Your power over your happy brain chemicals is limited, but you can build new neural pathways to turn them on in new ways.

The chemicals that make us feel good (dopamine, serotonin, oxytocin, endorphin) are inherited from earlier mammals. They evolved to reward survival behavior, not to flow all the time for no reason. When you know the job your happy chemicals do in the state of nature, your ups and downs make sense.

Nothing is wrong with us! We’re mammals!

Your feelings are controlled by brain structures that all mammals have in common. They define rewards and threats with neural pathways built by the chemical surges of your youth. The mammal brain is not on speaking terms with your human cortex because it doesn’t process language. This is why your verbal brain struggles to understand the strong reward and threat signals of your inner mammal.

It’s not easy being mammal!