibok ang puso wala ka ng magagawa kundi sundin ito.

However, did you know that it’s not the heart that directs who will you love or adore? The brain does! More specifically the hypothalamus in your brain. The hypothalamus is the pleasure and the reward core of the brain. Immense number of happy hormones, called dopamine, is released when you are in love. It then, registered in the hypothalamus as a reward which is similar to addiction. Happy hormones are released if the object of your affection is present giving you a great feeling like you are in a cloud nine. However, the feeling you get when your loved one leaves you and ignores you rooted from rapid decline of hormones making you feel like you are about to enter the gate of nothingness.

So, if you plan on confessing your feelings to someone, instead of simply saying “I love you”, why not say “I Hypothalamus you”. It doesn’t only sound romantic but unique as well. But beware the person whom you confessed to might reply, “Sorry, our hypothalamus is not mutual”. Ouch! Hypothalamus breaking! I mean, heartbreaking.
References: