

THE JORDAN HARBINGER SHOW

Worksheet for David Buss | Troubleshooting Strategies from the Evolution of Desire (Episode 123)

When it comes to mate selection, most of us have some inkling of who we find attractive, even if we might not ponder too deeply *why* we're attracted to them. But if we're in the mood to contemplate life's big mysteries, one of the biggest that's crossed most of our minds is this one: what makes *us* attractive to others? What is it about our evolutionary programming that pairs us up and pulls us apart?

Dr. David Buss of the University of Texas at Austin specializes in understanding the evolutionary psychology of human mating strategies -- which covers everything from conflict between the sexes to prestige, status, and social reputation to the emotion of jealousy. He joins us [for this episode](#) to discuss what he's learned over decades of research and compiled in his body of work, which includes [The Evolution of Desire](#), [The Dangerous Passion](#), and [The Murderer Next Door](#).

THE JORDAN HARBINGER SHOW

#LifeHack: Take a Vacation

David told me that a significant variable to look for in a potential mate is emotional instability, or: *how they react to stress*. We all experience stressful events, but how do these events knock people off of their baseline? This can be measured by how long it takes for them to seem like their normal selves again; emotionally unstable people take longer to return to their baseline.

The quickest way to test this, according to David, is to take a vacation! Want an even better test? Travel to a foreign country! The experience of being in a new place, experiencing unknowns in different contexts, will be the quickest way to see if your current soulmate is a future ex.
(Disclaimer: This could be pricey.)

Have you had a mate/date pass or fail the travel test? What did you learn? Is it time to take the plunge?

THE JORDAN HARBINGER SHOW

Swipe Then Meet

David appeared in the new HBO documentary *Swiped*. It's a fun watch, for sure. Whether we're users or not, we're all familiar with the swipe-based dating apps like Tinder and Bumble.

"The photograph overwhelms all other sources of information," David told me. That's because these photo-based apps put a disproportionate weight on physical appearance. That means you're not going to get a good idea of things like emotional stability or emotional instability. That's why you have to meet."

Knowing that pictures don't tell the full story, you probably shouldn't get too high or too low on a person before meeting them IRL (in real life). Is this something that you knew or is it a revelation? Does this change your expectations?

THE JORDAN HARBINGER SHOW

Hey, Jealousy

We all know someone who isn't comfortable with their significant other spending time with a friend of the opposite sex. While it's likely that person has jealousy issues, David says the threat is real (*statistically speaking, of course*). Because we're attracted to people with common interests, it's likely we'd find some attraction in friends of the opposite sex (or whatever sex we're into).

The problem with jealousy is that expressing it will lower your mate value to your partner. The more this happens, the quicker you stand to sabotage your relationship.

Do you experience jealousy in this situation? How do you keep it in check? Or what have you learned from it getting the better of you?

Full show notes and resources for this episode [can be found here](#).

THE JORDAN HARBINGER SHOW

About



Join Jordan Harbinger (critically acclaimed host, formerly of The Art of Charm) as we get deep into the untapped wisdom of the world's top performers -- from legendary musicians to intelligence operatives, iconoclastic writers to visionary change-makers.

We deconstruct the playbooks of the most successful people on earth -- and learn new strategies, perspectives, and insights you can't find anywhere else. Then, take these insights into your own life and live what you listen.

THE JORDAN HARBINGER SHOW

support@jordanharbinger.com

THE JORDAN HARBINGER SHOW



Share This With
Your Friends!



[Share This](#)