

Mental Notes of Mark Pettinelli



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These are my mental notes. I'm going to discuss my mental notes in this document.

So what else do I need to figure out? That is an excellent question lol.

I already know the 21 mental processes, they are emotion, thought, judgment, reasoning, choice, memory, learning, language, perception, creativity, problem solving, decision making, categories, mental representations, knowledge, concepts, awareness, attention, automaticity, insight and self-knowledge (which is the beliefs people have about themselves).

So I know all of those processes, it's kind of important to know those because they form a picture of how the mind functions.

Um so what else would I need to know or understand?

What is my current understanding anyway, like what do I already know?

I know a lot of stuff actually, i mean i know how to function, think and feel, those are kind of important things to know. Feelings are different from thoughts anyway. Feelings are experiences of feeling or emotion, while thoughts are ideas or concepts that someone can think about.

Then there's just basic functioning but that just involves using your thoughts and feelings in a practical manner, which I can do without a problem.

Um so if i can function then what else would i need to understand, that's an excellent question.

I mean, what is behind my actions? As a child I did not have a lot of knowledge of the world but was functioning perfectly fine. I'm still mostly the same i would say except i understand feelings and thoughts and consciousness.

For instance, as a child I did not understand what the word 'emotion regulation' meant. When I came across it I was confused. Now I understand that it's about managing and maintaining your own emotions, as a child I did not influence my emotions very much. I mean, I had feelings but it was a fairly simple process.

Um, so that seems like a pretty good run down or explanation of how the mind works. I don't know what else I would need to explain. There's feelings and thoughts, and emotion regulation. There is practical functioning and different kinds of feelings.

So what else do I need to know? I know that I have feelings and thoughts, that's pretty much all i need to know i think, what else would i need to know or understand?

So that's really interesting. I can experience feelings all the time and think about stuff all of the time.

Thoughts can be verbal or non-verbal. Thoughts can direct actions or be used to think about things.

I don't know what else I might need to know then. I think clearly and feel stuff, what else is there to living and being conscious anyway?

Ok so i can just go back to my baseline, what are those feelings and thoughts like anyway, i mean, I have a steady stream of feelings and thoughts all of the time, seems pretty simple if you think about it, I

mean, what would i need to know or understand in order to function and think and feel anyway?

So what else would I have to say about emotions, or how emotions function in the mind? It seems like a pretty simple process anyway, I don't know what else I would need to explain about it anyway. I mean, emotions are pretty simple if you think about it.

Thoughts are also simple if you think about it. What about thought is simple anyway?

So what else do I need to know or figure out or understand anyway? I mean, I have a good understanding of how emotions and thoughts work, that's a good explanation of how the mind works in general. I mean, mostly it's just thoughts and feelings, though there is also attention, memory, language, learning, judgment, reasoning, choice, deciding, problem solving, mental representations, concepts, categories, knowledge, automaticity, insight, self-knowledge, awareness, creativity, perception,

So what else would I need to learn or understand? It seems like I have a good enough understanding of how the mind works and how feelings and emotions function anyway. What else would there be for my analysis or explanation anyway? I mean I understand how the mind works and I understand what the mental processes are anyway.

So what else would I need to understand about emotions and how emotions function anyway? Emotions are pretty simple if you think about it. I don't know what could be complicated about emotions anyway.

So I need to do an overview of the information, like what exactly do I need to learn about how the mind works anyway, I feel like I have a good understanding of how the mind works, for instance there are feelings and thoughts in the mind that runs through a person's consciousness all of the time. That's important to understand, I think.

What else could be going on in the mind? There's the other mental processes like attention, learning and language and memory and awareness, judgment, reasoning and choice, problem solving and decision making, there's mental representations, concepts, categories and knowledge, creativity and perception, and automaticity, insight and self knowledge.

Those are all important to understand, I think.

I mean, what am I going to learn if I do more reading anyway? I already know that there are feelings and thoughts in the mind,

There's feeling 'states' and logical 'states'. For instance someone could be thinking clearly and logically about something or in a logical thinking type of state.

Emotions are feelings.

An emotion is a mental mode.

Cognitive, evaluative and motivational

So what else would I need to understand about how emotion works in the mind anyway? Seems pretty simple anyway. I mean, there's different emotional states and different emotions and feelings someone can experience.

So someone could go into different emotional states or something. People can feel a ton of different things and experience lots of different feelings and even thoughts which are more intellectual.

Mental Notes (continued) of Mark Pettinelli

So I'm going to talk about my new mental notes in this document. I don't know what else I can learn, I mean, I understand stuff about how feelings work in the mind and how thoughts work also. I don't know what else would be considered to be important research, these notes aren't even going to be put in my selected writings article.

What else would I need to understand anyway? I know that there are feelings and thoughts in the mind, there's also attention and perception as mental processes.

What else have I learned anyway? I mean, if I understand that there are feelings and thoughts and other mental processes like attention and perception and memory and language then what else would I need to understand anyway? I mean, I understand that there are emotional states, and that emotions are feelings. What are some of the other mental processes, let's see there is decision making and reasoning and problem solving, those all fall under the category of thinking though. So there is thinking, feeling, attention, perception, memory and language. There's also awareness, learning, automaticity, insight, knowledge, concepts, categories, and mental representations.

I mean, what else do I need to understand about how emotion and thought functions? It's a fairly simple process I think, there isn't really very much to understand about it. I'll write down here what I learn about what I need to understand about it anyway.

I mean, what is there behind how feeling and thought works in the mind anyway? It doesn't seem like it is that complicated.

The 21 mental processes are emotion, thought, attention, awareness, perception, creativity, judgment, reasoning, choice, memory, learning, language, concepts, categories, knowledge, mental representations, automaticity, insight, self-knowledge, problem solving, and decision making.

Um so what else would I need to know or learn anyway, I already wrote a lot about feelings and thoughts. Emotion isn't even complicated. I mean I can function fine with the knowledge that I have about emotions. I memorized the mental processes, that's all that seems complicated about emotion and thinking.

So I'll just post the results of my research here, anything I find to be important I'll post about.

What am I going to do, try to describe emotion and feeling or something?

Emotion could be hard to describe I think.

On the other hand, describing emotion could be important, i mean what else would be important other than someone describing their own feelings? I already listed the mental processes, that helps describe feeling.

So what else would be important other than describing feeling? Listing the mental processes helps to describe feelings.

What else would be important to analyze? There are sensations and emotions. Sensations are from external sources, while feelings are internal feelings that are felt within the mind. The 5 senses of taste, touch, sight, sound and smell are all the senses, and the mind feels these senses after they get processed from the external world.

Feelings are then felt within the mind such as the different feelings and emotions that someone can experience. Some of those feelings come from external inputs, while others are created by the mind.

I said that feeling and thought were the minds 2 major mental processes. There is also perception, that is another major mental process, what else does the mind do that is significant or important, I mean what takes up most of its resources anyway. I have already listed the mental processes. I would think that attention is a major mental process, that is kind of similar to perception however, because most of someone's attention is spent on their perception, but is that external or internal perception? I mean they pay attention to external senses and internal thoughts and cognitive processes.

There are the different kinds of thinking like judgements and decision making and problem solving, then there are different kinds of feelings someone can experience like any of the feelings. There are also many different types of thoughts. Then there is the perception mental process and the attention mental process, I already pointed out that those 2 mental processes are significant. So that is 4 significant mental processes - thinking, feeling, attention and perception.

What else could the mind be doing that could be considered important? I've already listed the 21 or however many mental processes there are, and I just pointed out the 4 most significant of those mental processes. Thinking, feeling, attention and perception. Awareness is a type of attention, and problem solving and decision making are types of thoughts. Knowledge is also made up of thoughts. Judgment and reasoning are also kinds of thoughts. Concepts,

categories and language are also kinds of thoughts. Automaticity is an unconscious process, and insight is also a kind of thought.

So what else would I need to point out, almost everything the mind does could fall under those 4 different types of mental processes of thinking, feeling, attention and perception. Awareness is similar to attention I would say. And perception is connected to attention and awareness.

So is that a complete analysis? I'm trying to describe how the mind functions. I listed 21 mental processes and then pointed out the significant mental processes and that the mind has sensory inputs and internal mental processes. The mind's internal mental processes are connected to its sensory inputs. For instance vision is used by the perception process, however people can pay attention to or perceive their own external or internal perceptions.

So what else would I need to analyze to do a complete analysis of how the mind functions anyway? I already discussed the mental processes and how there are external and internal inputs. I listed the mental processes and pointed out that there are only 4 major mental processes, thought, feeling, perception and attention.

So um, what else would I need to figure out? Try to describe my emotions or something?

What could those books on emotion have to say anyway? I don't know if they have anything good in them. What could they have to say about feelings anyway?

I mean, what could those books on emotion have to say anyway? There really isn't that much to say about emotion i think.

I already wrote some basic stuff about emotions and feelings. Like what all the mental processes are and other stuff like that there are external inputs and internal thinking and processing.

What else did I write about the mind and its feelings? What could those books have to say about emotion anyway? I'll write down my notes here about what I discover.

Is an evaluation needed for an emotion to be experienced? I mean, there's a cognitive aspect to experiencing emotions. And does language need to be used in order to experience an emotion?

Um so what else would I need to know or understand or figure out anyway? I mean, I know that there are feelings and thoughts, and that people can make evaluations or appraisals of their emotions, that's also important to understand. There's also the mental processes like thinking, feeling, attention, perception, memory and language.

Do sensations feel the same way each time you experience them?

Maybe that is all that I need to learn. The selected writings of Mark Pettinelli's article has enough information in it. I don't know if there is anything else I would need to learn or figure out. I'll try to continue to add to it and post new info I discover here.

Is philosophy a science or is it more conceptual? It could be conceptual and scientific I suppose.

Are emotions bodily changes? A physiological change could be an emotion I suppose. Feelings are psychological or mental though not physical. Some feelings could be physical I suppose.

Are emotions short lived? How long do emotions last anyway?

I already knew what emotions are, I know when I'm experiencing an emotion and what it feels like, what else would I need to know about emotions? Knowing when I'm having one, when it starts and stops, what it feels like, what caused it and so on, are all important things to know about my own feelings.

I mean I know what emotions are, they function in a fairly simple fashion. What would I need to know about emotions anyway, it seems pretty simple how they function and what they are.

I mean, I know what I am feeling all of the time, so I'm conscious of my own feelings all of the time, that means emotion isn't that complicated anyway. I mean, if I can feel my emotions all of the time, then what else is there to know?

I mean, what else would I need to know anyway? I know what an emotion is and what a feeling is, they're basically the same thing. Feelings are experiences of feeling, and so are emotions.

Um, so what else would I need to know? This article covers most of the basic information about feelings and emotions and thoughts. I mean, I know what a feeling is and what a thought is, I am aware of what i am feeling all of the time, it's kind of obvious actually.

These are my new mental notes, I'm going to discuss anything new I figure out or discover here. I've already finished my book, the Selected Writings of Mark Pettinelli article, but I'm still reading.

So are emotions reactions to stimuli? Or are they action tendencies?

So what else would I have to learn, maybe stuff about emotion or feeling, whatever it's called.

So what else do I need to learn? I know that there are external inputs that are processed internally by the mind, I know that there are many mental processes, I know that there is an unconscious mind, and that feelings can be conscious or unconscious.

The mental processes are emotion, thought, attention, awareness, judgment, reasoning, choice, memory, learning, language, automaticity, insight, self-knowledge, mental representations, concepts, categories, knowledge, problem solving, decision making, creativity and perception

Those are important to know. So all of that is in my "the selected writings of Mark Pettinelli" article.

So seriously what would there be to know about emotions and how they function in the mind? It seems pretty simple if you think about it.

I'm trying to figure out what else I might need to learn about feelings and the mind. I'll post my discoveries here.

Seems like all there is to understand is appraisal theory, that the mind makes evaluations of different sorts and those help determine the feelings that the person would feel.

There might be other stuff I could learn about emotion and how it works in the mind, or about how people think and how that is related to their feelings, like evaluations are thoughts but they influence a person's feelings.

Are emotions rational? Or is there a rational part of a person or brain and an irrational part?

What kind of question is that? Emotions make us feel things, so that must be positive for our mental health and how we feel all the time.

I need to come up with a new analysis here, I mean, I've already outlined a lot of stuff about cognitive psychology, how the mind works with its mental processes and stuff. What else would I need to figure out anyway? I have a good understanding, that shows how the mind works and functions and such.

I mean I know how to function in a practical way, I know that much about how emotions work. I mean, there's a stimulus, then the mind responds to that stimulus, it's kind of interesting.

Experiencing emotion can be complicated for the mind to figure out. There's multiple factors involved, what are those factors involved with experiencing emotions anyway?

I mean, what is complicated about an emotional response? It doesn't seem like anything complicated is going on.

I mean, there are a lot of emotions, and each works differently. I'm trying to figure out everything someone could feel or experience. Most of our experience is emotional, I think. I mean, there are different emotions someone can experience. So what are all the feelings a person could go through anyway?

I mean, each emotion or feeling would need to be analyzed, each feeling is different and works differently from other feelings.

There's a lot of feelings and each feeling is experienced differently, and functions differently from the other feelings.

Each feeling works differently I think. It's mostly obvious I suppose.

Emotion can be short lived, physical, based on an appraisal or evaluation, can accompany thoughts and occur at the same time as thoughts. It could be conscious or unconscious, physical or psychological.

Is a feeling cognitive or is it emotional? Or I mean, is the experience of feeling and thought intellectual or emotional?

So what is the difference between emotions and moods then? Moods seem like they are long lasting and in the background, while emotions are short lived. So what is an emotion then? It could be a period of feeling. Emotions are stronger than moods then, but don't last as long.

So an emotion is a strong feeling, while there can be many different feelings experienced at any one time, an emotion is more powerful. So how would I describe how I am feeling then? Like what are all the feelings that contribute to my current state of feeling? There's a mood I could be having, and there are feelings and emotions I could be experiencing while I am having that mood. What would be an example of that, the mood I'm in could be relaxed or happy, while the feeling or emotion I have could be short-lived.

So how would I describe a complete state of feeling then? There are moods in the background, and feelings or emotions that come and pass. That seems like all there is to how feelings work I would think.

I'm trying to organize my thoughts about emotions. Feelings can be rational or irrational. How could an emotion be rational? What does that mean exactly anyway? I guess someone could think about a feeling, that could make the feeling rational I suppose. How does that work exactly anyway?

I mean, I'm reading all of this stuff about emotions and feelings. What is complicated about experiencing feelings? I think the only thing about it is if it is cognitive or emotional. People can think about their feelings, basically. I mean, it seems like that is all that is happening anyway with feelings and how they are experienced. The feeling can be thought about.

I think that's all I need to know, there is a stimulus, then you feel the emotion, then you can think about the feeling. You can think about the feelings you experience.

Are emotions cognitive evaluations or are they perceptions? A perception is more direct, while a cognitive evaluation means you would have to think something before an emotion is produced.

I wonder, is an emotion a perception, an impulse, or a belief? It is kind of confusing, it could be cognitive, which would make it a belief, or it could be

emotional and more automatic, which would make it an impulse or a perception I think.

I mean, emotions are fast and automatic, there isn't really time to think about them. I guess they are thought about, but that is after most of the emotion is experienced I think. I mean, what happens immediately after a stimulus triggers the person to feel stuff. Is there a perception, or some sort of impulsive reaction? Or the person could think about the cause of the feeling.

How is emotion produced? Does it just come from the stimulus? Something causes feeling to be generated, the feeling can be thought about at various times after the first feeling the person feels. The initial feeling I suppose could be called an impulse, because it is a fast reaction, however if the initial feeling is cognitive it could be a perception that could also be fast. The emotion could then be thought about after the fast immediate reaction, which could be like a belief or a cognition.

So my big insight was that although cognitive science might understand how the mind works, that is, understand everything about how the mind works, it might not understand all of the concepts that the mind could think with.

I previously pointed out that there is a stream of thought that has various different concepts or ideas, and that a stream of ideas runs through a person's mind all of the time. However, there might be some ideas or concepts that a person does not know or understands. In that way maybe they could figure out everything, or all of the possible ideas or concepts that someone could think about.

So again, although the field of cognitive science understands how the mind thinks, and everything about how it works, it might not understand all of the ideas that someone could think.

I mean, there's all the ideas and concepts in the world that could be understood by the human mind. In other words, everything could be figured out. Although cognitive science and cognitive psychology have everything about how the mind works figured out, they might not understand all of the ideas that someone could think with.