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i think there are tension/stress/unhappiness sensors inside us
for example: energy level, water, food, temperature, pain etc
then those with a social component:
lover, wife, family, friends, ...
some of them triggered by individuals
some of them by groups
also social harmony between others could be monitored
so each individual evaluates the network differently
happiness = lack of inside tension (illusion of harmony)
evolution has equipped us to be unhappy
it wants us to search ... optimize ... complain