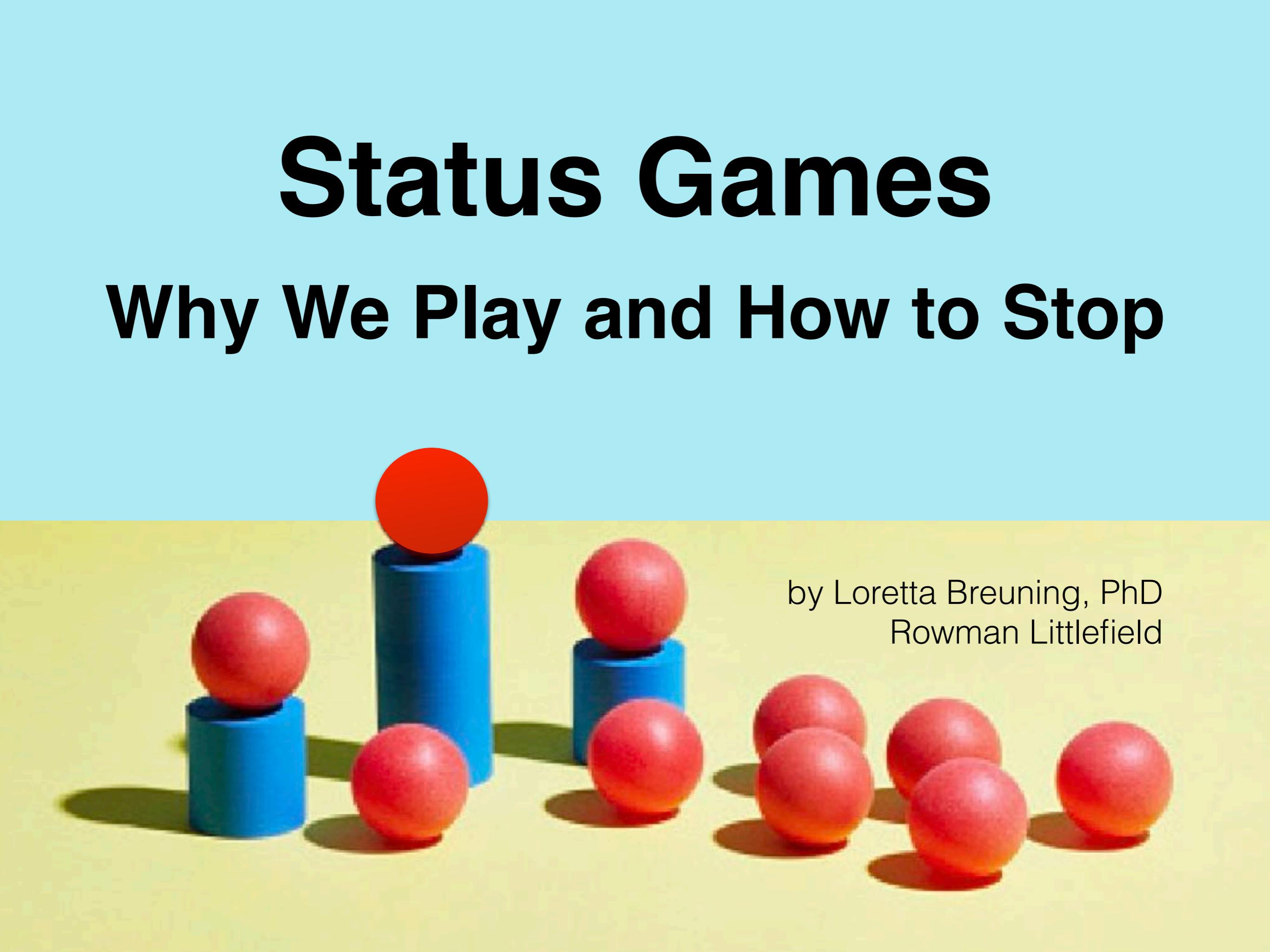


Status Games

Why We Play and How to Stop



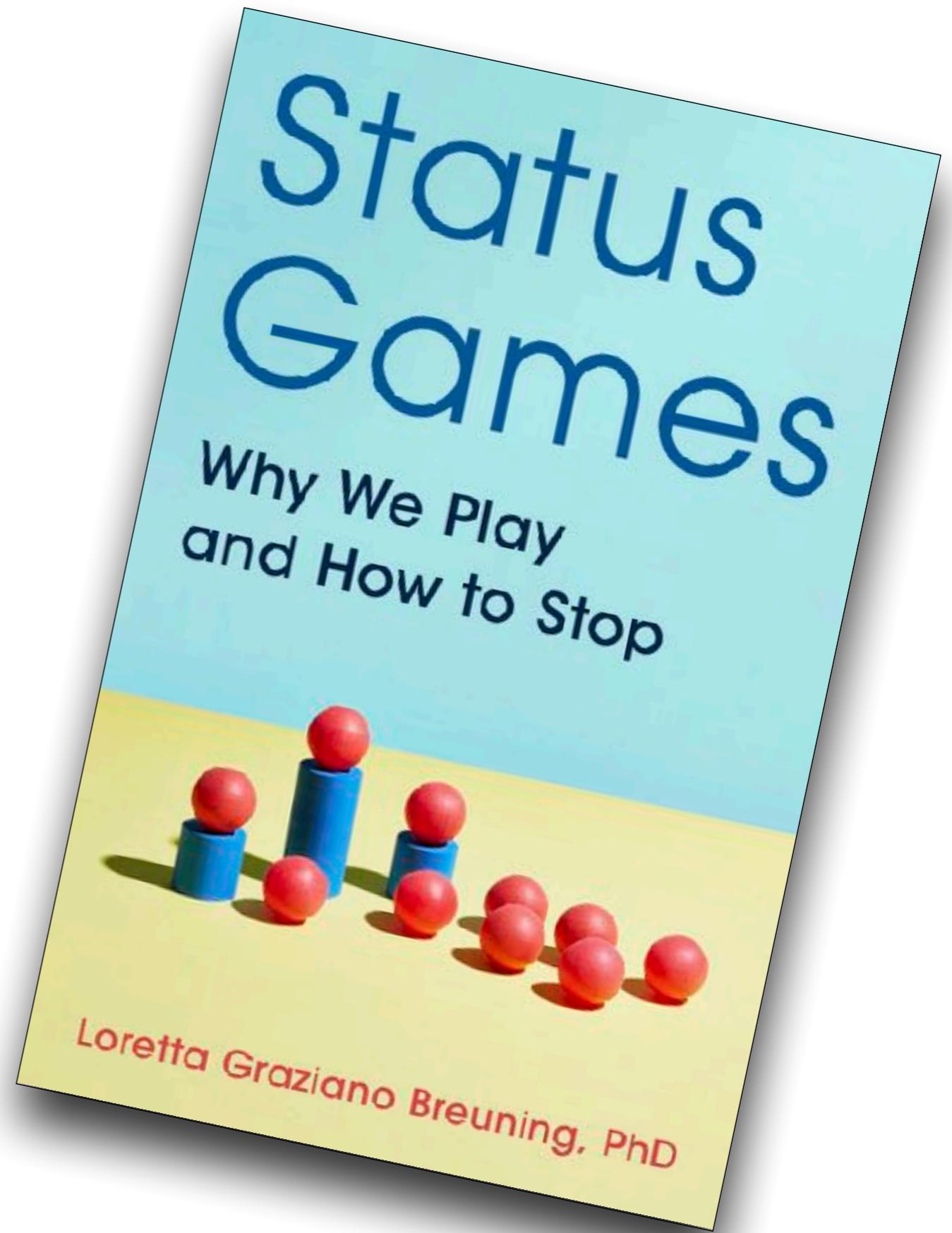
by Loretta Breuning, PhD
Rowman Littlefield

Sept. 8

Rowman Littlefield

SBN-10 : 1538144190

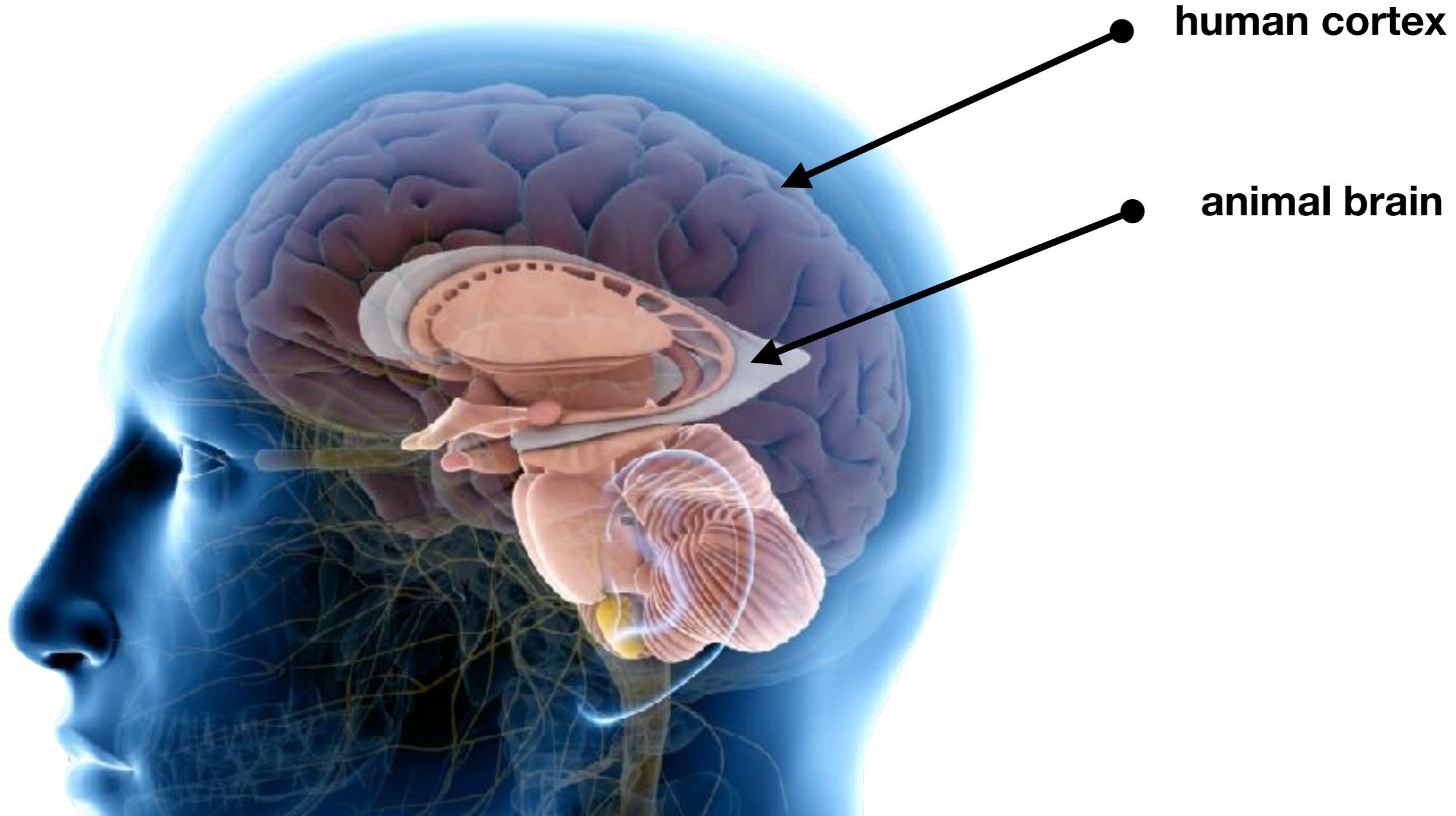
ISBN-13 : 978-1538144190



**People care about status because
animals care about status**



We've inherited the limbic brain that motivates this



Your mammal brain rewards
you with a drip of **serotonin**
when you raise your status





**Serotonin
is not
aggression.**

**It's the calm
sense that
“ I will get
the banana ”**

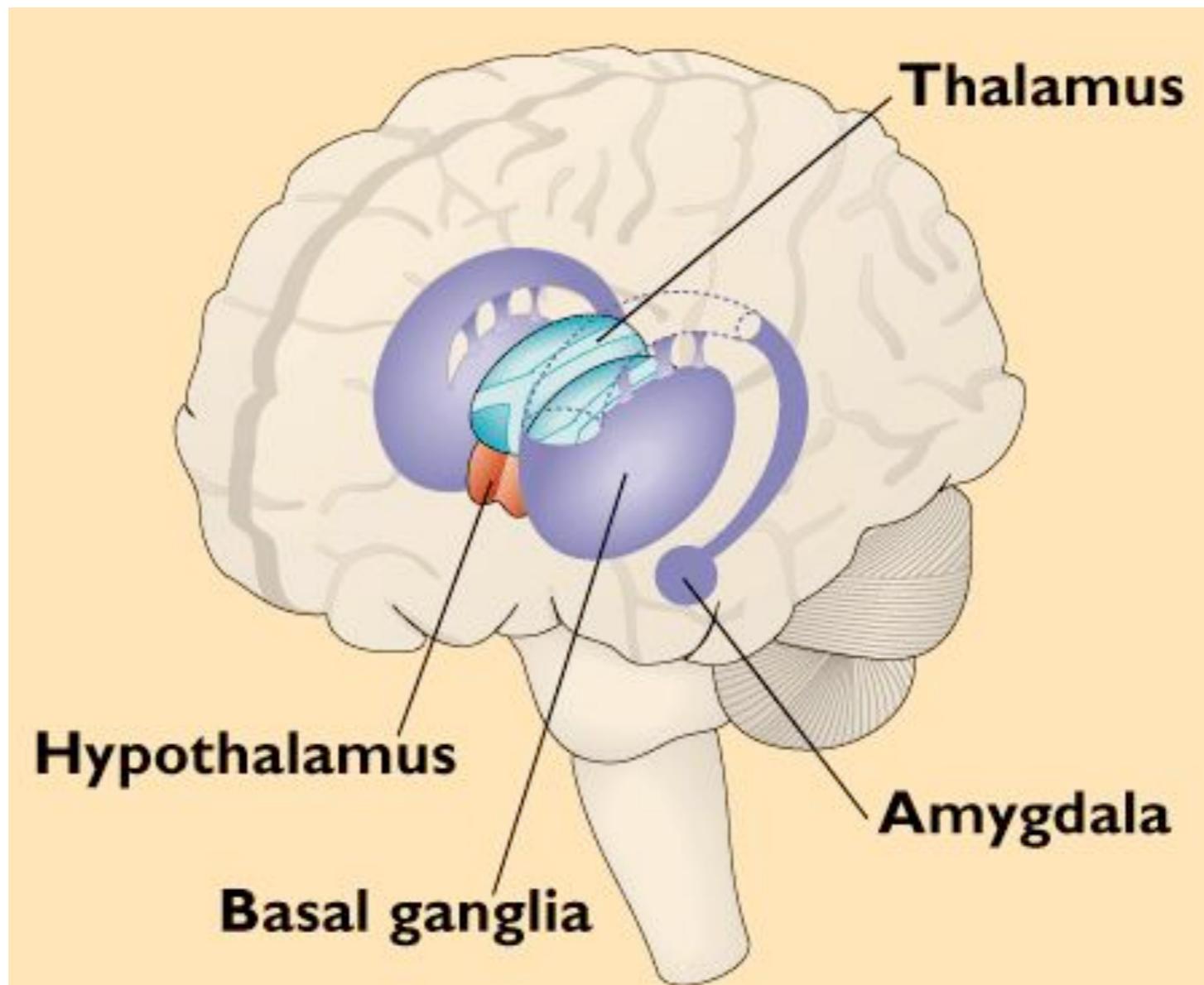
**Serotonin is soon metabolized,
so you have to **keep seeking the
one-up position** to keep feeling it**



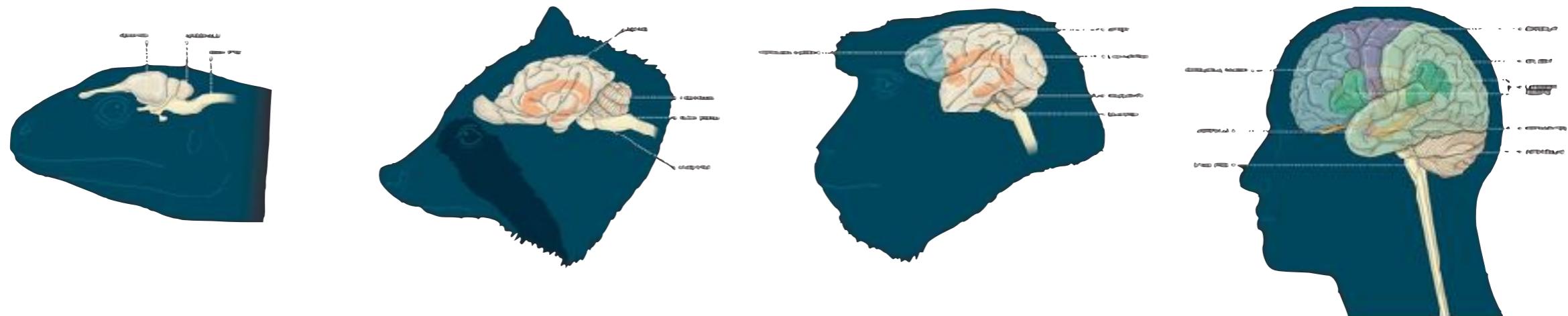
The good feeling motivates you
to **repeat** behaviors that
raise your status



I'm not saying we **should**
think this way, but we do



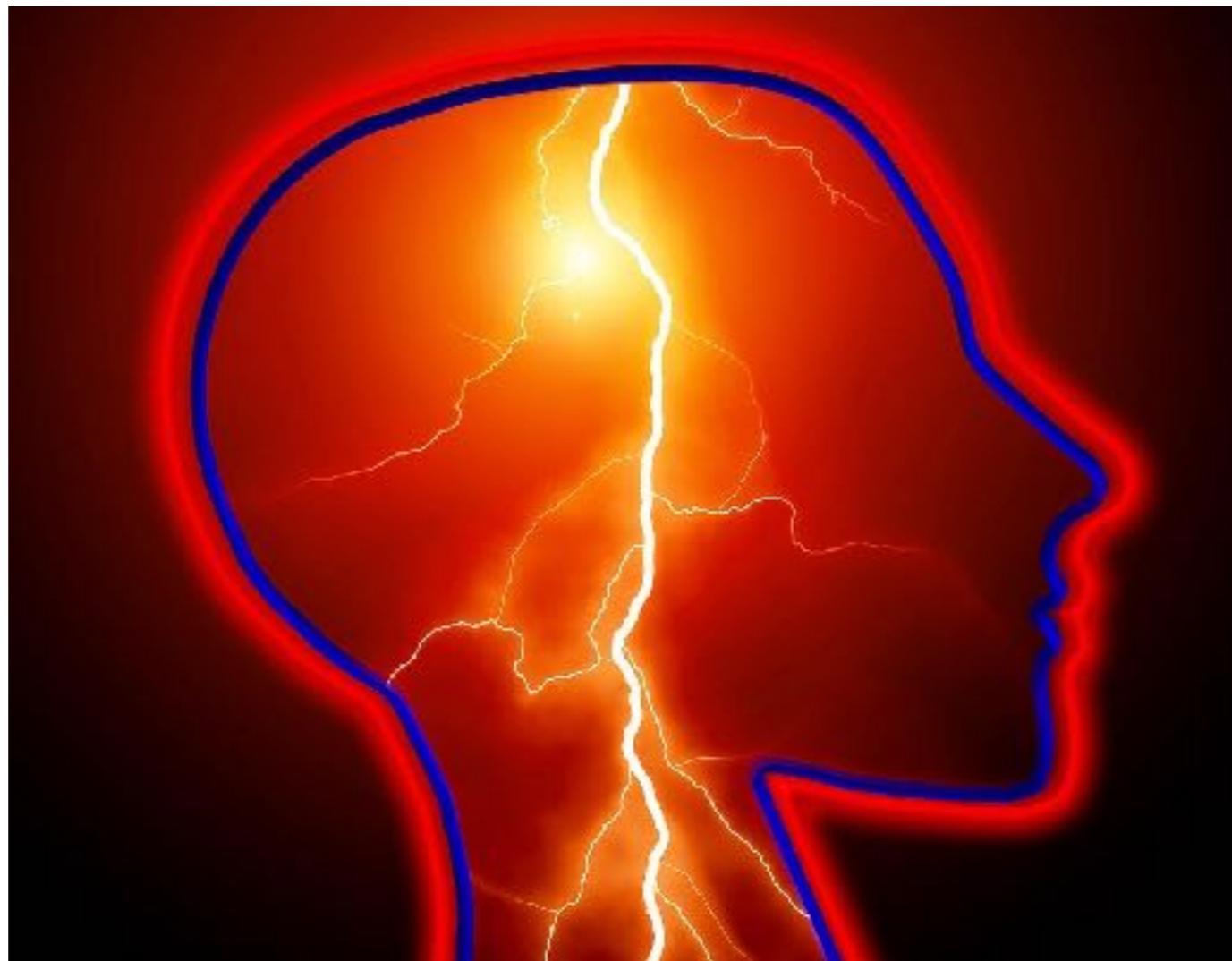
**Natural selection built a brain
that makes social comparisons
to promote its survival**



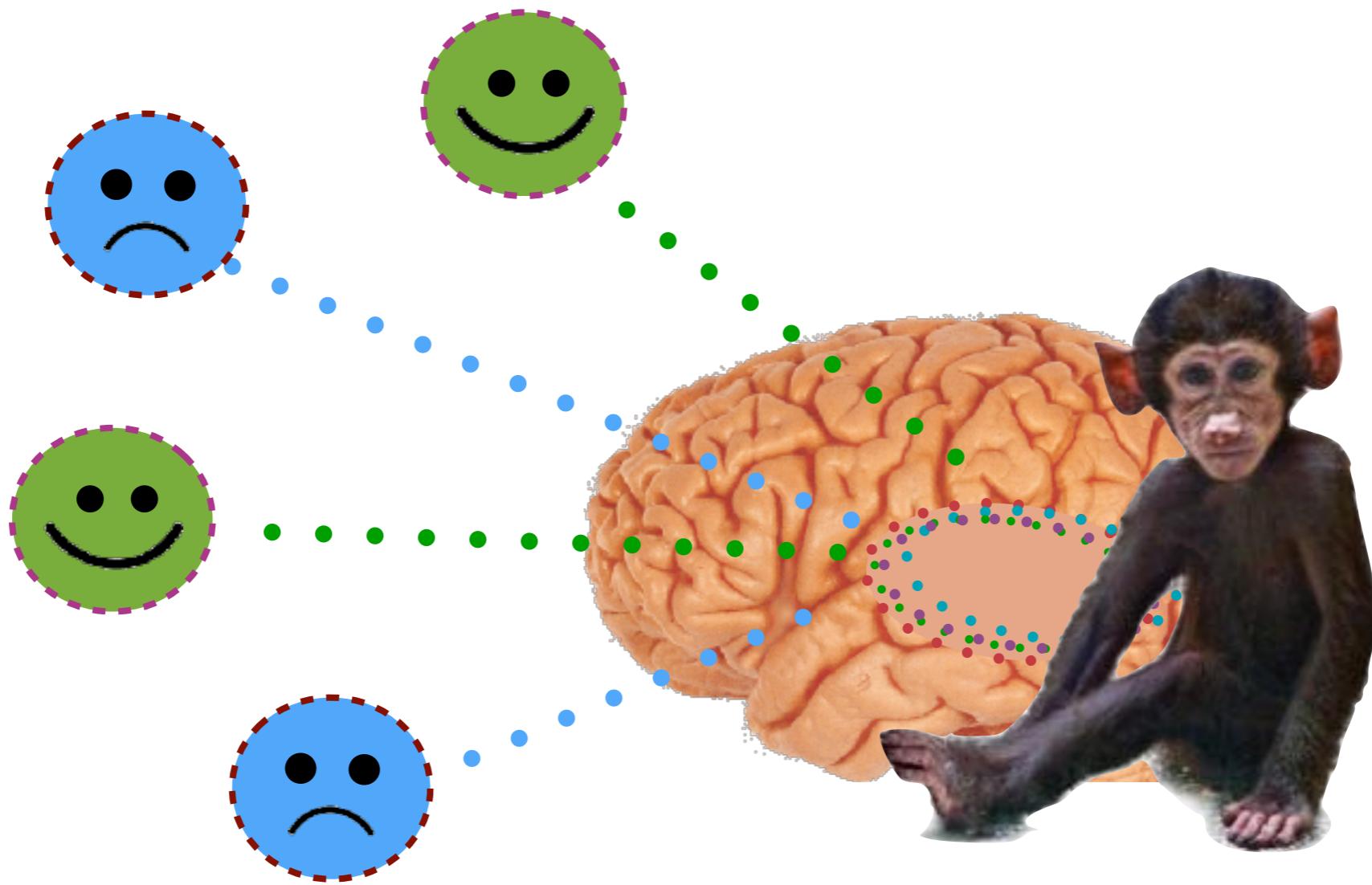
**It rewards you with the good
feeling of serotonin when you
gain a position of strength**



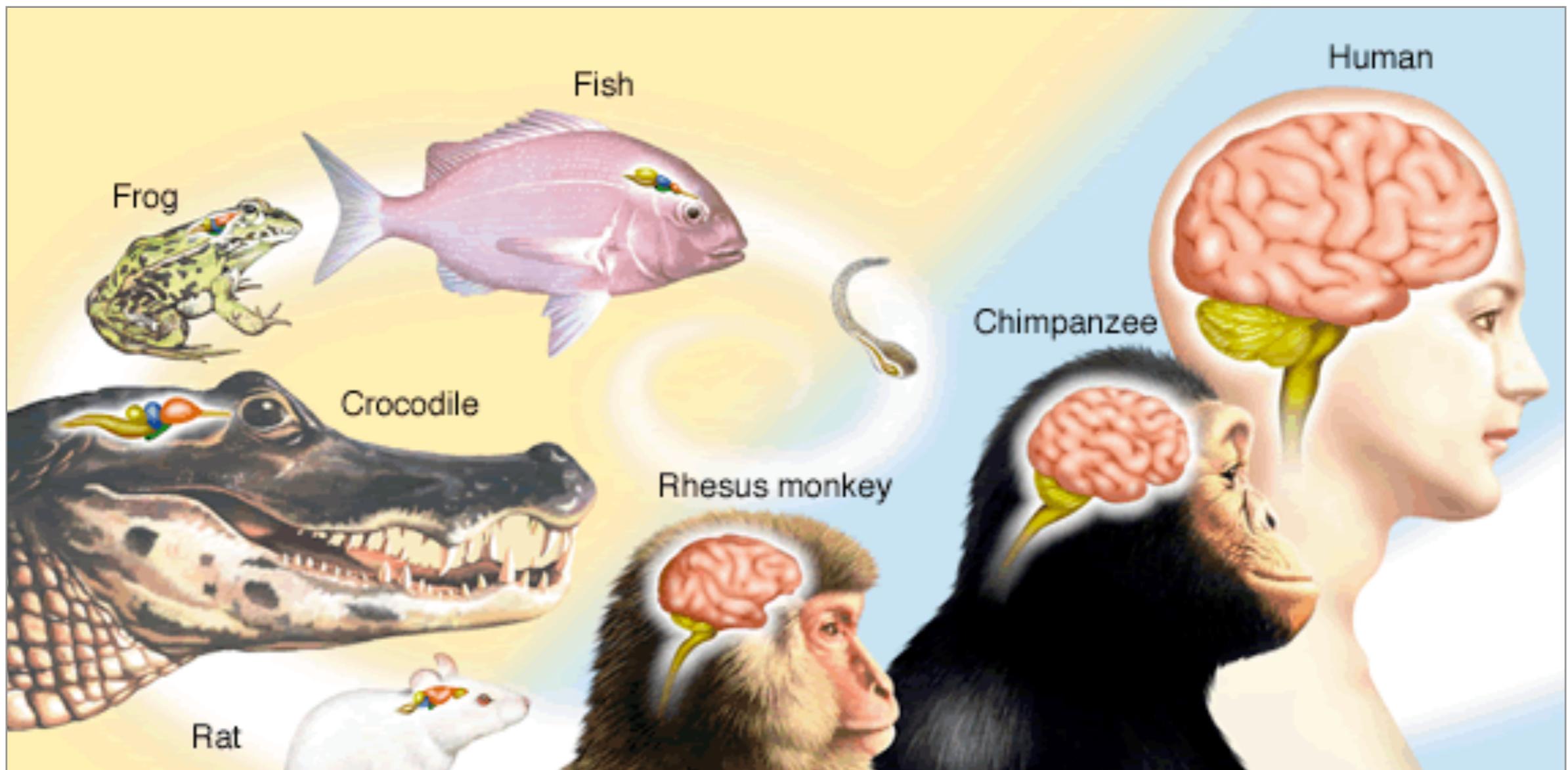
**It alarms you with the bad feeling of
cortisol when you see a potential
threat to your relative position**



You don't think this in words
because your animal brain
doesn't process language



These facts were revealed by a century
of research on mammalian social
behavior, but now they are taboo



**It's easy to see the mammalian
urge for status in others,
especially those you don't like**



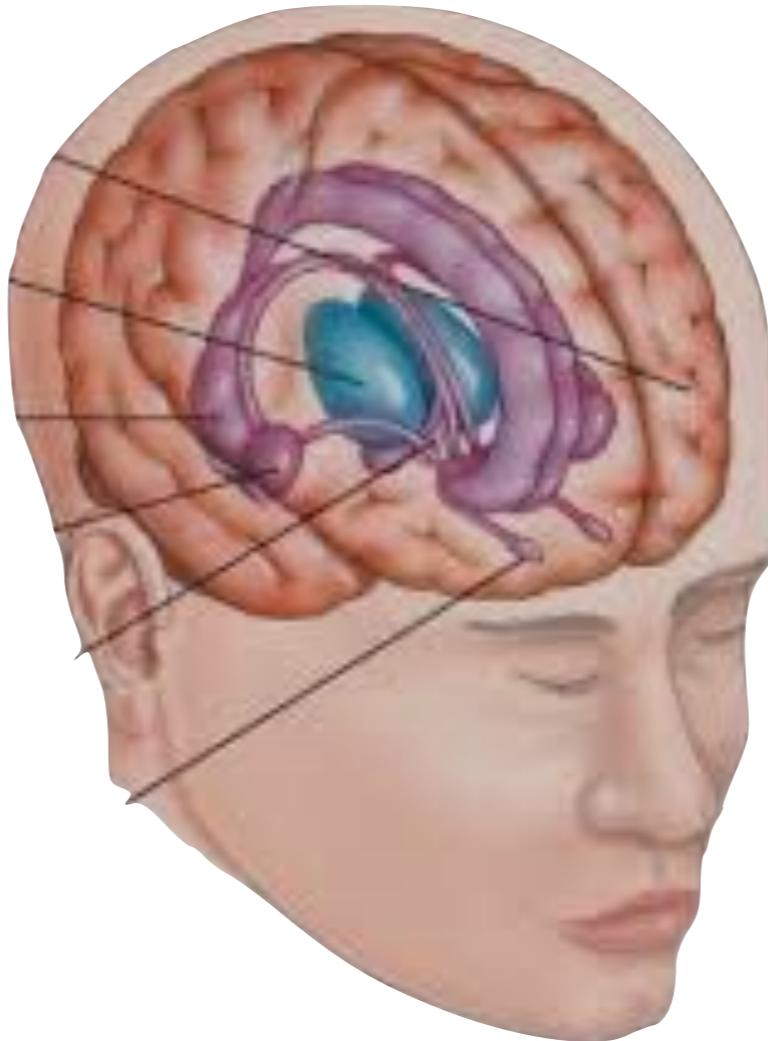
**It's easy to see the one-up impulse
throughout human history**



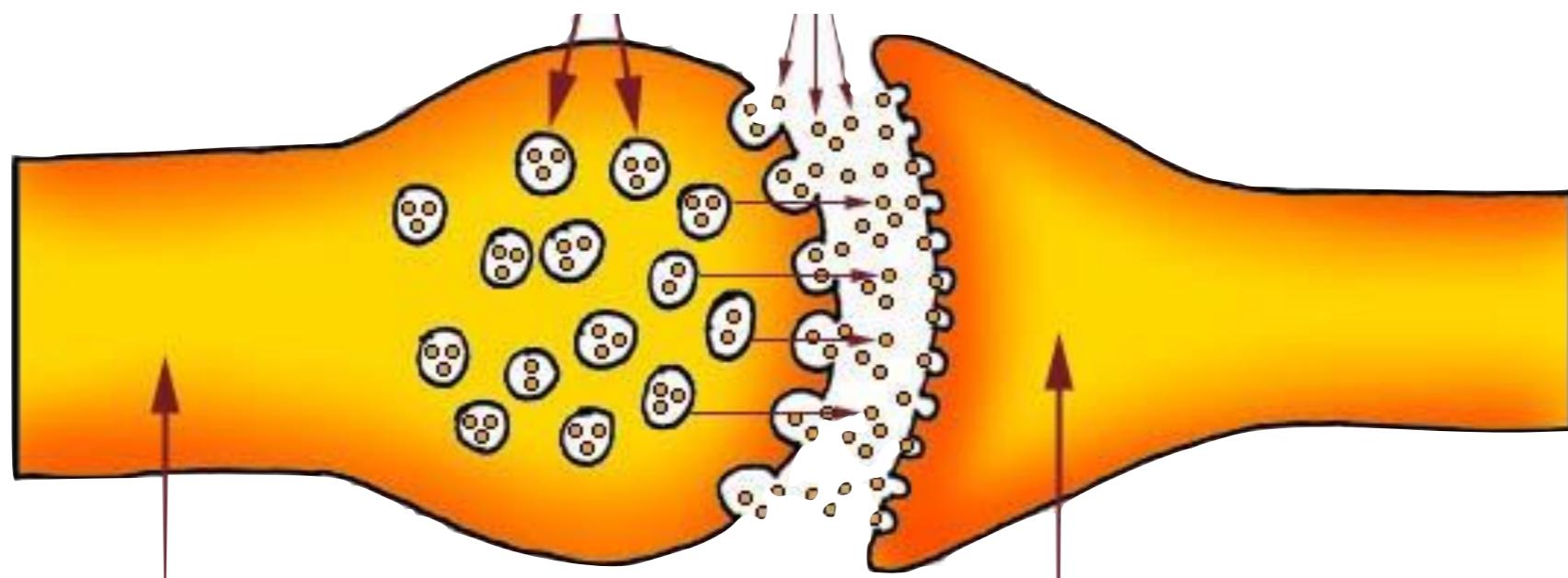
**It's hard to see it in *yourself*, your
friends, and cute furry creatures**



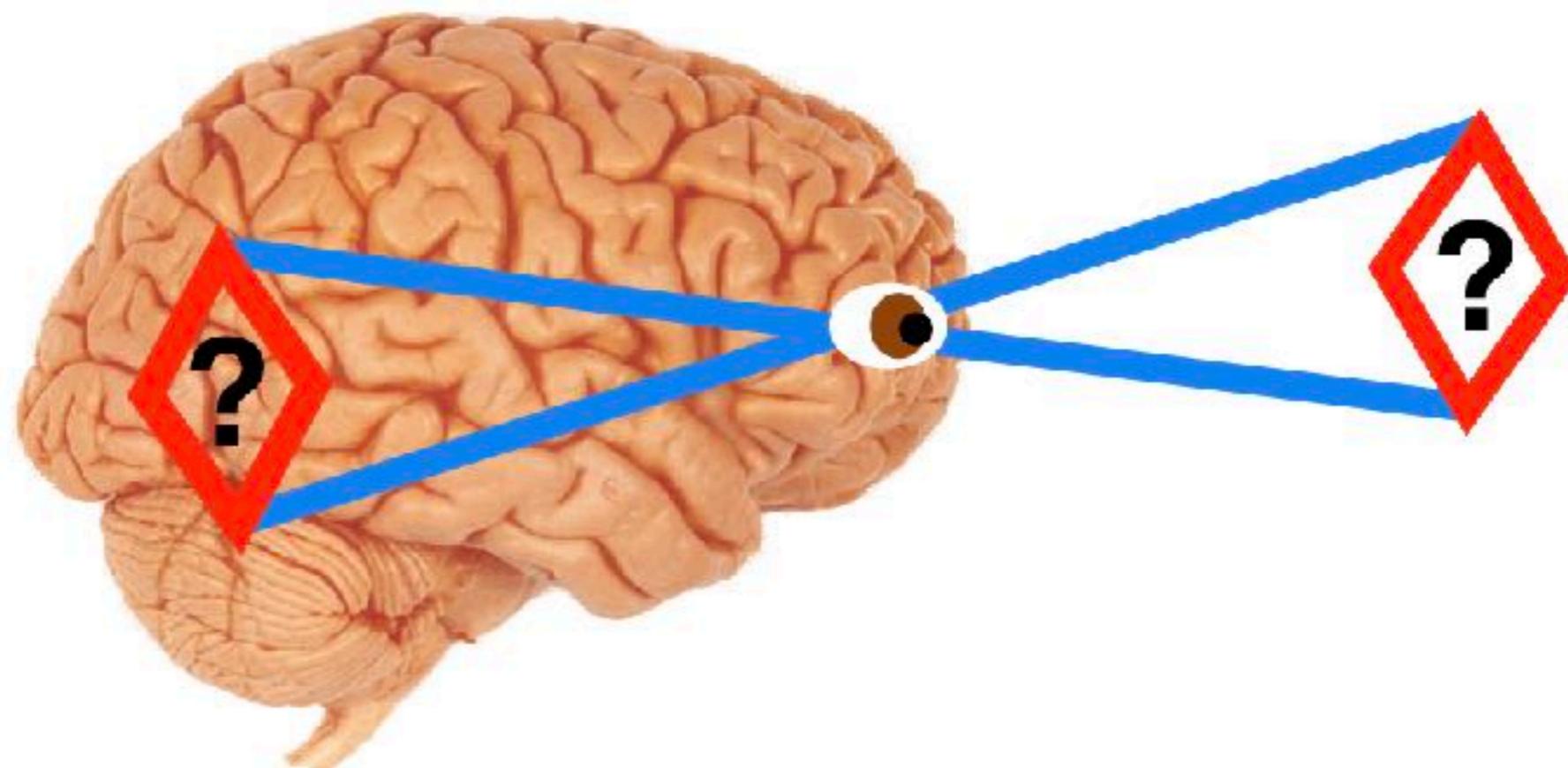
**But when you get real
about these feelings, you
have power over them**



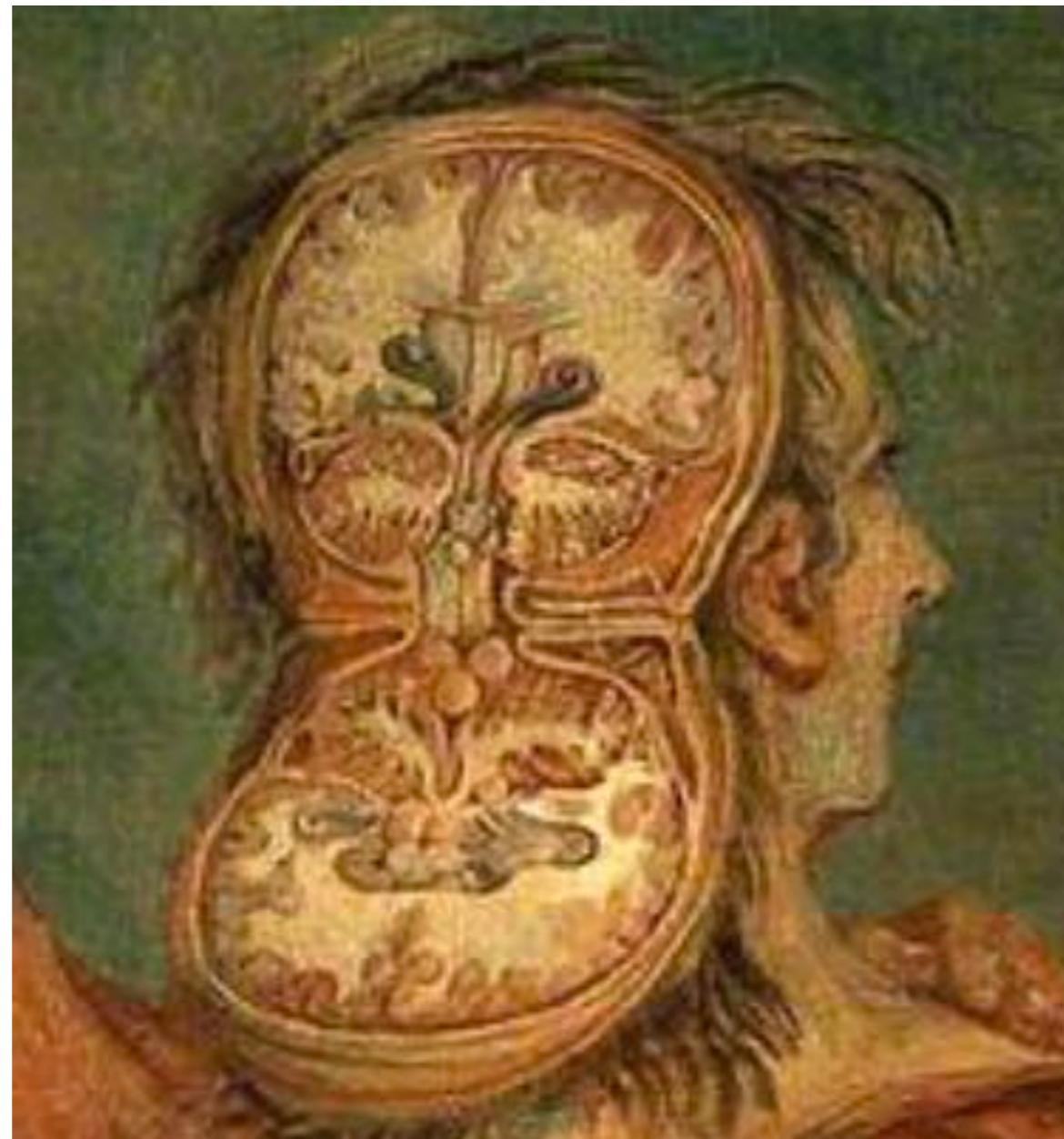
**Neurons connect when serotonin flows,
so whatever raised your status in the past
wired you to expect good feelings from that**

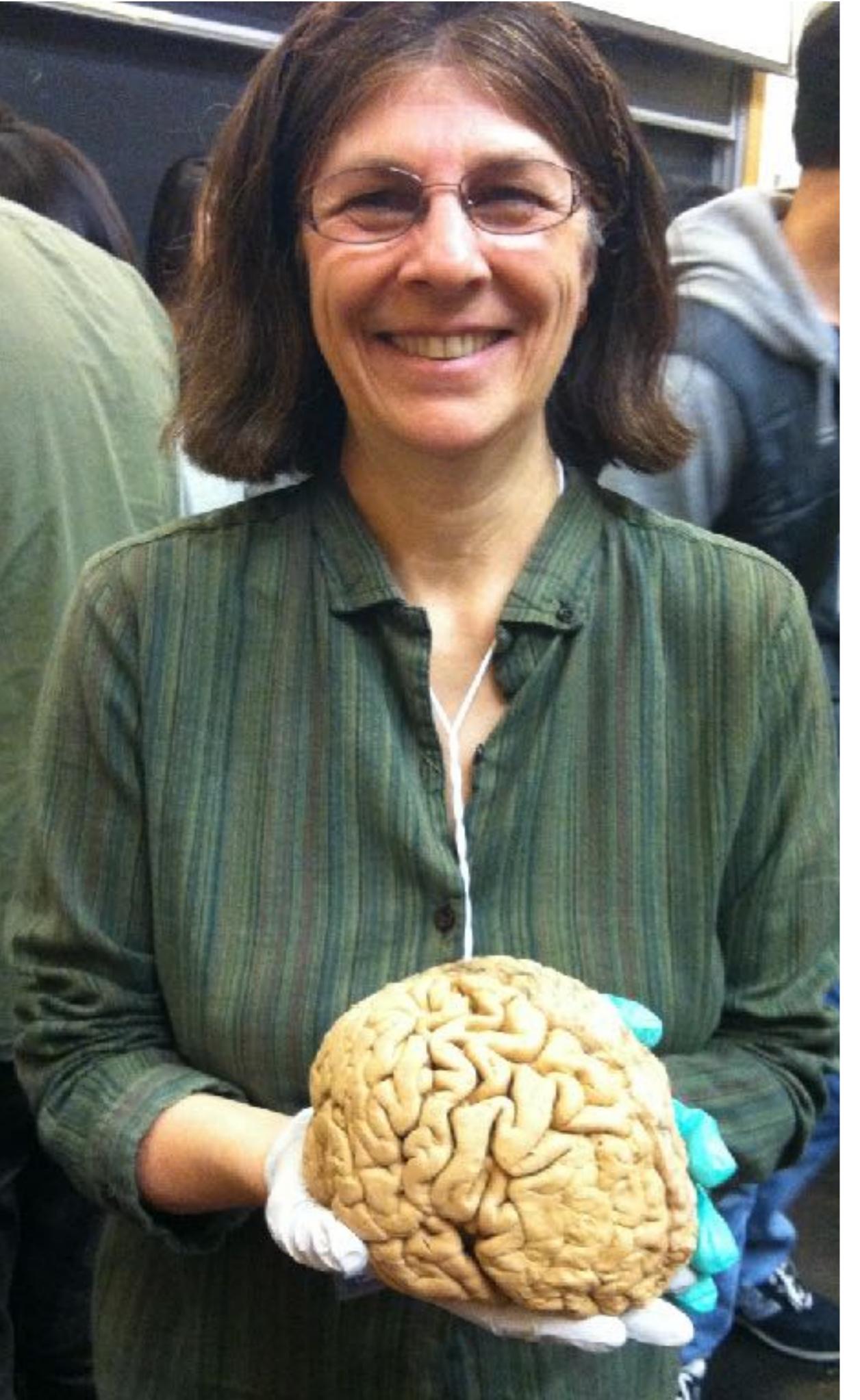


We all see the world through the
lens of our **old neural pathways**



We all keep looking for ways to
stimulate **serotonin** and avoid
cortisol in ways that worked before

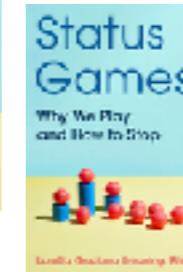
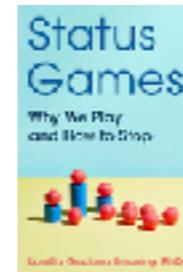
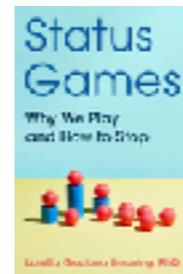
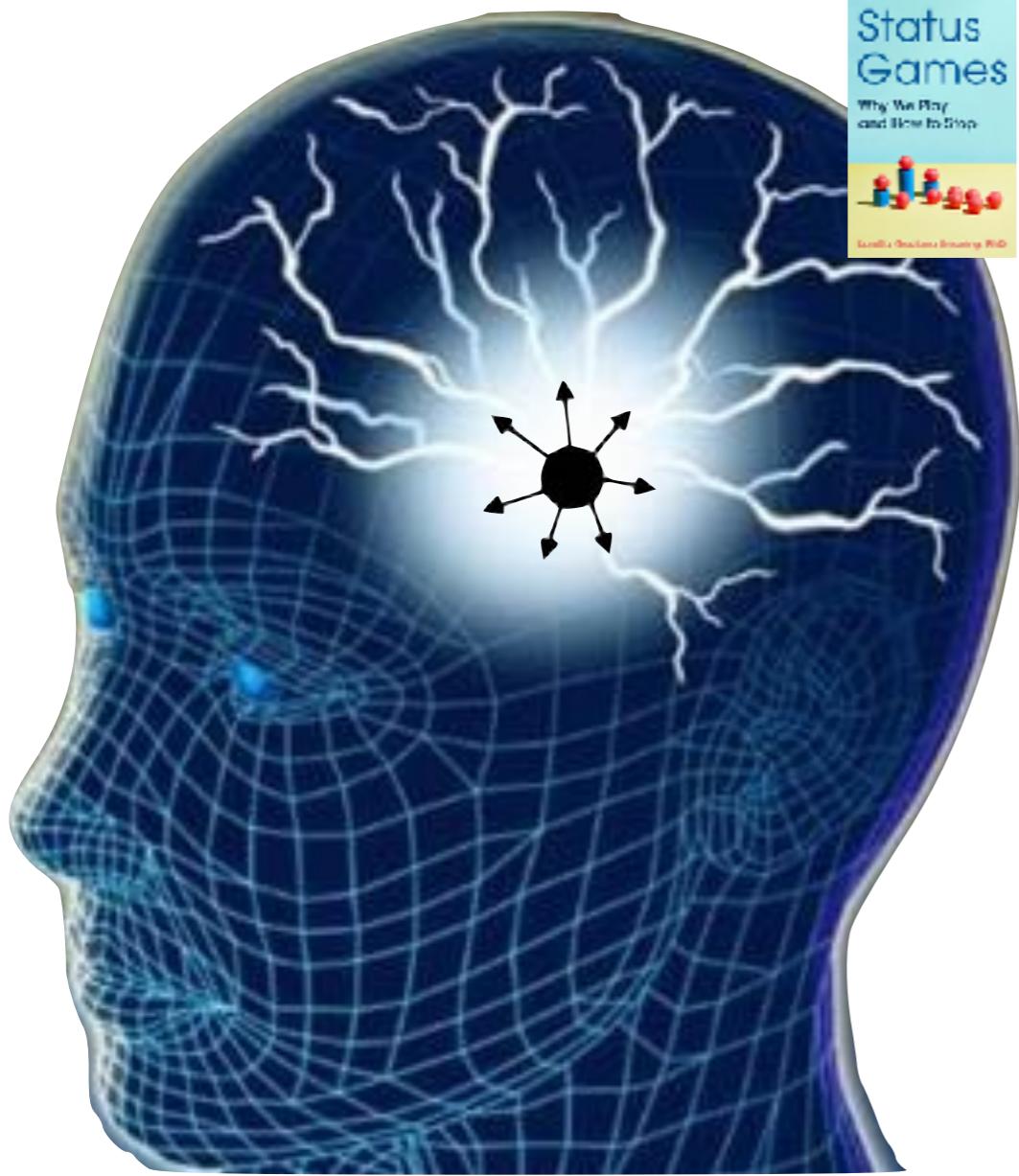




**What's a
big-brained
mammal to
do?**

Status Games

helps you find healthy ways to give your
inner mammal the serotonin it craves



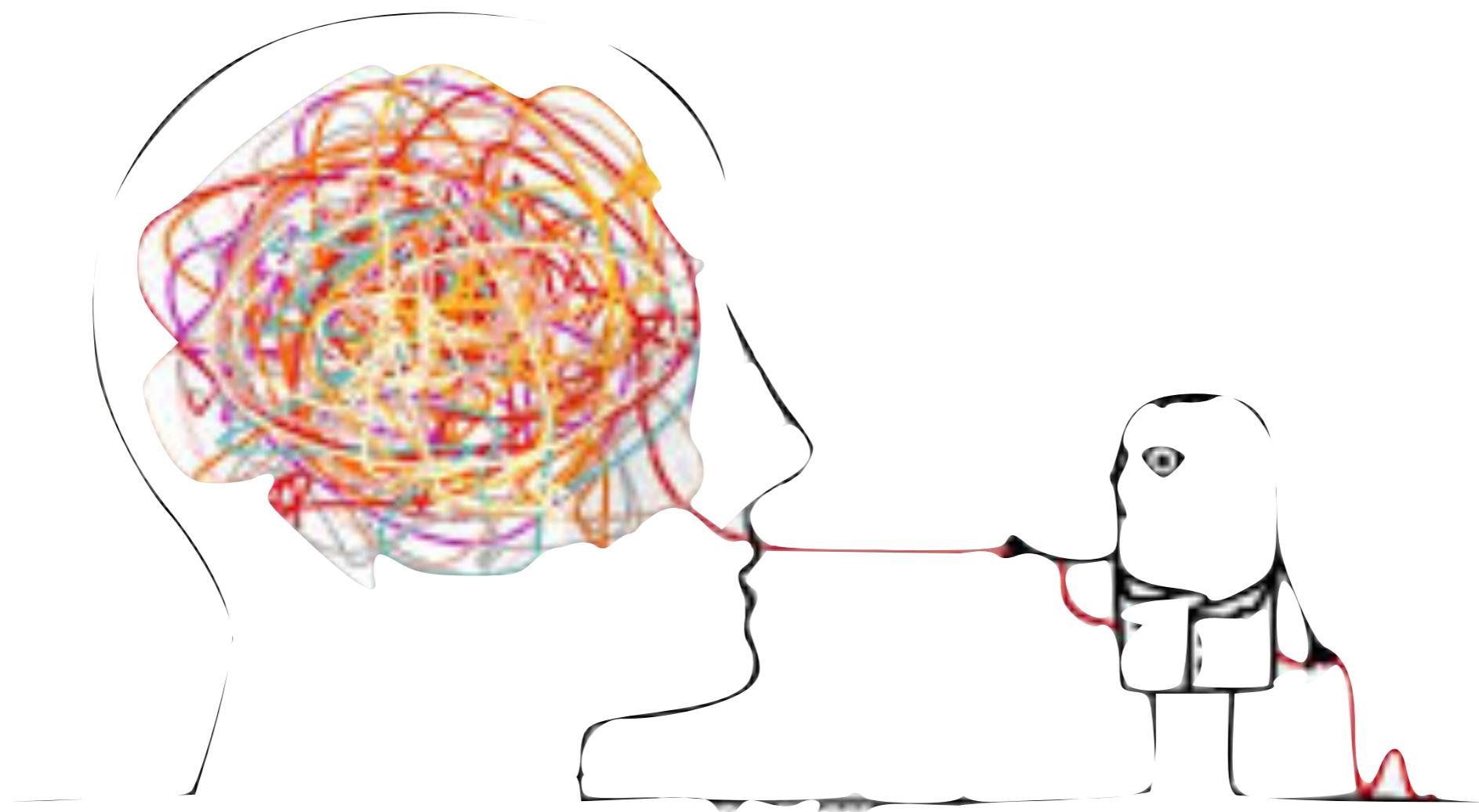
**It helps you put yourself up
without putting others down**



**You will learn to spark
serotonin without junk status**



**Repetition will build new
pathways so it feels normal**



You will always be a
mammal among mammals



**But you can rewire yourself
to enjoy nature's serotonin**



You'll be glad you did!



Your questions are invited:

Loretta@InnerMammalInstitute.org

