



DNA MAGIC
READING

Your DNA's Love Cycles



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INTRODUCTION

This guide shows you how you express love and all the traits about you that make you attractive to your partner. It covers all the things that your lover is drawn to..., and it shows you how you strengthen the bond between you and your lover with these traits.

HOW YOUR LOVE LIFE IS IMPACTED BY YOUR DNA'S WIRING.

Bonding theory asserts that the desire to be in a close relationship is genetically encoded. Evolution has taught us to prioritize a few people in our life and make them special to us. We've been conditioned to rely on a significant other. The need begins in the womb and ends with death. In fact, the need to be near someone special is so strong that the brain has a biochemical process dedicated to forming and controlling our bond with our attachment figures (parents, children, and romantic partners). The bonding system is a set of feelings and behaviors that guarantee we stay secure and protected by sticking near to our loved ones.

Understanding these bonding methods is a simple and dependable way to understand and predict people's behavior in any romantic relationship. In fact, one of the theory's key implications is that humans are designed to behave in predictable ways in romantic relationships. Adult bonding methods were once thought to be mostly a result of your childhood. As a result, it was hypothesized that your current bonding method is determined by how you were cared for as a baby: if your parents were perceptive, accessible, and flexible, you should develop a secure attachment

style; if they were inconsistently responsive, you should develop an anxious attachment style; and if they were detached, strict, and unreceptive, you should develop an avoidant attachment style.

However, we now know that bonding methods in adulthood are impacted by a range of things, one of which is how our parents cared for us, but other factors, such as our life experiences, also play a role. Although changing one's bonding style is not impossible—on average, one in four persons do so during a four-year period—most people are ignorant of the topic of bonding style. Therefore, these changes occur without their knowledge (or why). But wouldn't it be amazing if individuals had some say over these life-altering changes? What a difference it would make if people could strive purposefully to become more secure in their attachment patterns rather than allowing life to sway them in every direction!

Learning about the three bonding methods would be a true eye-opener for you; you will observe how the adult bonding method is everywhere. You were able to see your own love tendencies, as well as those of those around us, from a new perspective. You might acquire a better understanding of patients', colleagues', and friends' relationships by allocating bonding styles to them. Under these conditions, their actions will no longer seem perplexing and complicated but rather predictable.

THE THREE BONDING METHODS

Bonding methods are no different from any other human trait. Although we all have a basic urge to build close ties, the manner in which we do so differs. In a dangerous situation, it would be less desirable to invest time and energy in a single individual

since he or she would most likely not be there for long; it would be more prudent to get less connected and move on (and hence such a person would use the avoidant bonding method). In a difficult situation, another option is to behave in the opposite manner and be incredibly highly persistent and hypervigilant about sticking near to your attachment figure (hence, the anxious bonding style).

In a more tranquil setting, the strong relationships developed by heavily investing in a specific individual would benefit both the individual and his or her children (hence, the secure bonding style). True, we are no longer pursued by wolves as our forefathers were, but in evolutionary terms, we are only a fraction of a second away from the old system. Our emotional brain was passed down to us by Homo sapiens, who lived in a completely different age, and our emotions were developed to handle their lifestyle and the risks they faced. Our sentiments and behaviors in relationships now are not dissimilar to those of our forefathers.

THE DEPENDENCY FACTOR

Numerous studies have shown that when we feel linked to someone, we create one physiological unit. Our partner controls our blood pressure, heart rate, respiration, and hormone levels in our blood. We are no longer distinct beings. From a biological standpoint, the focus on distinction maintained by most of today's popular psychology approaches to adult relationships does not hold water. Dependency is an unavoidable truth; it is neither a choice nor a desire. Once we choose a partner, there is no doubt regarding whether or not dependency exists. It's always the case.

Today's professionals propose suggestions along the lines of: Your happiness should come from inside and should not be

contingent on your partner. Your well-being is not their concern, and neither is theirs. Each individual must look after himself or herself. Furthermore, you should learn not to let the person closest to you destabilize your inner peace. If your partner acts in a way that threatens your feeling of security, you should be able to emotionally remove yourself from the situation, "keep the focus on yourself," and remain calm. If you can't accomplish this, something is wrong somewhere.

You may be "codependent" with the other person and need to learn to set better "boundaries."

The core concept of this point of view is that the ideal relationship is one between two self-sufficient persons who merge in a mature, respectful manner while keeping clear limits. If you become overly reliant on your spouse, you are lacking in some manner and should concentrate on yourself to become more "differentiated" and build a "better sense of self." The worst-case scenario is that you will become dependent on your partner, which is linked with "addiction" to him or her, and we all know that addiction is a frightening proposition.

A harmonious cohabitation without unpleasant experiences of vulnerability and loss sounds nice, but it is not in our genetics. A human couple becoming one physiological unit is proven to have a great survival benefit via evolution, which implies that if she's responding, I'm responding, or if he's angry, I'm also upset. He or she is a part of me, and I would go to any length to save him or her; having such a deep interest in another person's well-being translates into a significant survival advantage for both parties.

Is this to say that in order to be happy in a relationship, we must be linked at the hip with our spouse or give up other elements of our lives, such as our professions or friends? Surprisingly, the

reverse is true! The capacity to venture out into the world on our own is frequently derived from the awareness that there is someone alongside us on whom we can depend is known as the "dependence paradox." Choose the right person to rely on and journey along the road to freedom and happiness with that person. You've mastered the essence of bonding theory once you comprehend this.

HOW TO EXPRESS LOVE

We have established that our actions have an impact on our partner's feelings. So, what if we make a conscious effort to learn how to express our love and express our love in the love language that they understand? Would they not feel cherished? And if that person responds by expressing themselves in our love language too, they will satisfy our emotional desire for love. We will love one another, and our love will remain because we choose to cultivate love by discovering effective ways to express love. Learning to express love and admiration in a language that the other person understands is essential for improving all human relationships, not necessarily romantic relationships alone.

An effective way to know the best way to express love to your partner is by paying attention to how they express their love to you. By default, we tend to express love and love our partner and special ones the way we want to be loved. So observe how your partner expresses their love and loves them that way. Generally, the way people want to be loved is called the love language, and it's broadly categorized under five parts. The five love languages include words of affirmation, acts of service, physical touch, quality times, and gifts.

WORDS OF AFFIRMATION

For some people, this specific language of love will come easy and while for others, it might be a bit hard. People who fall under this set are people who want your words to speak as loud as your actions. Reassuring them, praising them, comforting them, and complimenting them is their way of knowing you care about them and cherish them. A simple compliment like 'you look amazing in that dress' or 'you made the meal so nicely' will go a long way more than you might think. If your partner is someone who notices every small thing about you and compliments you on them, it might help to take note of that as part of their love language. You might buy this set of people the most thoughtful and expensive gift in the world to show your love, but they wouldn't appreciate it as much as coming out to tell them verbally that 'I love you.'

ACTS OF SERVICE.

This set of people are people who love it when their partner helps them with little things. Refilling their humidifier when it's out of water, pumping their flat tire, rubbing their feet after a tiring day at work, making sure they wake up to coffee in the morning and plugging their phone when it's low on battery. Those are all examples of acts of service; you don't need to be skilled at a particular thing before you show this love language to your partner.

However, if acts of service do not come naturally to you, it is still a love language worth acquiring. It is a way of expressing a sense of responsibility for the well-being of others.

GIFTS

The art of gifting your partner as a love language entails giving your partner gifts to show your love. People with this language would understand you gifting them things than you getting things done for them or telling them you love them. Although this doesn't mean that they are greedy and materialistic because they appreciate the gifts no matter how small. It is the thought behind the gift you are giving that counts. The thought that you care enough to show much you care about them by gifting them with something they might like.

These people would laugh and be happy with a flower or even a new perfume. The gifts you give don't have to be expensive for them to appreciate them. In the case of the gift, just as with other love languages, you don't have to go to the extreme. Just show thoughtfulness.

QUALITY TIME

Connectedness is the core desire for someone whose love language is quality time. It doesn't mean being near the same space. Two persons sitting in the same room are unquestionably near, yet it does not mean they feel connected. There are cases of couples who sleep together in the same, and the space between them emotionally is too distanced. Focused attention is required for connectedness. It is giving someone your complete attention. We humans have an innate drive to connect with others. We may be surrounded by people all day, yet we may not always feel

connected. When utilized to show true affection, quality time is a strong emotional communicator.

When you are in the same space, even if you are busy, but you know your partner's love language is quality time, taking off some time to focus solely on your partner and then maybe explain that you'll be busy for a specific period of time would let your partner know they are important to you. You don't have to spend all of your time looking into each other's eyes before you have quality time. It may be doing something we both like together. The specific activity is secondary, only a way of fostering a sense of connectedness.

PHYSICAL TOUCH

A relationship may be made or broken by physical touch. It can convey either hatred or affection. If physical touch is your partner's primary love language, your touch will speak louder than the words "I love you" or "I detest you." Withholding touches will isolate them and cast doubt on your relationship. A delicate embrace expresses love to anybody, but it screams love to your partner whose primary love language is physical touch. Likewise, when your love language is physical touch. When you are touched on the body, you are touched on a far deeper level than just physical contact. When someone withdraws from your body, they emotionally remove themselves from you. Shaking hands is a means in our culture to communicate openness and social intimacy to another person. When a man declines to shake hands with another man on rare occasions, it sends a message that something is wrong in their connection.

Each of us has a main language among the five love languages. One of the five has a stronger emotional impact on us than the other four. We may get love in all five ways, but if we do not receive our primary love language, we will not feel loved even if the other four are spoken. However, if they adequately communicate our primary love language, the other four give the frosting on the cake.