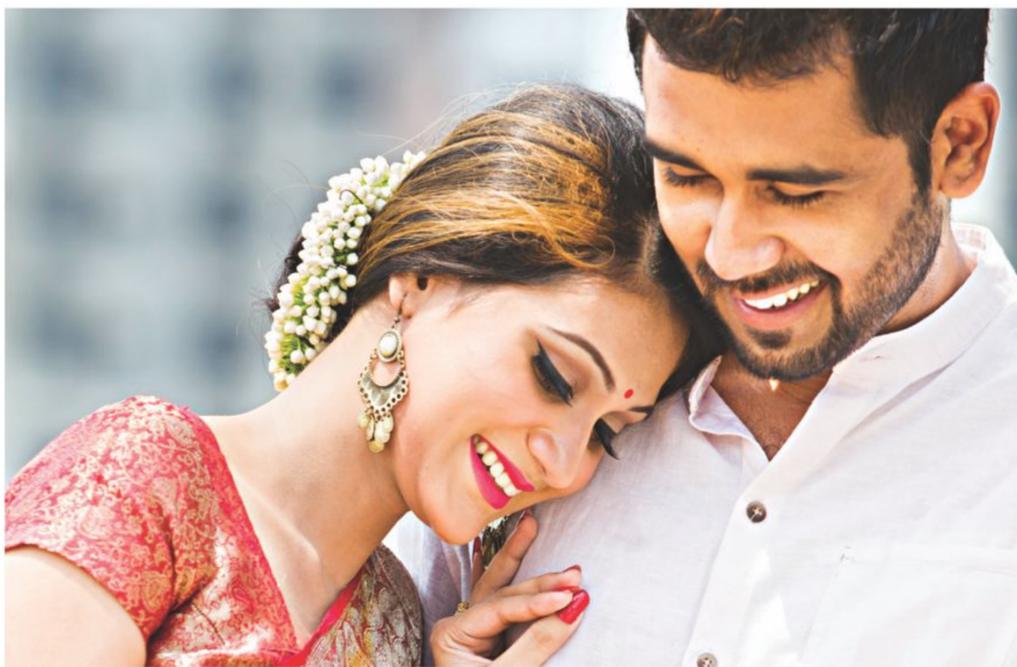


The science of relationships

The right partner mirrors back how you feel about yourself. While finding the right match is never easy and there is no precise formula to finding the proverbial 'soul mate,' LS comes to the rescue.

The reality is that the more intentional you are about finding a partner, the more likely you will find the right person to be with. Follow some of these easy steps to getting an inch closer to your happily-ever-after.



Love guru hacks: the who, not how

Welcome to the science of love. While I am no scientist, I am certainly an expert. In fact, in the past three months, I have fallen in love a total of 12 times. With different people. And yes, there is a science behind it.

STEP 1: FIND YOUR MATE

Do you constantly find everyone to be below your standards? Does no one fit your 'simple' requirements? If you say yes to these, understand that the problem is

Hazan and Shaver (1988), used Bowlby's (1951) attachment theory and concluded that our early emotional and social development impacted our future relationships and these were three key factors that shaped our social life in the future.

STEP 2: KNOW THYSELF

Ainsworth (1969) carried out the Ganda Project. This was to test a child's attachment pattern. The three patterns discovered would then be used as frameworks

standard you cannot meet, so read on.

Avoidant lovers are those who fear intimacy, have emotional highs and lows and feelings of jealousy. This is probably most of us. Most likely it's you because you are reading this. Or not.

The third kind is the ambivalent lover. They fervently believe that romantic love is 'characterised by obsession, emotional highs and lows, extreme sexual attraction, and jealousy.'

If you know what you are, then you will know what you are looking for.

STEP 3: DO THE 'MATH'

Math helps. And while we are all terrible at it, except for those nerds that we hated in school, but now really want to be friends with, it can help find you love!

In the '60, this mathematical solution was dubbed 'The Marriage Problem' before the PC-police repackaged it as "The Secretary Problem". Stemming from the actions of one of the greatest astronomers, Johannes Kepler, who himself was in want of love, this mathematical solution works like an optimal strategy; it does not guarantee success but maximises chances.

First step is you take the three factors mentioned in step one and create a list. Consider it a short-list of potential candidates. Now, once the list is made, proceed to meet or date the first 36.8 percent of the first group. Marry and commit to none. Move on to those left. The minute you meet someone better than all in the first group, that's the one you choose.

Remember though, there's no going back once you pass an opportunity. It's like a chess game but with real pieces. That's also how marriage works. Why 36.8 percent though? Well, it's a proven math formula regarding how $1/e = 36.8\%$ proven in almost all controlled situations. That's all we can tell you because we honestly don't know more.

But there you have it. The Science of Love. When you make it, send us a box of sweets. If you don't, then that's because you aren't smooth enough.

By Osama Rahman

Photo: LS Archive/Sazzad Ibne Sayed

A pseudo-science of selecting a partner

As children, most of us grew up with stories of faraway kingdoms, fire-breathing dragons, the princess in the dungeon and the prince charming at her rescue — a happy ending!

We all have fostered the idea that love is pre-destined and that in the grand scheme of things, there is a special someone waiting just to be with us.

Invariably so, we are in search of that special someone and at times, have gone through extreme levels of frustration trying to figure out the logistics of how to find the right partner.

While most people believe that love and attraction are simply matters of the heart, in reality, it is much more complicated than that.

Think about it -- how do we feel attraction towards some people and take an instant dislike towards others? Science says that it does not happen unconsciously. Rather, we actively seek people with similar personalities, passions and values. Uncommon factors like a symmetrical physical appearance, the distinct pheromones secreted by the particular smell of a person, and chiefly their personality governs our liking towards another human being.

Even though the biology of attraction is still very complex, it is heavily tied to our genetics and the way our senses perceive another person.

Again, there are some people who believe that the connection between two people is written in the stars and depending on the four governing signs -- Earth, Water, Air and Fire -- and that compatibly between the 12 zodiac signs work.

But does it really? An Aries coupled with a Taurus is supposedly a recipe for disaster, but in reality, thousands of Aries-Taurus couples have been head over heels for one another and have spent their entire lives together.

Perhaps, at the end of the day, what matters most when seeking a partner is to look for someone who understands, respects and wants the same things you want.

By Mormee Mahtab



probably you. You may have set standards even you do not attain.

The three key things to actually look for in a partner are as such — proximity, attentiveness and accessibility. If they are close by, pay attention to you and are accessible, then it is time to go for it.

These three are not just pulled out of air.

to describe people in love. Ask yourself which of these three lovers you are and then go about looking for a mate accordingly.

Secure lovers are those who are trusting, happy and friendly in their most important relationships. Ladies, such lovers are rare and men, this is probably a