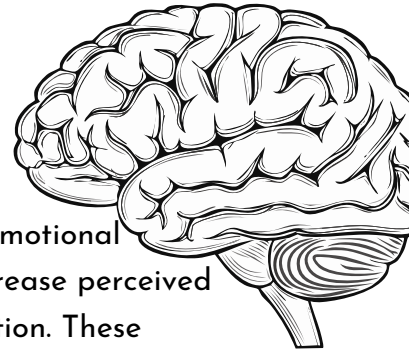


Social Psychology Notes: Subconscious Behaviours That Increase Human Attraction



Overview: Attraction is influenced by multiple cognitive, behavioural, and emotional mechanisms. This document outlines seven non-obvious behaviours that increase perceived attractiveness by affecting attention, reward processing, and social perception. These behaviours are supported by principles from social psychology, interpersonal communication, and behavioural science.

1. Intermittent Attention Pattern Definition: A behavioural pattern where an individual alternates between responsiveness and brief periods of reduced engagement.

Why it increases attraction:

- * Activates dopamine-driven reward cycles, similar to variable reinforcement systems.
- * Causes the brain to anticipate social reward, heightening interest.
- * Increases perceived value of attention.

Example: Responding thoughtfully, but not instantly, creates a rhythm that feels natural and non-clingy.

2. Micro-Expressions of Approval Definition: Small, involuntary facial expressions that signal warmth, comfort, or acknowledgment.

Psychological effect:

- * Enhances perceptions of safety and familiarity.
- * Increases oxytocin-related bonding responses.

Examples: Subtle nodding, slight upward lip movement, softening of the eyes.

3. Controlled Eye Contact Duration Definition: Maintaining eye contact for slightly longer than average, without appearing confrontational.



Why it works:

- * Eye contact activates the superior temporal sulcus, enhancing social salience.
- * Longer (but controlled) visual engagement increases perceived charisma.

Example: Maintaining eye contact for 1-2 seconds longer during a key point in a conversation.

4. Calm Vocal Tone Regulation Definition: Lowered vocal pitch and slower pace during communication.

Effects:

- * Signals emotional stability and confidence.
- * Reduces perceived interpersonal threat.
- * Encourages reciprocation of calm behaviour through emotional contagion.

Example: Speaking at a controlled pace during discussions increases listener comfort.

5. Selective Self-Disclosure Definition: Revealing small, personal details gradually instead of all at once.

Psychological mechanism:

- * Creates progressive intimacy building, a key principle in relationship development.
- * Enhances anticipation and curiosity.

Example: Sharing a small personal preference or experience at appropriate moments.

6. Consistent Micro-Kindness Definition: Low-effort, high-impact prosocial behaviours shown consistently.

Why it increases attractiveness:

- * Triggers the reciprocity principle, making individuals more responsive.
- * Creates perceptions of reliability and emotional safety.

Examples: Holding open a door, remembering a small detail someone mentioned, offering brief but meaningful help.

7. Non-Reactivity in Social Contexts Definition: Maintaining composed body language and emotional control during unexpected situations.

Effects:

- * Signals competence and high emotional regulation.
- * Increases perceptions of authority and social value.
- * Reduces interpersonal tension.

Example: Staying calm when confronted with minor conflict or surprising information.

Summary of Key Psychological Concepts

* Intermittent reinforcement increases attention. * Micro-expressions influence unconscious trust evaluations. * Eye contact heightens social presence. * Vocal tonality affects emotional contagion. * Self-disclosure builds incremental intimacy. * Prosocial behaviour triggers reciprocity. * Emotional regulation increases perceived status.