Twitter Thread by Jonelle Capri



Jonelle Capri
@JonelleCapri

All my random ass behavior threads in one place■

> Dopamine isn't a pleasure molecule. It's a memory molecule. It's not what feels good, it's what won't EVER let you forget that something felt nice that one time. Without it, we'd forget to function.
>
> Our will to live is based entirely on hormonal reminders to chase various highs.
>
> — Jonelle Capri (@JonelleCapri) August 18, 2020

On power and power drunks
https://t.co/pPsqjA55mQ

> Power is intoxicating & the human behavioral response to it is fucking bonkers. Brains love power. Power=controlled environment=improved survival chances. But the more we have, the more likely we\u2019ll abuse it, and the less likely anyone will tell us \u201cGo home, you\u2019re power drunk\u201d https://t.co/ArIYUsSgm5
>
> — Jonelle Capri (@JonelleCapri) August 25, 2020

Why we're weird about wiggles
https://t.co/cCvwsjbYJm

> Like the bush wiggle? Me too. It's b/c our reward ctrs connect to our motor circuits -> our brains love movement. Ours & other people's. Dance, fight scenes, gestures, we love that shit. We're programmed to enjoy the way this bush wiggles, which is why we're all being so weird https://t.co/JLPevEhRSa
>
> — Jonelle Capri (@JonelleCapri) September 6, 2020

Empathy and petty dick gifts
https://t.co/6ZcaajizXW

> There's debate abt whether or not empathy levels are tied to innate temprament/personality, but there's evidence that empathy is trainable and improves after exposure to new experience and adversities. Like, for example, your bf being petty and gifting you his dick for your bday https://t.co/TcKI6QmFs5

— Jonelle Capri (@JonelleCapri) September 8, 2020

Hypocrisy and hypocrites
https://t.co/hlxE9x7goD

> For no reason at all, here's a behavioral scientific review of hypocrisy
>
> Definition of behavior: Hypocrites are people who violate standards that they publically enforce. There are a few types of hypocrite that have been individually studied.
>
> — Jonelle Capri (@JonelleCapri) September 19, 2020

Trash pathways
https://t.co/paQrZtxrQa

> It's not. The brain can reshape itself under adaptive stimulation (i.e. life), and we develop new neural pathways all the time. Unfortunately, a lot of those pathways are trash. https://t.co/9Cwd2qy1GB
>
> — Jonelle Capri (@JonelleCapri) October 12, 2020

I KNOW AT LEAST ONE MEME
https://t.co/dbRkz7sj9t

> The brain's temporal lobe pic.twitter.com/QgELV3jjyc
>
> — Jonelle Capri (@JonelleCapri) December 1, 2020

Our heads are smol
https://t.co/bGftxIABwd

> Sort of? Humans have undergone a whole endocranial restructuring over the last 10000 yrs. Both volume & cranium meas. are decreasing. Scientists aren't sure if it's b/c nutrient demands of big inefficient brains are untenable, or if we're selecting for it b/c small heads are cute
>
> — Jonelle Capri (@JonelleCapri) December 2, 2020

Behavior addictions and substance addictions, why they're different, and why they suck
https://t.co/Q2qKWBS0Ml

> Twitter is a behavioral addiction & cocaine is a substance addiction. Substance addictions suck b/c they alter neurotransmitter-receptor interaction & change the brain's homeostatic set point. Behavior addictions suck b/c the brain is basically addicted to its own damn self \U0001f9f5 https://t.co/6U94R6JrJ1
>
> — Jonelle Capri (@JonelleCapri) December 3, 2020

Cognitive rigidity vs cognitive flexibility
https://t.co/xFjbfUGlWl

> Carrying ideas beyond exposure to new info is more characteristic of cognitive rigidity than socialization. It's a developmental entrenchment of neural pathways. The very practice of rigid thinking makes it that much harder for the brain to adapt mentally or psychosocially.
>
> — Jonelle Capri (@JonelleCapri) December 8, 2020

The neurochemical process of romantic attraction and why it's terrible.
https://t.co/j5rNMmEnS2

> A lot of people see this lady\u2019s story and think \u201cmental illness\u201d. But her brain is likely standard issue and pulling some very typical neurochemical fuckshit. Because the human brain is a monster, and the process of romantic attraction is terrifying. I\u2019ll explain: https://t.co/HRwtN1LHvv
>
> — Jonelle Capri (@JonelleCapri) December 22, 2020