HOMO AMANS

HOMO AMANS *A field report on a species that self-destructs for love*

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Field Report on a Species That Self-Destructs for Love

Alfredo Rosadilla

> *"Somewhere in this species there is an individual who has been betrayed three times by the same kind of partner. Right now, that individual is actively looking for a fourth. This report does not judge them. It studies them."*

A PRELIMINARY NOTE FROM THE OBSERVER

This document is a field report. It exists because for years I watched something that struck me (forgive the clinical bluntness) as statistically fascinating. A species with unlimited access to information about itself. And yet it repeats the same mistakes in love with a consistency that, in any other setting, people would call perfection.

What you're holding is not a self-help book. It offers no comfort. It won't tell you that you deserve better. It won't tell you that true love will find you once you stop looking.

What it does is simpler and more uncomfortable: **it describes what you are when you love.**

It describes the mechanisms. The machinery. The patterns you run while believing you decide. In truth, you're following instructions written two hundred thousand years ago, in a code nobody ever taught you to read.

Understanding those mechanisms doesn't set you free by itself. But not understanding them guarantees one thing: repetition.

And you already know which repetition I mean.

Three warnings before you go on:

First. You're going to find descriptions of yourself that make you uncomfortable. That discomfort is the point. If you don't feel it, you're not reading honestly.

Second. This report describes mechanisms, not people. You are not your biology. But your biology is running you if you don't know it.

Third. There are no villains here. No superior or inferior gender. There are two different operating systems. Evolution designed them to solve problems that no longer exist. Now they're forced to live together in a world that looks nothing like the one that made them.

The tragedy (if the observer allowed itself that word) is that both systems want exactly the same thing.

They just ask for it in languages the other one can't decode.

Now, the report.

CHAPTER 1

First Observation: A Species in Contradiction

> *"The subject states, with a conviction you can hear in their voice, that they want a stable, respectful, calm relationship. Four weeks later, out of all the options available, they choose the person most likely, by the numbers, to give them instability, conflict and anxiety. The observer logs the event. It is not an anomaly. It is the pattern."*

1.1 The Field Log: Behaviors That Defy the Stated Logic

Let me document what I see.

I see a man of forty-three. Smart, functional, with a work history that proves he can analyze things. For the third time in a row, he picks a partner who is emotionally out of reach. When asked why, he answers: *"This time it's different."* It isn't. It never is. The data leaves no doubt.

I see a woman of thirty-six. She spots the harmful patterns in her friends' relationships with surgical precision. But she can't (literally can't, not as a figure of speech) detect the same patterns when they're running on her. As if her clarity had a blind spot the exact size of her own love life.

I see a person who ends a relationship on a Tuesday. On Wednesday, they swear they need time for themselves. On Thursday at eleven at night, they text the contact they've been ignoring for three months. Not out of stupidity. Not out of weak character. Out of something far more interesting than that.

By design.

The observer has cataloged these behaviors long enough to state the following with empirical confidence:

The gap between what humans say they want and what they choose is not a bug in the system. It is the system working exactly as designed.

1.2 The Paradox of Useless Knowledge

This is where the observation gets genuinely baffling.

This species lives in the era with the most access to psychological information in its history. It has podcasts about anxious attachment. It has books about emotional dependence. It has online therapists available at three in the morning. It has a sophisticated vocabulary for naming what happens to it: *narcissism, codependency, abandonment trauma, disorganized attachment style.*

And yet.

Divorce rates don't fall. Patterns of partner choice don't change. The repetition doesn't stop.

The psychologist Harville Hendrix documented something the observer finds extraordinary. Most humans choose, completely without knowing it, partners who reproduce the exact emotional conditions of their childhood wounds. Not partners who heal them. Partners who *replicate* them. As if the system were programmed not to look for pleasure, but to look for what's familiar. Even when what's familiar is pain.

You have the map. You have the compass. You have the flashlight.

And you walk straight to the cliff.

Not because you're stupid. Because the cliff *smells like home*.

1.3 What You Think You Decide vs. What Your Brain Already Decided

There is an experiment the observer finds especially revealing.

Brain imaging studies at Syracuse University showed that the human brain takes about a fifth of a second to switch on the circuits of falling in love. A fifth of a second. The prefrontal cortex is the part you call "me," the one you believe makes the decisions. Before it even registers what's happening, the limbic system has already launched the cascade: dopamine, norepinephrine, a drop in serotonin.

In plain words: **your brain falls in love before you know it.**

What you experience as a "decision" (*"there's just something about him," "with her I felt an instant connection"*) is the story your cortex builds *afterward*. It explains a process that already happened without its permission.

You don't choose who you fall in love with.

You build a story about why you fell for the person your biology already chose.

And that story, that elegant fiction you tell yourself, is what you call "my type."

1.4 The Master Pattern

Once you've seen enough cases, the pattern becomes almost insultingly simple:

Step 1. Early in life, the subject goes without something emotional. Not always trauma. Sometimes just a need that wasn't met often enough, or strongly enough.

Step 2. That lack gets coded as "normal." The nervous system files it not as pain, but as *baseline*.

Step 3. As an adult, the subject feels an unexplained pull toward people who replicate that baseline. They mistake recognition for connection. They mistake a jolt in the nervous system for "chemistry."

Step 4. The subject suffers.

Step 5. The subject swears next time will be different.

Step 6. The subject repeats from Step 3.

What's remarkable is not that the pattern exists. What's remarkable is that it runs in full view (the subject *can see it* if they look) and still works.

Like a trap that shows you its gears and catches you anyway.

1.5 The Question That Organizes This Report

Humans can observe the pattern, name it, analyze it, write books about it, and go to therapy to switch it off. And *still* they repeat it. So the question is not a psychological one.

It's an engineering question.

What kind of machine works like this?

What kind of system is designed so that conscious knowledge isn't enough to change behavior? What evolutionary pressure produced an organism that bonds emotionally in ways that hurt it? Natural selection is brutally efficient at removing what doesn't work. So why did it keep this mechanism for hundreds of thousands of years?

The answer, as we'll see, is that the mechanism *does* work.

It just doesn't work for what you think.

It wasn't designed to make you happy. It was designed to make you reproduce. You assume those two goals are the same. They're not just different. In many cases they're direct opposites.

Your biology doesn't work for you.

You work for your biology.

And love, the thing you call love, is its most sophisticated tool.

> *"The observer notes, without judgment but with clarity, that the species has built its highest poetry, its most moving music and its most destructive wars around one neurochemical mechanism. That mechanism lasts, on average, between twelve and eighteen months."*

This is where the report should stop, if its only purpose were to diagnose. But the observer has noticed something else. Something that complicates the diagnosis in ways pure biology can't explain.

It has seen individuals who, *after* understanding the mechanism, choose to stay. After seeing the gears. After mapping their own patterns with surgical precision. Not out of ignorance. Not out of compulsion. Out of something the observer still has no instruments to measure, but refuses to ignore.

That comes later.

First, you need to see the whole machine.

WHAT'S COMING IN THE FULL REPORT

What you just read is the front door: the pattern. What follows are fifteen chapters that take the whole machinery apart, piece by piece. Yours, and that of the person you choose again and again.

The path has a logic. First, the system that makes you repeat (Part I). Then the hardware of the person you choose, and your own (Parts II and III). The pattern you repeat always has two players, and you can't interrupt what you can't decode. Then the collision between the two systems (Part IV). And at the end, the only territory where you can step in (Part V).

This is what the full report documents:

PART I: THE SYSTEM

Chapter 2: The Great Misunderstanding: They Call It Love. It's Biology. What you pack into the word "love" is really four different things: attraction, attachment, desire and choice. Each has its own chemistry,

its own lifespan and its own expiration date. Mixing them up is the original error. The one that makes everything else fail.

Chapter 3: The Two Hardware Models: Male and Female The differences between the male brain and the female brain are not cultural. They're structural. Hormonal. Measurable. The product of millions of years of evolutionary pressure solving different problems. This chapter describes them without judgment. And without the cowardice of pretending they don't exist.

PART II: THE MALE HARDWARE

If you choose men, this part is the manual for the system you've spent years trying to figure out. If you're a man, it's the description of you that nobody was honest enough to give you.

Chapter 4: The Male Observed: What He Calls Love Why he mistakes an eighteen-month dopamine spike for eternal love. The wiring for conquest. Testosterone and status. The reason he loses interest exactly when the relationship settles down.

Chapter 5: His Real Fears: The Ones He Never Admits The fear of rejection. The fear of not mattering. The fear of being vulnerable. And the disguises (anger, distance, humor, work) he uses to hide them, even from himself.

Chapter 6: Why the Male Runs When He Is Needed Most Male emotional withdrawal is not abandonment. It's a neurological mechanism for processing. But that misunderstanding, that misreading of a biological event, is behind eighty percent of relationship conflicts. *Eighty percent.*

Chapter 7: Status, Ego and Love: The Male Trinity Why he can't love well if he doesn't feel competent. Why criticism fires the same circuits in him as a physical threat. Why he needs admiration to feel loved. And why that isn't vanity. It's biology.

PART III: THE FEMALE HARDWARE

If you choose women, here is the code behind the behaviors that seem impossible to read. If you're a woman, you're going to see yourself with uncomfortable clarity.

Chapter 8: The Female Observed: What She Calls Love Emotional hyperactivity as an evolutionary advantage. The bonding power of oxytocin. And a fact that should change every conversation about relationships: the monthly hormonal cycle literally creates four versions of the same person. With different needs. Every week.

Chapter 9: Her Real Fears: The Ones She Expresses in Confusing Ways The fear of abandonment. The fear of not being enough. The fear of being alone. And the seemingly irrational behaviors that express them. Behaviors that aren't irrational at all once you understand the code.

Chapter 10: Why She Tests, Pushes and Challenges The female behaviors that look irrational are verification protocols. Consistency tests. Evolutionary security systems designed to find out whether the partner can be trusted. They have a perfect logic. Nobody ever explained it to you, that's all.

Chapter 11: Emotional Connection as a Biological Need For her, conversation switches on the same pleasure circuits as physical touch. The man who "fixes" instead of listening isn't helping. He's leaving her lonelier than before. And he doesn't even know it.

PART IV: THE COLLISION

Chapter 12: The Clash of Systems: Why They Fight Over the Very Thing That Binds Them In ninety percent of couple conflicts, both people want exactly the same thing: connection, safety, respect. But they ask for it in languages the other can't decode. This chapter is the most painful in the report. And the most necessary.

Chapter 13: Two Brains, Two Languages: Real Neuroscience He processes reality in a linear, compartmentalized way. She processes it in a networked, contextual way. This isn't a metaphor. It's neuroanatomy. This chapter includes real translation protocols between the two systems.

Chapter 14: Real Attraction: What Each Piece of Hardware Looks for in the Other The final paradox: she looks for strength but needs tenderness. He looks for independence but needs admiration. Each looks in the other for what they can't give themselves. And that isn't weakness. It's the design.

PART V: THE CHOICE

Chapter 15: Love as a Conscious Choice: When Biology Is Not Enough The only chapter where the observer drops the coldness. Because biology explains eighty percent. But the remaining twenty percent is where the one thing evolution never programmed lives: the ability to see your impulses with total clarity, and still choose to love.

> *"Biology explains why you fall in love with the person who destroys you. But it can't explain why, sometimes, a human chooses to stay not out of compulsion but by decision. That twenty percent is the only territory where the species deserves something close to admiration."*

WHY THIS REPORT EXISTS NOW

I didn't write this book because I have answers nobody else has.

I wrote it because the answers already exist. They're scattered across neuroscience papers nobody reads. Across evolutionary psychology studies that stay inside the academy. Across discoveries in biology that never reach the person crying at three in the morning, wondering what she did wrong.

You didn't do anything wrong.

You ran a program you didn't know was running.

This book shows you the code.

What you do with that information afterward is the only territory where your freedom is real.

What this book is NOT:

- It is not self-help. There are no positive affirmations.
- It is not therapy. It does not replace a professional.
- It is not a manual for manipulating the other gender.
- It is not an excuse for bad behavior.

What this book IS:

- It is a map of the ground you walk on every time you love.
- It is the explanation nobody gave you about why you repeat.
- It is neuroscience, evolutionary biology and philosophy, translated into language that hurts because it's precise.
- It is the book you wish you had read *before* the last time.

"You can't choose what you can't see. And you can't see a system while you're inside it. This report pulls you out of the system long enough to see the whole thing. What you do next, repeat or choose, will be, for the first time, genuinely yours."

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15 chapters. The brutal science behind why you fall in love with the person who destroys you.

And the only real path to a conscious choice.

The full report is available now.

Your biology has already made enough decisions for you.

A FINAL NOTE FROM THE OBSERVER

The observer has logged one last fact, and hands it to you without dressing it up:

Most subjects who reach this page close the document, promise themselves they'll come back later, and return to their patterns. Not for lack of interest. By design: the system this report describes also decides which information you'd rather put off.

You just read the diagnosis. The full report contains the entire machinery, all fifteen chapters, and the one chapter where the observer sets its coldness aside.

The full report is available here:

https://us.elhomoamans.com

PDF + EPUB. Instant access.

You can close this document and let the same old system make the decision.

Or you can, for the first time, make it yourself.

The observer doesn't judge either option. It only records which one you choose.