

## Research Suggests Self-disclosure is Rewarding

Why do we like to talk about ourselves so much? It turns out, our brains find it to be very rewarding.

“People are just constantly seeking out audiences for their thoughts,” says Diana Tamir, a Harvard Researcher. Somewhat shy, she wondered why everyone else is so chatty. So, she closely studied people’s brain activity. What would happen when people answered questions about their favorite subject: themselves?

Tamir asked really mundane questions like “do you prefer coffee over tea?” or “do you like to snowboard?” And when people were answering those questions Harvard researchers, “saw activity in the neuro-region associated with reward,” says Tamir. That reward area lit up, if you will, when they answered those questions. It’s the same thing you’d see when someone is laughing or getting good food or money.

Source: <http://boston.cbslocal.com>

### Vocabulary

\* chatty: talking a lot in a friendly way

You can see the whole lesson from your teacher, Please ask to send it to you before the class.

※テキスト全文はレッスン受講時に担当講師よりお受け取りください。