



Sincerely, Love

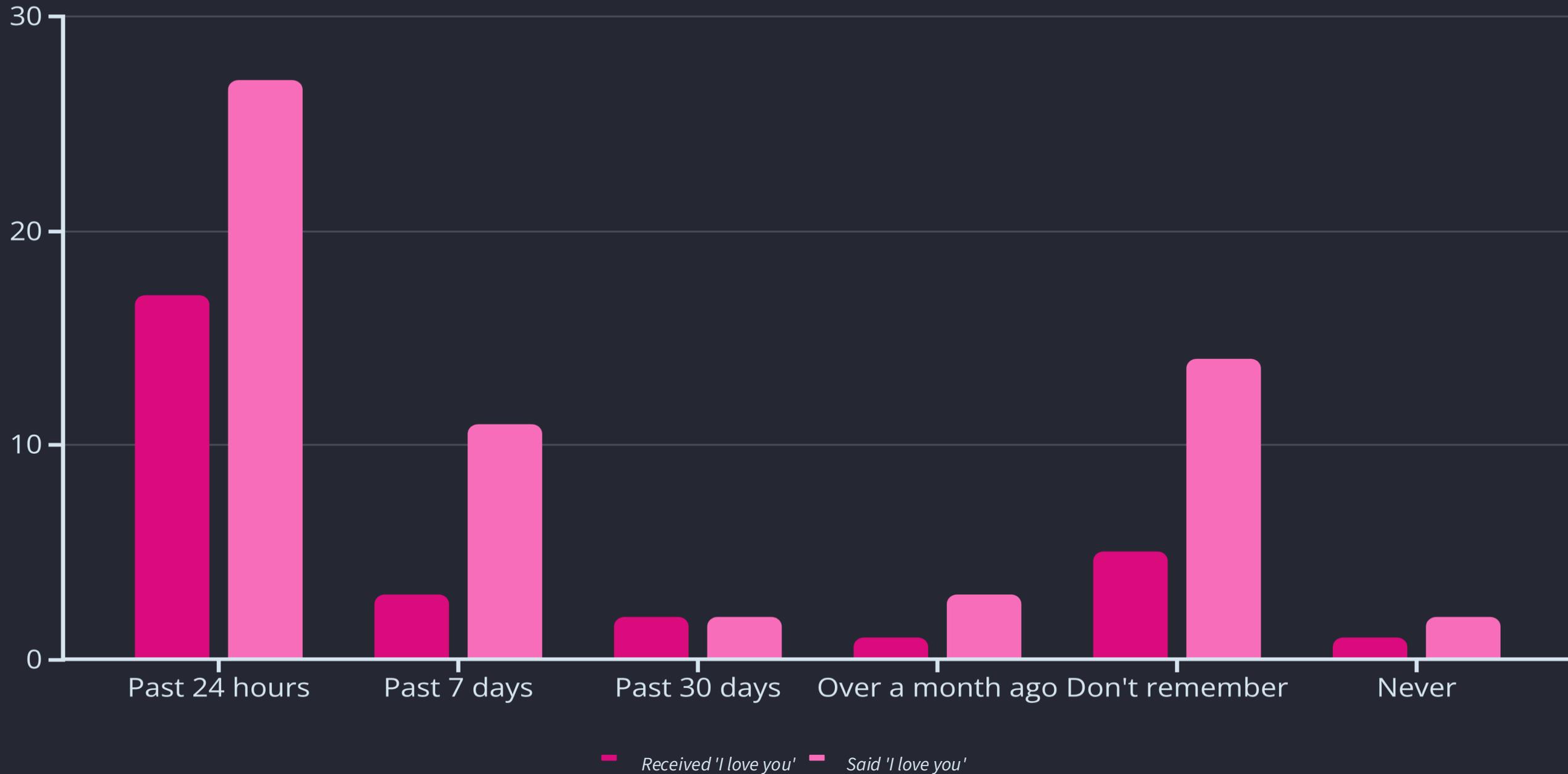
A Data-Driven Journey Into the Heart of Connection

*Exploring love as data, culture, and lived experience through the voices of our
community*

BSU  CDA
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Giving and Receiving Love: A Snapshot

How often do we express love, and how often do we hear it?

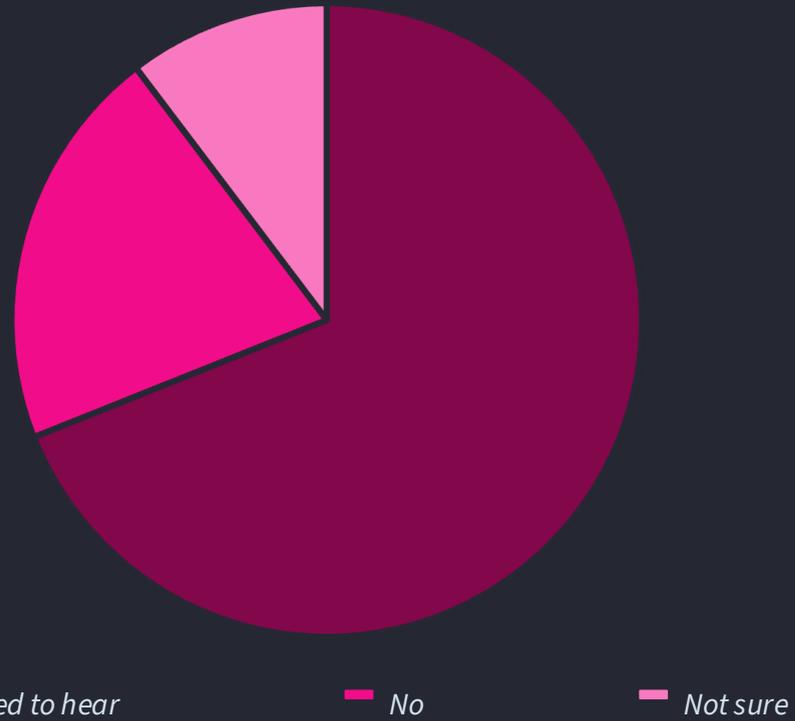


Our survey reveals that many express love more often than they receive it. While recent declarations are common, a notable segment either doesn't remember or rarely experiences these verbal affirmations, highlighting varied perceptions of affection.

Love Beyond Words

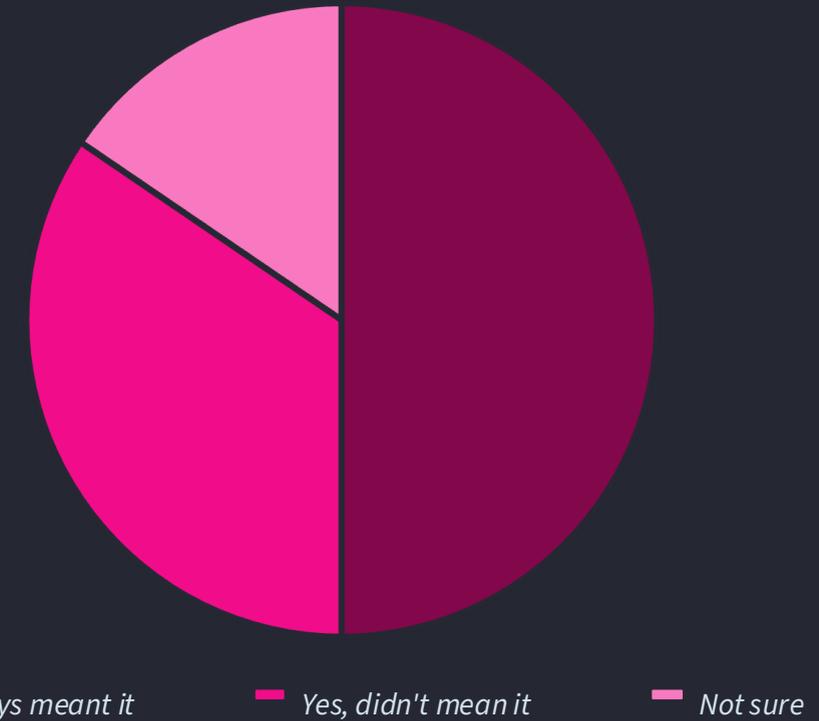
We often assume that love is freely given and received. However, these questions reveal a common disconnect between what we crave to hear and what we genuinely express, highlighting a struggle for authenticity in our most intimate connections.

Desired vs. Heard:



A significant majority (69%) have wished to hear "I love you" but didn't, pointing to unmet emotional needs.

Expressed vs. Meant:



Conversely, 34% admit to saying "I love you" without genuine intent, suggesting performative affection.

These mirroring percentages highlight mutual experiences of emotional longing and the burden of social expectation. This data invites us to explore:

- The emotional labor of saying "I love you."
- Authenticity in relationships.
- Communication barriers in expressing affection.
- The difference between emotional intention and social expectation.

In Their Own Words

How Do You Show Love?

Love Beyond Words



Actions Speak

"Love is attention—when you give someone your time, you're literally giving them a piece of your life."



Recognition Matters

"I feel most loved when my efforts are appreciated, when someone checks in or remembers something important to me."



Cultural Context

"Growing up in an African household, I didn't hear 'I love you' often, but I always knew it through actions."

Through interviews with eight participants from African, Indian, and American backgrounds, we discovered that love is often shown through presence, care, and commitment—expressed silently, yet felt profoundly.

The Biology of "I Love You"



Brain Activation

Ventral tegmental area releases dopamine and adrenaline



Physical Response

Increased heart rate, elevated blood pressure, flushed skin



Synchronized Connection

Partners experience matched heart rate and skin conductance

Love triggers powerful physiological responses. Most participants reported significant emotional shifts from euphoria and warmth to stress or anxiety proving love is deeply biological, not just psychological.



AI, Technology, and the Science of Love

Technology can now help us understand and nurture love—the emotional bond that protects mental and physical well-being.



Emotion Recognition with AI

AI models like GoEmotions and Affectiva interpret human emotions from digital communication, facial cues, and vocal tones, detecting nuances like empathy and affection.



Early Detection of Disconnection

AI systems analyzing voice tone, facial expressions, and text sentiment can identify emotional withdrawal, prompting supportive interactions before deep disconnections occur.



Technology as a Connector

When integrated with counseling services and social networks, AI can encourage meaningful real-world engagement and care, acting as a catalyst, not a replacement.



Love: Measurable & Actionable

Research shows love is more than a feeling; it can be measured through behavioral, physiological, and social data, revealing how connection enhances well-being.



Ethical Design

The goal is to create AI that strengthens empathy, safeguards privacy, and genuinely enhances human relationships, rather than diminishing or replacing them.



Love as a Protective Factor

We are often told that love is just a chemical reaction, and scientifically, that's true. But what if you could feel that reaction happening? This visual storyboard illustrates the journey of love's protective influence from individual well-being to generational bonds, fueled by key neurochemicals.

01

The Absence of Connection

The story begins with an individual experiencing loneliness and a low mood, a state devoid of love's protective influence. This highlights the vulnerability when emotional bonds are lacking.

02

The Spark of Romantic Love

Next, we see the initial phase of romantic connection. That surge of euphoria when seeing someone you love? That's a dopamine rush, your brain's reward system signaling 'More of this!' It elevates mood and creates a powerful bond between partners.

03

Nurturing Enduring Bonds

Finally, the narrative expands to portray how foundational love is nurtured and passed down through generations. The deep, quiet comfort of a long-held hug, the profound sense of safety with a trusted partner? That's oxytocin, the 'cuddle chemical,' calming your fear center and transforming individual bonds into a resilient family structure and a collective alliance built on trust.

When was the last time you didn't just *say* "I love you" but made someone feel it?

Thank You