

What Science Has Discovered About Relationships

WHAT SCIENCE HAS DISCOVERED ABOUT RELATIONSHIPS

(AND THAT ALMOST NO ONE TALKS ABOUT)

SIMILARITIES BUILD CONNECTION
We are more likely to connect with people who share values, goals and interests.

FAMILIARITY CREATES ATTRACTION
The more we interact with someone in positive situations, the greater the chance of developing feelings.

A SENSE OF HUMOR MAKES A DIFFERENCE
Good-humored people are seen as more attractive and make life together lighter and more enjoyable.

BODY LANGUAGE MATTERS—BUT CONTEXT IS KEY
Gestures can say a lot, but they must be understood within the context of the situation.

TRUST, RESPECT AND SUPPORT LAST
Over time, these qualities become much more important than physical appearance.

SMALL DETAILS HAVE REAL IMPACT
Personal care, attention and kindness leave a positive and lasting impression.

OUR BRAINS ARE WIRED FOR CONNECTION

OXYTOCIN HELPS CREATE BONDS AND TRUST

COMMUNICATION IS THE BRIDGE BETWEEN TWO WORLDS

LASTING LOVE IS BUILT DAY BY DAY

WHAT SCIENCE TEACHES US:

- There are no magic formulas.
- Every relationship is unique.
- What truly matters is how we choose to treat each other every day.

The little things build great love

- Listen
- Appreciate
- Be present
- Show kindness
- Grow together

English Transcript	Tradução
What Science Has Discovered About Relationships (And That Almost No One Talks About)	O Que a Ciência Descobriu Sobre os Relacionamentos (E Que Quase Ninguém Conta)
It only takes a few minutes on social media to come across lists of supposed "psychological facts" about relationships. Some claim that a man falls in love in just a few seconds. Others insist that there is an exact percentage of your crush liking you or that simply observing the dilation of someone's pupils is enough to tell whether your feelings are reciprocated.	Basta passar alguns minutos nas redes sociais para encontrar listas com supostos "fatos psicológicos" sobre relacionamentos. Algumas garantem que um homem leva apenas alguns segundos para se apaixonar. Outras afirmam que existe uma porcentagem exata de chance de o seu crush gostar de você ou que basta observar a dilatação da pupila para descobrir se o interesse é correspondido.
The problem is that most of these claims have never been scientifically proven. Many originated in posts with no references at all and were copied repeatedly until they acquired the appearance of truth. Meanwhile, decades of research conducted by psychologists have revealed far more interesting discoveries about how we become attracted to other people.	O problema é que a maior parte dessas afirmações nunca foi comprovada cientificamente. Muitas surgiram em publicações sem qualquer referência e foram sendo copiadas até adquirirem aparência de verdade. Enquanto isso, as pesquisas realizadas por psicólogos ao longo de décadas revelaram descobertas muito mais interessantes sobre a forma como nos aproximamos das pessoas.
One of the first conclusions is that the old idea that "opposites attract" works much better as a movie script than as a description of real life. Happy	Uma das primeiras conclusões é que a velha ideia de que "os opostos se atraem" costuma funcionar melhor como roteiro de cinema do que como descrição da vida



English Transcript	Tradução
couples can, of course, have different personalities. One partner may be more outgoing, while the other prefers quieter activities. However, studies show that relationships tend to be more stable when partners are similar in important areas, such as values, life goals, worldview, and interests. It is much easier to build a life together when both people are moving in the same direction.	real. Casais felizes podem, naturalmente, ter personalidades diferentes. Um pode ser mais extrovertido, enquanto o outro prefere programas tranquilos. No entanto, estudos mostram que relacionamentos tendem a ser mais estáveis quando existe semelhança em aspectos importantes, como valores, objetivos de vida, visão de mundo e interesses. É muito mais fácil construir uma vida em comum quando ambos caminham na mesma direção.
Another factor that strongly influences attraction is familiarity. There is a phenomenon known as the "mere exposure effect," according to which we tend to develop positive feelings toward people we encounter frequently. This helps explain why so many relationships begin at school, college, work, or in groups where people share a hobby. The more opportunities we have to get to know someone in positive situations, the greater the chances that a genuine connection will develop.	Outro fator que influencia bastante a atração é a convivência. Existe um fenômeno conhecido como "efeito da mera exposição", segundo o qual tendemos a desenvolver simpatia por pessoas com quem convivemos frequentemente. Isso ajuda a explicar por que tantos relacionamentos começam na escola, na faculdade, no ambiente de trabalho ou em grupos que compartilham um hobby. Quanto mais oportunidades temos de conhecer alguém em situações positivas, maiores são as chances de surgir afinidade.
This does not mean that spending time together is enough by itself. It simply creates opportunities for other qualities to emerge. It is through conversations, shared challenges, and relaxed moments that we begin to notice another person's character, intelligence, sense of humor, and the way they treat those around them.	Isso não significa que a convivência, por si só, seja suficiente. Ela apenas cria oportunidades para que outras qualidades apareçam. É durante conversas, desafios compartilhados e momentos descontraídos que começamos a perceber o caráter, a inteligência, o bom humor e a forma como a outra pessoa trata quem está ao seu redor.
Humor, by the way, deserves a chapter of its own. Numerous studies show that people with a good sense of humor are generally perceived as more attractive. Not because they know how to tell jokes, but because they make being together more enjoyable. Someone who smiles easily, can laugh at themselves, and handles life's small setbacks with ease conveys emotional security, a quality that is valued in any relationship.	O humor, aliás, merece um capítulo à parte. Diversas pesquisas mostram que pessoas bem-humoradas costumam ser vistas como mais atraentes. Não porque saibam decorar piadas, mas porque conseguem tornar a convivência mais leve. Alguém que sorri com facilidade, sabe rir de si mesmo e encara pequenos contratempos com tranquilidade transmite segurança emocional, uma característica valorizada em qualquer relacionamento.
It is also true that our communication goes far beyond words. A genuine smile, maintaining eye contact while listening to someone, and showing sincere interest in what the other person is saying usually create a very positive impression. On the other hand, trying to interpret a single gesture as proof of romantic interest can easily lead to mistakes. A person may look away because they are shy, raise their eyebrows because they are surprised, or laugh at a bad joke simply out of politeness. Body language only makes sense when we consider the full set of signals and the context in which they occur.	Também é verdade que nossa comunicação vai muito além das palavras. Um sorriso sincero, manter contato visual enquanto ouvimos alguém e demonstrar interesse genuíno pelo que a outra pessoa está dizendo costumam produzir uma impressão muito positiva. Por outro lado, tentar interpretar um único gesto como prova de paixão pode levar a erros. Uma pessoa pode desviar o olhar porque é tímida, levantar as sobrancelhas porque ficou surpresa ou rir de uma piada ruim apenas por educação. A linguagem corporal faz sentido quando observamos o conjunto dos sinais e o contexto em que eles aparecem.
Another interesting aspect is that our perception of beauty changes as we get to know someone.	Outro aspecto curioso é que nossa percepção da beleza muda conforme conhecemos alguém.



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Psychologists refer to this phenomenon as the halo effect. When we admire qualities such as kindness, intelligence, competence, or generosity, we tend to see that person as more attractive and interesting. That is why it is not uncommon to hear people say that they did not feel an immediate attraction, only to discover, over time, that they had met someone truly special.	Psicólogos chamam esse fenômeno de efeito halo. Quando admiramos características como gentileza, inteligência, competência ou generosidade, tendemos a enxergar essa pessoa de forma mais bonita e interessante. É por isso que não são raras as histórias de pessoas que afirmam não terem sentido uma atração imediata, mas que, com o passar do tempo, descobriram alguém extremamente especial.
Physical appearance remains important, especially when making first impressions. However, its importance gradually decreases as a relationship matures. Couples who stay together for many years often point to other factors as being essential: trust, respect, the ability to talk through problems, support during difficult times, and mutual admiration. These qualities rarely appear in a photograph or on a social media profile, yet they make all the difference in everyday life.	A aparência física continua tendo importância, especialmente nas primeiras impressões. No entanto, ela perde espaço à medida que o relacionamento amadurece. Casais que permanecem juntos por muitos anos costumam destacar outros fatores como fundamentais: confiança, respeito, capacidade de conversar sobre problemas, apoio nos momentos difíceis e admiração mútua. Essas qualidades dificilmente aparecem em uma fotografia ou em um perfil de rede social, mas fazem toda a diferença na vida cotidiana.
There is also one detail that is often overlooked: small acts of personal care have a real influence on how we are perceived. Dressing appropriately for the occasion, maintaining good hygiene, wearing a subtle fragrance, and paying close attention during a conversation all help create a positive impression. These are not magic formulas, but rather signs of consideration for yourself and for the people around you.	Há ainda um detalhe frequentemente ignorado: pequenos cuidados pessoais exercem influência real sobre a forma como somos percebidos. Estar bem vestido para a ocasião, cuidar da higiene, usar um perfume de maneira discreta e demonstrar atenção durante uma conversa contribuem para criar uma impressão positiva. Não são fórmulas mágicas, mas sinais de consideração consigo mesmo e com quem está ao seu lado.
Perhaps the greatest lesson science has taught us is this: relationships cannot be reduced to percentages or universal rules. There is no number that can predict when someone will fall in love, nor is there a single gesture capable of revealing with complete certainty what another person is feeling. Human behavior is far richer and more complex than viral lists would have us believe.	Talvez a principal lição deixada pela ciência seja justamente esta: relacionamentos não podem ser reduzidos a porcentagens ou regras universais. Não existe um número que indique quando alguém irá se apaixonar, nem um gesto capaz de revelar com absoluta certeza o que outra pessoa está sentindo. O comportamento humano é muito mais rico e complexo do que as listas virais fazem parecer.
Paradoxically, that may be excellent news. If love followed mathematical formulas, all we would have to do would be follow a script to win anyone's heart. In real life, however, it is authenticity, shared experiences, trust built over time, and mutual respect that create the most enduring relationships. These conclusions may not generate headlines as eye-catching as "12 Psychological Facts You Didn't Know," but they have one important advantage: they are supported by decades of research and come much closer to the reality that all of us experience.	Paradoxalmente, essa pode ser uma excelente notícia. Se o amor obedecesse a fórmulas matemáticas, bastaria seguir um roteiro para conquistar qualquer pessoa. Na vida real, porém, são a autenticidade, a convivência, a confiança construída ao longo do tempo e o respeito mútuo que criam os relacionamentos mais duradouros. Talvez essas conclusões não rendam manchetes tão chamativas quanto "12 fatos psicológicos que você não sabia", mas têm uma vantagem importante: elas são sustentadas por décadas de pesquisa e se aproximam muito mais da experiência que todos nós vivemos.



Contagem de palavras

A tabela abaixo exhibe as palavras encontradas neste texto, bem como o número de vezes em que aparecem.

Veja também: [Para que serve esta tabela?](#)

Freq.	Palavra	Freq.	Palavra	Freq.	Palavra
26	to	26	a	25	the
25	that	23	is	21	of
15	and	14	in	14	as
12	they	11	we	9	are
8	more	8	have	7	someone
7	people	7	not	7	it
6	when	6	relationships	6	other
6	or	6	life	5	there
5	person	5	one	5	for
5	be	5	all	4	with
4	together	4	this	4	these
4	positive	4	on	4	may
4	know	4	can	4	by
4	because	4	at	4	another
4	about	3	you	3	would
3	what	3	us	3	time
3	tend	3	simply	3	sense
3	real	3	qualities	3	only
3	no	3	much	3	many
3	love	3	interesting	3	important
3	humor	3	however	3	how
3	far	3	create	3	but
2	your	2	will	2	why
2	who	2	while	2	which
2	way	2	trust	2	through
2	than	2	tell	2	such
2	studies	2	social	2	small
2	single	2	show	2	shared
2	script	2	science	2	respect
2	research	2	relationship	2	psychologists
2	psychological	2	phenomenon	2	perceived
2	over	2	our	2	opportunities
2	often	2	mutual	2	most
2	media	2	make	2	maintaining
2	lists	2	laugh	2	its
2	interest	2	intelligence	2	impression



Freq.	Palavra	Freq.	Palavra	Freq.	Palavra
2	has	2	good	2	get
2	gesture	2	genuine	2	formulas
2	first	2	few	2	feelings
2	facts	2	eye	2	enough
2	effect	2	easily	2	during
2	did	2	develop	2	decades
2	couples	2	conclusions	2	come
2	being	2	begin	2	attractive
2	attraction	2	around	2	appearance
2	an	2	also	1	yourself
1	yet	1	years	1	worldview
1	works	1	work	1	words
1	win	1	whether	1	where
1	were	1	wearing	1	viral
1	very	1	values	1	valued
1	usually	1	until	1	universal
1	uncommon	1	trying	1	truth
1	truly	1	true	1	treat
1	toward	1	times	1	those
1	themselves	1	them	1	their
1	taught	1	talks	1	talk
1	takes	1	surprised	1	supposed
1	supported	1	support	1	subtle
1	strongly	1	stay	1	stable
1	spending	1	special	1	some
1	so	1	smiles	1	smile
1	situations	1	sincere	1	similar
1	signs	1	signals	1	shy
1	showing	1	share	1	setbacks
1	set	1	see	1	security
1	seconds	1	scientifically	1	school
1	saying	1	say	1	same
1	rules	1	romantic	1	richer
1	revealing	1	revealed	1	repeatedly
1	remains	1	relaxed	1	references
1	refer	1	reduced	1	reciprocated
1	reality	1	rather	1	rarely
1	raise	1	quieter	1	quality
1	pupils	1	proven	1	proof
1	profile	1	problems	1	problem
1	prefers	1	predict	1	posts



Freq.	Palavra	Freq.	Palavra	Freq.	Palavra
1	politeness	1	point	1	physical
1	photograph	1	personalities	1	personal
1	perhaps	1	perception	1	percentages
1	percentage	1	paying	1	partners
1	partner	1	paradoxically	1	own
1	overlooked	1	outgoing	1	out
1	others	1	originated	1	opposites
1	old	1	occur	1	occasion
1	observing	1	numerous	1	number
1	notice	1	nor	1	news
1	never	1	moving	1	movie
1	moments	1	mistakes	1	minutes
1	met	1	mere	1	meanwhile
1	mean	1	matures	1	mathematical
1	man	1	making	1	makes
1	magic	1	look	1	listening
1	liking	1	lesson	1	lead
1	language	1	known	1	kindness
1	just	1	jokes	1	joke
1	itself	1	interpret	1	interests
1	insist	1	influences	1	influence
1	impressions	1	importance	1	immediate
1	if	1	idea	1	hygiene
1	human	1	hobby	1	helps
1	help	1	heart	1	hear
1	headlines	1	happy	1	handles
1	hand	1	halo	1	had
1	groups	1	greatest	1	greater
1	gradually	1	goes	1	goals
1	generosity	1	generate	1	generally
1	full	1	frequently	1	fragrance
1	followed	1	follow	1	feeling
1	feel	1	familiarity	1	falls
1	fall	1	factors	1	factor
1	eyebrows	1	exposure	1	explain
1	experiences	1	experience	1	excellent
1	exact	1	everyday	1	essential
1	especially	1	enjoyable	1	enduring
1	encounter	1	emotional	1	emerge
1	easier	1	ease	1	dressing
1	does	1	do	1	discoveries



Freq.	Palavra	Freq.	Palavra	Freq.	Palavra
1	discovered	1	discover	1	direction
1	dilation	1	difficult	1	different
1	difference	1	detail	1	deserves
1	description	1	decreases	1	crush
1	creates	1	course	1	copied
1	conveys	1	conversations	1	conversation
1	context	1	contact	1	consideration
1	consider	1	connection	1	conducted
1	complex	1	complete	1	competence
1	communication	1	college	1	closer
1	close	1	claims	1	claim
1	character	1	chapter	1	changes
1	chances	1	challenges	1	certainty
1	catching	1	care	1	capable
1	cannot	1	built	1	build
1	both	1	body	1	beyond
1	better	1	believe	1	behavior
1	been	1	become	1	beauty
1	bad	1	away	1	authenticity
1	attracted	1	attract	1	attention
1	aspect	1	areas	1	appropriately
1	appear	1	anyone	1	any
1	almost	1	advantage	1	admire
1	admiration	1	acts	1	activities
1	across	1	acquired	1	according
1	ability				