

The Science of Crying:
Theories and Facts About Crying
(Source: Time.com and Psychologytoday.com)

- The answer to why we cry, is actually complicated.
- Crying as an emotional behavior is unique to humans.
- Crying is triggered by a range of emotions:
 - Empathy
 - Sadness
 - Anger
 - Happiness
 - Physical pain
 - Discomfort
 - Anxiety
 - Grief
- Some people don't emote through crying.
- Lacrimal gland is the origin point of tears.
- Crying is a form of nonverbal communication.
- Crying is stereotyped by identities.
- Crying is often stigmatized for the context in which an individual is crying.
- Tears trigger social bonding and human connection
- "Crying signals to yourself and other people that there's some important problem that is at least temporarily beyond your ability to cope" – Jonathan Rottenberg (emotion researcher)
- Emotional tears are different from the ones people shed while chopping onions
- Tears show vulnerability – which is critical to human connection.
- "The same neuronal areas of the brain are activated by seeing someone emotionally aroused as being emotionally aroused oneself" - Michael Trimble (behavioral neurologist)
- Tears setting off empathy is likely a result of evolution.
- Evidence is mixed about the benefits of crying. Some evidence says crying doesn't do anything beneficial and people don't feel good after crying and other evidence recognizes crying as a self-soothing behavior that offers release or an emotional detox.
 - Humans are often then conditioned for it to serve either purpose.