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The Attraction Psychology Starter Kit

Everything the science says about attraction — distilled into one actionable guide you can start using today.

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Welcome. This kit is a companion to our article *The Science of Falling in Love*. It gives you the core frameworks, quick-reference tables, and a 7-day action plan — no fluff, all science.

1 The 3 Brain Chemicals That Drive Attraction



Dopamine

The craving chemical. Floods your brain when you see or think about the person. Creates obsessive focus and excitement.



Oxytocin

The bonding chemical. Released through touch, eye contact, and shared vulnerability. Deepens emotional attachment.



Serotonin

The obsession chemical. Drops during early love — similar to OCD — causing intrusive thoughts about your person.

Attraction isn't a choice. It's a neurochemical event. Understanding it gives you power over it.

2 5 Psychological Triggers of Attraction



Mere Exposure Effect

Repeated exposure increases liking. Familiarity feels like safety. Show up consistently.



Similarity Attraction

We're drawn to people who mirror our values, humor, and communication style. Reflect, don't perform.



Novelty & Mystery

Dopamine spikes when information is incomplete. Don't reveal everything at once — let curiosity build.



Reciprocal Liking

Knowing someone is attracted to you makes them more attractive. Calibrated interest is powerful.



Physical Presence & Posture

How you hold yourself signals status and confidence before you say a word. Your body speaks first.

3 Body Language Quick Reference

Signal	What it communicates	Quick tip
Eye contact	Confidence, interest, presence	Hold 3-5 seconds, then look away slowly
Upright posture	Status, self-assurance	Shoulders back, chest open, spine long
Slow movements	Calm, control, comfort in your own skin	Move at 70% of your usual pace
Mirroring	Rapport, connection, alignment	Subtly match posture & gestures with a 2s delay
Genuine smile	Warmth, approachability, positive energy	Let it reach your eyes (Duchenne smile)
Open stance	Accessibility, confidence, lack of fear	Uncross arms, face your body toward them
Light touch	Interest, comfort, oxytocin trigger	Brief, natural — only when rapport is established

4 Your Daily Attraction Audit Checklist

- I made deliberate eye contact in at least one conversation today
- My posture was open and upright (checked within the last hour)
- I moved and spoke at a calm, unhurried pace
- I listened more than I spoke in social interactions
- I expressed genuine curiosity about someone else's inner world
- I did not over-explain myself or seek unnecessary validation
- I introduced novelty — something unexpected — into an interaction
- I invested in my physical wellbeing today (sleep, movement, nutrition)
- I acted from abundance, not scarcity, in my social energy
- I identified one thing I genuinely love about myself today

5 7-Day Action Plan: Build Magnetic Presence

1 Day 1 — Eye Contact Practice

In every conversation today, hold eye contact 1 second longer than feels comfortable. Notice the response.

2 Day 2 — Posture Reset

Set a phone alarm every 2 hours. At each alarm: roll shoulders back, lengthen spine, breathe deeply for 30 seconds.

3 Day 3 — The Curiosity Day

Ask at least 3 people a deep question about their life. Actually listen. No redirecting to yourself.

4 Day 4 — Slow Down

Walk, talk, and respond to messages at 70% of your normal pace. Notice how people's reactions shift.

5 Day 5 — Novelty Injection

Do one thing completely outside your routine: a new route, a new cafe, start a conversation with a stranger.

6 Day 6 — Mirror Work

Spend 5 minutes in front of a mirror. Practice your smile, eye contact, and the posture you want to carry.

7 Day 7 — Full Integration

Review days 1-6. Pick the two that made the biggest difference. Commit to making them permanent habits.

The most magnetic people aren't the most beautiful or successful. They're the ones most fully present, most genuinely curious, and most comfortable in their own skin.