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Subject:

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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