

Drivers of Increases in Oxytocin, Norepinephrine, and Dopamine

Oxytocin: Bonding

- Laughter
- Love/liking/trust
- Collaboration
- Generosity

Norepinephrine: Focus and Excitement

- Engagement
- Interest
- Novelty

Dopamine: Completion

- Goal achievement
- Mastery
- Winning

