

**Celebrating found love. Comparing mirroring, originality, and
personalizations in responses to the found love.**

Hachmer, J.

Independent Researcher

The Netherlands

Author Note

There are no conflicts of interest to disclose.

Abstract

A literature review article, comparing mirroring, originality, and personalization in responses to the found love. Everyone can find someone more special than others. There is love and true love. The brain is wired this way, to find love. There are different types of relationships. Love can be like a shared consciousness, which can be emotional or mental resonance or an empathic connection. It would have factors like social bonding, empathy, nonverbal communication, and shared experiences. Responses to the found love will depend on the processing of the emotions, feelings, thoughts, and experiences effectively, which could be done through various original and heartfelt activities, exercises, and ideas to enhance the journey of love together. The time and space given to process, so one can learn and find ideas to respond with. A response to the one we love needs to be a combination of mirroring, originality, and personalization contributes to the overall satisfaction of the recipient. There is a right balance between mirroring, originality, and personalization depending on the personality type, personal preference, and given time and space to process and respond. In each phase of the relationship, the couple can do activities to let the found love sink in, celebrate the found love and the stage the couple is in, and process emotions, feelings, thoughts, experiences, needs, and desires. "Cherishing", is nourishment and attachment, which will give the best outcomes in the relationship and in the children coming forth out of this relationship and who are in this relationship as well. Cherishing creates stability.

Keywords: Natural functioning, understanding and responding to their nature and needs, original, personal, mirroring, cherishing the found love.

The Essence.

The natural functioning in humans makes it so they can let someone stand out as more special. Love is not prototypical. There are different kinds of relationships. Oxytocin and vasopressin in the striatum would cause feelings of reward, trust, love, and bonding. The more of it, the more monogamous. Love can be like a shared consciousness, which can be emotional or mental resonance or an empathic connection. It would have factors like social bonding, empathy, nonverbal communication, and shared experiences. Responses to the found love will depend on the processing of the emotions, feelings, thoughts, and experiences effectively, which could be done through various original and heartfelt activities, exercises, and ideas to enhance the journey of love together. understanding and responding to their nature and needs, original, personal, mirroring, cherishing the found love. A response to the one we love needs to be a combination of mirroring, originality, and personalization contributes to the overall satisfaction of the recipient. "Cherishing", is nourishment and attachment, which will give the best outcomes in the relationship and in the children coming forth out of this relationship and who are in this relationship as well. Cherishing creates stability. With future research, one could develop a math formula for personality types, including the factors: Time and space needed, personality type traits, mirroring, originality, and personalization, cherishing. Shared consciousness - involving cognitive processes, perception, attention, memory, and self-awareness. Also, depending on the stage the relationship is in, and what type of relationship the couple has. With factors like social bonding, empathy, nonverbal communication, and shared experiences. This leads to percentages of each variable needed to create the best responses to the found love, with their personality type and fitting the type of relationship and stage the relationship is in. This leads to better fitting responses, quality, and satisfaction in the relationship, where one needs to be understood, but also needs time and space to process the emotions, feelings, thoughts, and

experiences, alone and together, with fitting best various original and heartfelt activities, exercises, and ideas enhancing the journey of love together, fitting the found love, and both individuals in this love.

Introduction:

Everyone can find someone more special than others (Levine, 2022). There is love and true love. Love is a psychological and physical state of wanting to be with someone. True love is love that is especially good or valuable and distinguishes between psychological states that are real or not, that picks out love that is real. It is not prototypical (Earp et al., 2017). Soulmates are a type of relationship. Humans can single someone out as special, that they love, and spend a long time with, like a lifetime. The brain is wired this way (Levine, 2022). In other animals, also related to ancestors of humans, like mice (Bryda, 2013; O'Leary, M. et al., 2013), there are mice types that meet a mouse they like and then never "change this feeling", for example, they then will not mate with another mouse. The reason is they have more oxytocin and vasopressin in their striatum causing feelings of reward, trust, love, and bonding (Levine, 2022). Union theories like twin souls, and twin flames can explain a type of relationship where two individuals form a union. In the idea of Plato, such union can be "platonic", which is derived from Plato his name. Individuals would have a deep intellectual and spiritual bond, they are "embodied souls". It is an idealized concept of love, where the souls complete each other, and strive for a sense of union and completeness (Britannica, T. Editors of Encyclopaedia, 2023; Johnson, 2011). Existentialist love is finding meaning through love and can suggest a true union is achieved when two individuals come together in an authentic and genuine relationship, free from misplaced expectations (Cleary, 2013). In the I-Thou theory of Martin Buber, there is a dialogical relationship. Union can be formed when two individuals truly engage with each other, recognizing, and valuing the unique essence of

the other person. So, the two individuals are also monological self-conscious (Scott, N.D.). Soulmates are with whom one shares a deep and profound connection. Soulmates have instant recognition and immediate bonding, and they feel synchronicities, telepathy, peak experiences, kundalini awakening, dark nights of the soul, psychological transformation, and merging of opposite archetypes. People can find a soulmate in romantic love, friendships, family relations, and relationships with animals (Stokke, 2021). Twinsouls is someone's other half. This can be Monadical twin flames, split soul twin flames, and Starseed twins. Also, there would be false flames that look alike, and could be named doppelganger flames, they look alike and act alike, they seem a twin flame but they are not (Longstreet Wehmeyer, 2022).

Natural symbiotic love is not meaning a toxic relationship between two strangers forcing each other to be symbiotic, but natural symbiotic love is meant a naturally functioning couple as naturally born as symbiotic. Like someone's other half. One experiences being together as more attached as if it is like the two brains are connected like Siamese twins who share one brain (Cochrane, N.D.), one heart, and one body. One might experience something like two brains as one in more relationship types in love, and in true love, with soulmates, twin souls, or natural symbiotic love. Love can be like a shared consciousness, which can be emotional or mental resonance or an empathic connection (Luis et al., 2023). It would have factors like social bonding, empathy, nonverbal communication, and shared experiences (Fernández-Abascal, and Martín-Díaz, 2019; Hargreaves et al, 2018). Responses to the found love will depend on the processing of the emotions, feelings, thoughts, and experiences effectively, which could be done through various original and heartfelt activities, exercises, and ideas to enhance the journey of love together (Aron et al., 2000; NYC therapeutic wellness, 2023). The time and space given to process, so one can learn and find ideas to respond with (Sandberg-Jurström, 2022). A response to the one we love needs to be a combination of mirroring, originality, and personalization contributes to the overall

satisfaction of the recipient. "Cherishing", is nourishment and attachment, which will give the best outcomes in the relationship and in the children coming forth out of this relationship and who are in this relationship as well. Cherishing creates stability (Bhattacharyya, and Pradhan, 2019).

Shared consciousness between two people

Consciousness is a state of being aware and having subjective experiences of the world around us and our own mental states, involving cognitive processes, perception, attention, memory, and self-awareness. The sub-cortical structures, thalamus, basal ganglia, and hippocampus are most mentioned to cause consciousness (Sattin et al., 2021). The thalamus can act like a relay station for sensory information, regulating the flow of information to the cortex, which is associated with higher-order cognitive processes (Hwang et al., 2017). Consciousness depends on the parietal cortex, thalamus, and striatum. Integration between the parietal cortex and subcortical structures is more important than the prefrontal cortex in consciousness (Afraisi et al., 2021).

When two people experience similar emotions, feelings, and thoughts without being physically connected they experience a phenomenon like emotional or mental resonance or empathic connection (Luis et al., 2023). It has the factors, of social bonding, empathy, nonverbal communication, and shared experiences (Fernández-Abascal, and Martín-Díaz, 2019; Hargreaves et al, 2018).

When someone is observing or empathizing with the emotional experience of others, parts in the brain like the insula, and the anterior cingulate cortex are activated, facilitating the understanding and sharing of emotional states (Gu et al., 2013). Also, the mirror neuron system, in the premotor cortex, and inferior parietal cortex are active when one observes someone perform an action or the same action, this creates understanding and mirroring of actions and experiences of others (Bastiaansen et al., 2009).

Telepathy is related to empathy. Especially personal distress and being different from each other and more distant from each other would cause more telepathy together. Telepathy causes order in organisms and is the opposite of randomness and uncertainty. It can be a resistance of the natural course of entropy, in evolution. In order to evolve and create more diversity (Sanchez, 1989).

Processing the experience of finding "the one"

When one found such love, each stage brings new emotions and challenges. Letting the situation sink in, and processing the emotions, feelings, thoughts, and experiences effectively, could be done through various original and heartfelt activities, exercises, and ideas to enhance the journey of love together (Aron et al., 2000; NYC therapeutic wellness, 2023). The most effective response will depend on the individual's personality type and their unique preferences (Canevello, and Crocker, 2010). For example, when looking at MBTI types, individuals with INFP, INTP, INFJ, and INTJ personality types, it is important to consider their inclination toward introspection, creativity, and intellectual stimulation. ENTP, ENFP, ENTJ, and ENFJ typically need opportunities for exploration, social interaction, and a sense of purpose in order to feel fulfilled. ISFP, ISTP, ISFJ, and ISTJ require a balance between autonomy and stability, while ESFP, ESTP, ESFJ, and ESTJ seek external stimulation, social validation, and clear guidelines to navigate their environment effectively (Grant, 2018). Also responding to love languages, causes someone to feel to be loved, because of empathy (Mostova et al., 2022; Storm, 2017).

When considering their personality type and unique preferences, it's important to give them time and space to reflect on and process situations, emotions, feelings, and thoughts before providing a response that caters to their specific needs and desires. When you give a deeper connection, they have a deeper learning and will need time to reflect (Sandberg-Jurström, 2022).

Responses to the found love: Mirroring, originality, and personalization

In creating a response to the one we love, the response needs a combination of mirroring, originality, and personalization. Emotion similarity leads to the emotion, feeling, idea, and experience of personality similarity, and relationship quality. The emotions harmonizing leads to the emotion, feeling, idea, and experience of personality harmonizing and relationship satisfaction (Gonzaga et al., 2007). Projection of responsiveness with compassionate goals, expressing own thoughts, feelings, or characteristics onto others, and projecting internal experiences leads to an upward spiral of responsiveness that gives the relationship quality. This could be like being original and personal. Reciprocation which can include mirroring also creates an upward spiral of responsiveness that gives the relationship quality for both individuals in the couple (Canvello, and Crocker, 2010). This will contribute to the overall satisfaction in the found love. Understanding one's needs and desires leads to higher relationship satisfaction. Therefore, incorporating elements of mirroring, originality, and personalization can create a response that fosters a sense of being loved and appreciated.

Mirroring vs. Originality in Responses

While mirroring can be an effective way to respond to love, it is important to strike a balance between mirroring and originality. Merely mirroring the original act may seem insincere or lacking effort, or can be narcissistic abuse. It is crucial to add a personal touch to the response, demonstrating thoughtfulness and individuality. By incorporating elements that reflect the recipient's personality and interests, the response becomes more meaningful and intimate. You should mirror to show you care (Gibson, 2023).

The Power of Personalization

Personalization plays a significant role in making a response feel genuinely heartfelt. Personal initiative is proactive, giving better outcomes in relationships, and good results for

the hard work we do, and it creates emotional engagement (Zacher et al., 2018). By tailoring the response to the unique qualities and preferences of the recipient, the person expressing love can make them feel truly seen and understood. This could involve incorporating references to shared memories, inside jokes, or sentimental objects, in the emotional design (Kramer, 2022). Personalization fosters a deeper connection and demonstrates that the response is specific to the recipient and their relationship (Hailey, N.D.).

Original and personalized response

An original and personalized response can resonate deeply with these personality types (Gonzaga et al., 2007). Creating a unique book, poem, or artwork that reflects the recipient's interests and values can demonstrate thoughtfulness and emotional depth. Such responses allow the person expressing love to express their own creativity and provide an opportunity for the recipient to explore the depths of their emotions and thoughts (Gibson, 2023).

Mirroring

However, it is also crucial to consider the significance of mirroring in responses. Mirroring the original act of love, such as responding with a serenade or a song of their own, can create a harmonious connection and deepen the emotional bond. This mirroring can be particularly effective when the response aligns with the theme or symbolism expressed by the love found to create a sense of continuity, secure attachment, and shared understanding. Mirroring can also connect attachment and non-verbal communication (Canvello, and Crocker, 2010; Gibson, 2023; Gonzaga et al., 2007; Fenniger-Schaal et al., 2018).

Finding the Right Balance

While both originality and personalization are important in responses, it is crucial to consider the preferences of the recipient. Some individuals may value originality and creativity, while others may find comfort and reassurance in a mirrored response. Striking a balance between the two allows for a unique and considerate response. I looked at the

variables found in this research comparing love types, personality types, shared consciousness, and factors related to these. I made an order so future research can develop on this research and the order of variables that eventually can lead to a math formula, per personality type and the type of love they found, explaining how much of each could be added in responses to the found love and integrated into the relationship and dating ideas. Creating quality and a satisfying relationship.

1. Each individual in the couple: Their personal time and space needed to process emotions, feelings, thoughts, and experiences - MBTI type and other personality types - causing more need for mirroring, originality, and personalization.
2. In the relationship: Shared consciousness - involving cognitive processes, perception, attention, memory, and self-awareness. Also, depending on the stage the relationship is in, and what type of relationship the couple has.
3. With factors like social bonding, empathy, nonverbal communication, and shared experiences

This leads to percentages of each variable in 1, 2, and 3 in best responses to the found love, and in the best fitting best various original and heartfelt activities, exercises, and ideas enhance the journey of love together, fitting the found love, and both individuals in this love.

Which leads to a satisfaction level in the relationship. Where one needs to be understood, but also needs time and space to process the emotions, feelings, thoughts, and experiences, alone and together.

Further research ideas: The ratio for personality type and for the need for mirroring originality, and personalization

Future research should find the ratio per personality type, and the variables, causing more need for mirroring, originality, and personalization in responses, relationship, and date

ideas, to create a better quality, satisfaction, and personal fitting relationship between the two individuals in their type of relationship.

Mirroring, originality, and personalization might be related to MBTI types or other personality types. Which can influence the different percentages of each variable fitting the personality types, and relationship type.

MBTI types and the ratio for mirroring originality, and personalization

Mirroring: People who prefer dominant and auxiliary extraverted Feeling (F) tend to appreciate mirroring and matching behavior as it helps establish a sense of connection and empathy. ENFJ, ESFJ, INFJ, and ISFJ. The feelings are focused outward. These types are highly empathic and concerned about the feelings of others. They use mirroring with sincere intentions, with a desire for social harmony and happiness. They may value non-verbal cues, such as body language and tone of voice, and find them important in building rapport. A less empathic type like the ISTP and ESTJ would mimic the tones, words, and body language of an ENFJ. Mirroring can be used as manipulation. The sincere feeling type doesn't use it to manipulate (Falde, 2022).

Originality: People who prefer Intuition (N) and Thinking (T) and Intuition (N) Feeling (F) and Perceiving (P) may value originality and unique perspectives. NPs, INFP, INTP, ENTP, and ENFP, as extraverted intuition, who are authentic and creative, but also the ISFP and ISTP are subjective perceivers. They may appreciate novel ideas, creative approaches, and a focus on logical reasoning. These individuals may be less concerned with mirroring and more interested in intellectual stimulation (Drenth, N.D.; Drenth, N.D.b).

Personalization: People who prefer Feeling (F) often value personalization and a focus on emotions and relationships. They may appreciate responses that acknowledge their

individual experiences, emotions, and values. Personalization can help create a sense of understanding and empathy for these individuals (Alderson, 2022).

Ideas to enhance the bond and let the love sink in at each stage

Discovering the One Within

Realizing that you have found the person you always imagined inside yourself is a beautiful and enlightening experience. To let this sink in, take time for self-reflection and introspection. Engage in activities that encourage self-discovery, such as journaling, meditation, or pursuing personal passions. This self-awareness will strengthen your connection with your partner and allow you to fully appreciate the depth of your relationship.

- Take a couples' retreat or create a special "discovery" weekend where you both explore new hobbies or interests together.
- Write heartfelt letters to each other expressing your gratitude and admiration for the qualities you see in one another
- Volunteer together
- Attend events together
- Taking a class together
- Going for a walk
- Go out for casual meals (Cherry, 2023; Lazarus, 2023; NYC therapeutic wellness, 2023).

Navigating the Dating Phase

Dating is an exciting time filled with new experiences, emotions, and discoveries. To process and savor this phase, maintain open and honest communication with your partner. Take time to reflect on each date and discuss your thoughts and feelings together. Engage in activities that promote bonding and understanding, such as going on nature walks, cooking together, or engaging in shared hobbies. These shared experiences will deepen your connection and create lasting memories.

- Plan surprise dates that reflect each other's interests or childhood memories.
- Create a scrapbook or digital album of your favorite moments together, capturing the essence of your journey
- Time spent together
- Create and talk about relationship goals (Lazarus, 2023; NYC therapeutic wellness, 2023)

Embracing the Journey

As your relationship progresses, it is essential to process and appreciate the science, emotions, and growth that come with it. Continuously educate yourselves about relationships and love by reading books, and attending workshops or therapy sessions together. This ongoing learning will help you understand each other better and navigate challenges with empathy and compassion.

- Have regular "relationship check-ins" where you discuss your goals, dreams, and areas of growth.
- Design a vision board together, outlining your shared aspirations and future plans
- Be vulnerable, and honest about emotions, feelings, and thoughts (NYC therapeutic wellness, 2023).

Celebrating the Engagement

The engagement period is a time of anticipation and excitement. To let the joy of this milestone sink in, create rituals and traditions that symbolize your commitment. Plan special date nights, surprise each other with heartfelt gifts or write love letters expressing your feelings. These gestures will strengthen your bond and remind you of the profound love you share.

- Plan a romantic weekend getaway to celebrate your engagement and create lasting memories, "engagementmoon".
- Recreate the first date

- Go on dates, to events, and out for dinner
- Have an engagement party
- Write personalized vows or poems for each other, expressing your commitment and love (Brides, 2023; Forget me not Journals, N.D.; NYC therapeutic wellness, 2023).

Building a Family

The journey of love often leads to the desire to start a family. Processing this new chapter involves acknowledging the changes and responsibilities that come with parenthood. Attend parenting classes together, discuss your hopes and fears, and create a supportive network of family and friends. Engage in activities that involve the whole family, such as picnics, game nights, or creating family traditions. These experiences will deepen your connection and create a strong foundation for your children.

- Create a time capsule together, filled with meaningful items that represent your journey as a couple and as parents.
- Establish a family game night tradition, where you bond and create joyful memories (Fatherhood Institute, 2021; NYC therapeutic wellness, 2023).

Cherishing the Constant Feeling

Throughout the ups and downs of life, it is crucial to prioritize the constant feeling of love. Process challenging times together by maintaining open communication, seeking professional help if needed, and practicing forgiveness and understanding. Celebrate the happy moments, big and small, with gratitude and appreciation. Create a shared vision for your future and regularly revisit it to stay connected and aligned. "Cherishing", is nourishment and attachment, which will give the best outcomes in the relationship and in the children coming forth out of this relationship and who are in this relationship as well. Cherishing creates stability.

- Have a gratitude jar where you both write and share things you appreciate about each other regularly.
- Create a "date night jar" filled with creative and fun date ideas. Each week, take turns picking a new idea to try (Bhattacharyya, and Pradhan, 2019; NYC therapeutic wellness, 2023).

Romantic Art, Poems, Books, and Dates

When responding to an expression of love, with an expression of love, one can use various forms of romantic art, poems, books, and dates can be considered. The choice of response depends on the individual's preferences and the nature of their relationship. A personalized poem or an original piece of art can be incredibly touching, showcasing the effort and creativity invested in the response. Similarly, planning a romantic date aligned with the themes and symbols expressed in the original act of love can create a sense of continuity and deepen the emotional bond (Bailey, 2022). Maybe the more anxious one is, the more they want romance and union. Falling in love is very personal, so one can make the romance very personal (Cruses et al., 2015).

The Role of Texts in Responses

Responding to love expressed through songwriting, singing texts, and text messages can be a fitting choice for several reasons. Texts allow the recipient to articulate their feelings in a thoughtful and deliberate manner. They provide an opportunity for introspection and the expression of emotions that may be difficult to convey verbally. Responding through texts also allows for a permanent record of the exchange, preserving the sentiment for future reflection. Because emotions can be expressed in more ways in texts, it can give also a few ways of misinterpretations. Sometimes one can choose face-to-face expression, to avoid misinterpretation, or use basic words for emotions, which is called lexical emotive expression. Also, because the individuals aren't physically together, the boundaries aren't

there thus one could go too far in emotion expressing. One could learn to let the emotion "eb" away, and then respond. At the same time, it can be used to express more feelings than one usually would, it can be used to express deeper feelings. Texts give more space to think over and create better texts. It gives more power over one's own words (Albritton, 2017).

Conclusion

This literature review article was about comparing mirroring, originality, and personalization in responses to the found love. Everyone can find someone more special than others. Love is not prototypical. Love can be like a shared consciousness, which can be emotional or mental resonance or an empathic connection. It would have factors like social bonding, empathy, nonverbal communication, and shared experiences. Responses to the found love will depend on the processing of the emotions, feelings, thoughts, and experiences effectively, which could be done through various original and heartfelt activities, exercises, and ideas to enhance the journey of love together. The time and space given to process, so one can learn and find ideas to respond with. A response to the one we love needs to be a combination of mirroring, originality, and personalization contributes to the overall satisfaction of the recipient. There is a right balance between mirroring, originality, and personalization depending on the personality type, personal preference, and given time and space to process and respond. In each phase of the relationship, the couple can do activities to let the found love sink in, celebrate the found love and the stage the couple is in, and process emotions, feelings, thoughts, experiences, needs, and desires. "Cherishing", is nourishment and attachment, which will give the best outcomes in the relationship and in the children coming forth out of this relationship and who are in this relationship as well. Cherishing creates stability. With future research, one could develop a math formula for personality types, including the factors: Time and space needed, personality type traits, mirroring, originality, and personalization, cherishing. Shared consciousness - involving cognitive

processes, perception, attention, memory, and self-awareness. Also, depending on the stage the relationship is in, and what type of relationship the couple has. With factors like social bonding, empathy, nonverbal communication, and shared experiences. This leads to percentages of each variable needed to create the best responses to the found love, with their personality type and fitting the type of relationship and stage the relationship is in. This leads to better fitting responses, quality, and satisfaction in the relationship, where one needs to be understood, but also needs time and space to process the emotions, feelings, thoughts, and experiences, alone and together, with fitting best various original and heartfelt activities, exercises, and ideas enhancing the journey of love together, fitting the found love, and both individuals in this love.

References.

Afrasiabi, M., Redinbaugh, M., Phillips, J., Kambi, N., Mohanta, S., Raz, A., Haun, A. M., and Saalman, Y. (2021). Consciousness depends on integration between the parietal cortex, striatum, and thalamus. *Cell systems*, *12*(4), 363–373.e11.

<https://doi.org/10.1016/j.cels.2021.02.003>

Albritton, A. (2017, April 2) Emotions in the ether: Strategies for effective emotional expression in text messages. *Online Journal of Communication and Media Technologies* Volume: 7 – Issue: 2 April - 2017

<https://www.ojcmt.net/download/emotions-in-the-ether-strategies-for-effective-emotional-expression-in-text-messages.pdf>

Alderson, L. (2022, December 17) The most secretive personality types ranked. *So Syncd*.

<https://www.sosyncd.com/the-most-secretive-personality-types-ranked/#:~:text=INTJs%20and%20INFJs%20are%20the,thoughts%20and%20feelings%20to%20themselves.>

Aron, A., Aron, E., Norman, C., and McKenna, C. (2000). Couples' shared participation in novel and arousing activities and experienced relationship quality. *Journal of Personality and Social Psychology* 2000, Vol. 78, No. 2, 273-284 DOI: 10.1037//0022-3514.78.2.273

Bailey. T. (2022, February 6) 30 romantic ways to express your love through words and actions. *Marriage*. <https://www.marriage.com/advice/love/how-to-express-your-love/>

Bastiaansen, J., Thioux, M., and Keysers, C. (2009). Evidence for mirror systems in emotions. *Philosophical Transactions of the Royal Society of London. Series B, Biological sciences*, *364*(1528), 2391–2404. <https://doi.org/10.1098/rstb.2009.0058>

Bhattacharyya, P., and Pradhan, R. (2019). Exploring Cherishing: A Qualitative Approach. *The Qualitative Report*, *24*(7), 1511-1536.

<https://doi.org/10.46743/2160-3715/2019.3257>

Bryda, E. (2013). The Mighty Mouse: the impact of rodents on advances in biomedical research. *Missouri Medicine*, 110(3), 207–211.

Britannica, T. Editors of Encyclopaedia (2023, June 7). Platonic love. *Encyclopedia Britannica*. <https://www.britannica.com/topic/Platonic-love>

Canevello, A., and Crocker, J. (2010). Creating good relationships: responsiveness, relationship quality, and interpersonal goals. *Journal of personality and social psychology*, 99(1), 78–106. <https://doi.org/10.1037/a0018186>

Cherry, K. (2023, April 4). Introspection and how it is used in psychology research. *Very Well Mind*. <https://www.verywellmind.com/what-is-introspection-2795252>

Cleary, S. (2013). Romantic loving: an existential study. *Macquarie University*. <https://doi.org/10.25949/19438169.v1>

Cochrane, T. (N.D.) A case of shared consciousness. *Phil archive*. <https://philarchive.org/archive/COCACO-6>

Cruses, J., Hawrylak, M., Delegido, A. (2015). Interpersonal variability, of the experience of falling in love. *International Journal of Psychology and Psychological Therapy*, 2015, 15, 1, 87-100. <https://www.ijpsy.com/volumen15/num1/405/interpersonal-variability-of-the-experience-EN.pdf>

Decety, J. (2010). The neurodevelopment of empathy in humans. *Developmental neuroscience*, 32(4), 257–267. <https://doi.org/10.1159/000317771>

Drenth, A. (N.D.). Personality, authenticity, and expertise: Who do you strive to become? *Personality Junkie*. [https://personalityjunkie.com/01/personality-authenticity-expertise/#:~:text=If%20we%20div,e%20a%20little,Ti\)%20as%20their%20preferred%20function.](https://personalityjunkie.com/01/personality-authenticity-expertise/#:~:text=If%20we%20div,e%20a%20little,Ti)%20as%20their%20preferred%20function.)

Drenth, A. (N.D.b). The creative life: Insights for INTP, INFP, ENTP, & ENFP types
Personality Junkie.

<https://personalityjunkie.com/intp-infp-entp-enfp-creative-life/#:~:text=According%20to%20the%20MBTI%20Manual,most%20creative%20of%20all%20types>.

Earp, B., Do, D., and Knobe, J. (2017, February 6). 'The Ordinary Concept of True Love'. *The Oxford Handbook of Philosophy of Love*.

<https://doi.org/10.1093/oxfordhb/9780199395729.013.38>

Falde, N. (2022, April 6). What is mirroring, and which personality types are most likely to do it? *Truity*.

<https://www.truity.com/blog/what-mirroring-and-which-personality-types-are-most-likely-to-do-it>

Fatherhood Institute. (2021). Becoming Dad. *Mental Health*

<https://www.mentalhealth.org.uk/sites/default/files/2022-06/MHF-Becoming-Dad-A-guide-for-new-fathers.pdf>

Feniger-Schaal R, Hart Y, Lotan N, Koren-Karie N and Noy L (2018). The Body Speaks: Using the Mirror Game to Link Attachment and Non-verbal Behavior. *Front. Psychol.* 9:1560. doi:10.3389/fpsyg.2018.01560

Fernández-Abascal E., and Martín-Díaz M. (2019). Relations Between Dimensions of Emotional Intelligence, Specific Aspects of Empathy, and Non-verbal Sensitivity. *Front. Psychol.* 10:1066. doi:10.3389/fpsyg.2019.01066

Forget me not journals (N.D.) 11 unique ways to celebrate your engagement in 2022.
Forget me not journals.

<https://forgetmenotjournals.com/nz/wedding-planning/unique-ways-to-celebrate-your-engagement-party/>

Gibson, P. (2023). What is mirroring, and how can it get in the way of your relationships? The list. <https://www.thelist.com/1267383/mirroring-get-in-way-relationship/>

Gu, X., Hof, P., Friston, K., and Fan, J. (2013). Anterior insular cortex and emotional awareness. *The Journal of comparative neurology*, 521(15), 3371–3388.
<https://doi.org/10.1002/cne.23368>

Grant, E. (2018, April 10) The best date idea for you, based on your Myers-Briggs Type. *Bustle*.
<https://www.bustle.com/p/the-ideal-date-idea-for-each-myers-briggs-type-8696656>

Gonzaga, G., Campos, B., and Bradbury, T. (2007, August). *Journal of Personality and Social Psychology* 93(1):34-48. DOI:[10.1037/0022-3514.93.1.34](https://doi.org/10.1037/0022-3514.93.1.34)

Hailey, L. (N.D.) 15 effective ways to connect with absolutely anyone , anytime. *Science of people* <https://www.scienceofpeople.com/how-to-connect-with-others/>

Hargreaves, S., Bath, P., Duffin, S., and Ellis, J. (2018). Sharing and Empathy in Digital Spaces: Qualitative Study of Online Health Forums for Breast Cancer and Motor Neuron Disease (Amyotrophic Lateral Sclerosis). *Journal of medical Internet research*, 20(6), e222.
<https://doi.org/10.2196/jmir.9709>

Hwang, K., Bertolero, M., Liu, W., and D'Esposito, M. (2017). The Human Thalamus Is an Integrative Hub for Functional Brain Networks. *The Journal of neuroscience: the official journal of the Society for Neuroscience*, 37(23), 5594–5607.
<https://doi.org/10.1523/JNEUROSCI.0067-17.2017>

Johnson, H. (2011). Love and the individual. *Core*. <https://core.ac.uk/reader/30853830>

Kramer, L. (2022, November). What is emotional design? *99 design*
<https://99designs.com/blog/tips/what-is-emotional-design/>

Lazarus, (2023, February 2). The 7 phases of dating you go through before you're officially a couple. *Bonobology*. <https://www.bonobology.com/phases-of-dating/>

Levine, A. (2022, September 16). Are soulmates real according to science? *Washington post*.

<https://www.washingtonpost.com/wellness/2022/09/16/soul-mates-real-science-research/>

Luis, E., Martínez, M., Akrivou, K., Scalzo, G., Aoiz, M., and Orón Semper, J. (2023). The role of empathy in shared intentionality: Contributions from Inter-Processual Self-theory. *Frontiers in Psychology*, 14, 1079950. <https://doi.org/10.3389/fpsyg.2023.1079950>

Longstreet Wehmeyer, J. (2022, January 2). The science of twin flames. *Medium*.
<https://julie-67100.medium.com/the-science-of-twin-flames-4dba6432d4fe>

Montemayor, C. (2023, May 4). How to Celebrate Your Engagement Without a Party. *Brides*. <https://www.brides.com/how-to-celebrate-your-engagement-5097179>

Mostova, O., Stolarski, M., and Matthews, G. (2022). I love the way you love me: Responding to a partner's love language preferences boosts satisfaction in romantic heterosexual couples. *PloS one*, 17(6), e0269429.
<https://doi.org/10.1371/journal.pone.0269429>

NYC therapeutic wellness (2023, April 24). 28 Best Trauma therapy activities to help you heal. *NYC therapeutic wellness*
<https://nyctherapeuticwellness.com/trauma-therapy-activities/>

O'Leary, M. et al. (2013, February 8). The placental mammal ancestor and the post-K-Pg radiation of placentals. *Science*. <https://doi/10.1126/science.1229237>

Psychreel (2022, May 1). 16 personalities compatibility chart (A complete guide). *Psychreel*. <https://psychreel.com/16-personalities-compatibility-chart/>

Sadino, J., and Donaldson, Z. (2018). Prairie Voles as a Model for Understanding the Genetic and Epigenetic Regulation of Attachment Behaviors. *ACS chemical neuroscience*, 9(8), 1939–1950. <https://doi.org/10.1021/acchemneuro.7b00475>

Sanchez, R. (1989). Empathy, diversity, and telepathy in mother-daughter dyads: an empirical investigation utilizing Rogers' conceptual framework. *Scholarly inquiry for nursing practice*, 3(1), 29–44.

Sandberg-Jurström, R (2022). Creating Space for Reflection: Meaning-Making Feedback in Instrumental/Vocal Lessons. *Front. Educ.* 7:842337.
<https://doi.org/10.3389/educ.2022.842337>

Santas, G. (1979). Plato's Theory of Eros in the Symposium: Abstract. *Noûs*, 13(1), 67–75. <https://doi.org/10.2307/2214796>

Sattin, D., Magnani, F., Bartesaghi, L., Caputo, M., Fittipaldo, A., Cacciatore, M., Picozzi, M., and Leonardi, M. (2021). Theoretical Models of Consciousness: A Scoping Review. *Brain sciences*, 11(5), 535. <https://doi.org/10.3390/brainsci11050535>

Scott, S. (N.D.) Martin Buber (1878- 1965). *IEP*. <https://iep.utm.edu/martin-buber/>

Stokke, C. (2021, August 9). Exploring the transpersonal phenomena of spiritual love relations: A naturalistic observation study of soulmate experiences shared in a New Age Facebook group. *Tandfonline*. <https://doi.org/10.1080/20440243.2021.1955454>

Storm, S. (2017, September 5). What each Myers-Briggs® needs in a relationship. *Psychology junkie*. <https://www.psychologyjunkie.com/myers-briggs-type-needs-relationship/>

Stromberg, J. (2015, February 12). This is your brain on love. *Vox*.
<https://www.vox.com/2015/2/12/8025525/love-neuroscience>

Treger, S., Sprecher, S., and Hatfield, E.C. (2014). Love. In: Michalos, A.C. (eds) Encyclopedia of Quality of Life and Well-Being Research. *Springer, Dordrecht*.
https://doi.org/10.1007/978-94-007-0753-5_1706

Zacher, H., Schmitt, A., Jimmieson, N., and Rudolph, C. (2018). Dynamic effects of personal initiative on engagement and exhaustion: The role of mood, autonomy, and support. *Journal of Organizational Behavior*.

https://www.researchgate.net/publication/323301753_Dynamic_Effects_of_Personal_Initiative_on_Engagement_and_Exhaustion_The_Role_of_Mood_Autonomy_and_Support