



CAPABILITY

SOCIAL BEHAVIOR

Humans are social beings that thrive when working in groups. By sharing resources, knowledge, and work, our common ancestors improved their chances of survival. Below, we describe your genetic predispositions that influence three key traits of our social behavior; SELF-PERCEPTION, SOCIAL PERCEPTION, and NEED FOR SOCIAL CONNECTION



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TRAIT

Self-Perception



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Our SELF-PERCEPTION is often a reflection of how we think others see us, and this can impact our self-confidence, our behaviors, our attitudes and our ability to form interpersonal relationships. We tend to answer the question 'Who am I?' by paying attention to how others react to our behavior or appearance. However, how we perceive other people's reactions can be biased by our own preconceived notions of who we are, based on past experience and insecurity. We tend to exaggerate negative interactions in our mind and beat ourselves up over embarrassing experiences. Some of us may actually be genetically predisposed to traits that can negatively impact the way we see and feel about ourselves such as having PERFORMANCE ANXIETY or an increased SENSITIVITY TO REJECTION. By understanding how our brain is wired to see ourselves, we can overcome our own insecurities and improve our social connections with others.


PREDISPOSITION:

NORMAL ACTIVITY

OXYTOCIN is a powerful brain chemical that influences how we perceive ourselves and others. We test for genetic variants that influence how much OXYTOCIN is released when engaging in social activities and predisposes some people to have a low self-esteem. However, your genotype is associated with NORMAL ACTIVITY.



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**BRAIN CHEMICAL
BALANCE: OXYTOCIN**
GENE: OXTR

YOUR GENOTYPE: **G/T, G/A**
17% of the population share this genotype.



**STRESS HORMONE
REGULATION**
GENE: BDNF, FKBP5

YOUR GENOTYPE: **VAL/VAL, C/C**
30% of the population share this genotype.



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CIRCADIAN RHYTHM
GENE: ARNTL

YOUR GENOTYPE: **T/T**
17% of the population share this genotype.



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TRAIT

Social Perception



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SOCIAL PERCEPTION is a term in social psychology to define how we form an impression or judgment of other people's emotions or intentions. We make these judgements of others based on information we gather from their appearance, verbal and nonverbal communication that we then compare to our own biases formed through experience. These judgements determine how we feel about others and influence our ability to be TRUSTING or EMPATHETIC with them. The ability to pick up on subtle cues about how a person is feeling not only helps us communicate with one another, it may also help us avoid danger. For example, tourists who are in need of direction might choose to approach a person who looks friendly and trustworthy, and avoid someone who looks unfriendly or shift. Keep in mind that SOCIAL PERCEPTION formed heavily on bias can often lead to incorrect judgments. Understanding what may be influencing our prejudices and perceptions of others is key to improving how we interact with people.


PREDISPOSITION:

NORMAL ACTIVITY

Oxytocin is a powerful hormone that influences social interactions and how we perceive the feelings of others. This is often referred to as empathy. We test for genetic variants which influence how oxytocin works in the brain and which may reduce EMPATHETIC tendencies. Your genotype is associated with normal activity of the oxytocin system and is associated with normal measures of empathy and ability to connect with others.



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**BRAIN CHEMICAL
BALANCE: OXYTOCIN**
GENE: CD38, OXTR

YOUR GENOTYPE: **G/G, G/T, G/A**
6% of the population share this genotype.



**BRAIN CELL GROWTH
AND REPAIR**
GENE: TCF4

YOUR GENOTYPE: **G/T**
12% of the population share this genotype.



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PREDISPOSITION:

TRUSTING

You may be better equipped to connect with others and form healthy relationships based on TRUST than other people. In several large studies, people with your genotype were less likely to report feeling lonely and more likely to report that they could confide in someone close to them. Psychologists agree that TRUST is the cornerstone of any healthy relationship. Thus it is not surprising that a genetic predisposition towards being more TRUSTING than others is also associated with being less likely to feel lonely.

STRENGTH OF EVIDENCE: Strong, based on a genome-wide association study



TRAIT

Need for Social Connection



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We are wired to connect with others from the moment we are born. Social connection is believed to be a basic human need and an important part of our identity. The feeling of belonging to a family, a community or a 'tribe' is known to have a positive effect on our physical and mental well-being and those without a sense of social connection risk facing developmental and emotional consequences. That said, not everyone has the same NEED FOR SOCIAL CONNECTION and our genetic makeup or 'wiring' has a lot to do with this. Whether you are someone who is more comfortable on your own (a LONE WOLF), or who is happiest in the company of others (a PEOPLE PERSON), your genes likely have something to do with it.

PREDISPOSITION:

INTROVERSION

You are predisposed towards INTROVERSION (decreased need for social connection) as opposed to EXTROVERSION (increased need for social connection). The most basic definition of an introvert is a person who gains energy from being alone and loses energy in overly-stimulating environments, such as crowded social events. However, no one is ever completely an INTROVERT or an EXTROVERT. We all fall on a spectrum between the two extremes. However, in a large study of volunteers who answered a personality questionnaire assessing these qualities, people with your genotype were much more likely to fit on the INTROVERTED side of the spectrum.

STRENGTH OF EVIDENCE: Strong, based on multiple genome-wide association studies




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**BRAIN CELL GROWTH
AND REPAIR**
GENE: WSCD2

YOUR GENOTYPE: **A/G**
30% of the population share this genotype.



**BRAIN CHEMICAL
BALANCE: OXYTOCIN**
GENE: OXTR

YOUR GENOTYPE: **G/T, G/A**
17% of the population share this genotype.



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PREDISPOSITION:

NORMAL ACTIVITY

The NEED FOR SOCIAL CONNECTION is influenced by many factors. We test for genetic variants which influence how people respond to social interactions and whether they feel comfortable in social situations. We test for variants in the OXYTOCIN RECEPTOR gene which predispose some people to being particularly sensitive to the benefits of social support. Your genotype is associated with NORMAL ACTIVITY.