

Research Notes of Mark Pettinelli
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There is:

- The difference between emotions and feelings (My conclusion was essentially that they could be the same thing and there is a complicated pattern of feeling that humans experience. However emotions are usually or supposed to be stronger than feelings. There are sensory feelings and non-sensory feelings. Sensory feelings like the feeling of cold could be strong or weak. Non-sensory feelings like the feeling of love could be strong or weak also, however if it is strong then I guess it would be an emotion, while the strong sensory feeling of cold is still a feeling because it is sensory and not like an emotion or non-sensory feeling). Sensory feelings are simple and clear to feel, which might be similar to how other emotions feel, there's a ton of ways to feel feelings.
- There's the primary emotions of happy, sad, anger, fear, surprise and disgust. Those are supposed to be physiological and have corresponding facial expressions. They are also supposed to come first, then the person is supposed to experience some of the many secondary emotions. That might not be the case, however, because there is a complicated mix of feelings and emotions occurring all of the time. It might be that a secondary feeling comes first and is more powerful first and then becomes clear later, there's a ton of different ways to feel emotions and feelings.

- There are different ways to feel emotions and feelings. Like does an emotion always come first and then lead to simple, clear feelings or is the feeling first weak and then becomes powerful and clear. There are a lot of feelings and they can feel them many different ways, and occur in different orders, etc.
- How did the earth begin, did the big bang create natural resources on the planet so humans just had to keep the population healthy and earth was pretty good on its own, all set up and everything with natural resources?
- What are appraisals of our emotional states, those are just when someone makes an assessment of their emotions. That might be complicated because there is a complicated mix of someone's emotions occurring at any time.
- What is the difference between how an android's mind would work from a computer system versus how a human's mind would work as an organic organ in their body (a brain). That is neuroscience vs computer science (that means that the computer science could be about artificial intelligence if it's an android instead of just a computer).
- There's the 6 mental processes of emotion, thought, perception, attention, memory and language. Thinking involves deciding, reasoning and problem solving. Consciousness might also be considered to be a mental process. There are details of how those mental processes function that I could go into, however I don't know if someone needs to know all those details in order to function properly. Though just listing those 6 or 7 mental processes might be a simplification of how the mind works.

So you can be conscious of your feelings and your emotions. You can also change your emotions through identification, repetition and interpretation. There's feelings and thoughts that can occur at the same time. The mind also thinks with sentences and words. Sounds become words in the head through a process called lexicalization. The mind has an ego, which is an unconscious aspect of a person's identity. The ego tries to help the person and is selfish and unconscious. There are feelings and thoughts that

someone can be more or less conscious of. Those feelings and thoughts could be unconscious, or conscious, or some sort of mix, sometimes it's hard to figure out what someone is feeling and people can do appraisals or evaluations of their emotional states.

There is also:

- So how would someone go about evaluating their emotional state say when they make an appraisal. I already described that there is a difference between feelings and emotions. How do those feelings feel, that is the question. Like how would I describe how I am feeling right now. I could make an appraisal or evaluation of my emotional state right now.
- I mean, how would I go about breaking down my state of feeling. Are those feelings strong or weak, unconscious or conscious, detailed or simple, intellectual or stupid, sensory or non-sensory, etc.
- I mean, how am I feeling right now, that could be a complicated question.
- How can I describe a state of feeling? I mean, there can be a mix of feelings that are either sensory or non-sensory. For instance someone could be feeling physical pain and emotional pain and intellectual pain at the same time. That could be complicated.
- If a feeling is more conscious does that mean it is more clear? Or would it just be more conscious. So you'd be more aware of it, that means it's more clear I suppose.
- What does having multiple feelings look like? Some you might be more aware of and some less aware of.

So there's multiple concepts here, there is intelligence, mental processes, feeling (which happens to be one of the mental processes), consciousness, thoughts (also a mental process), and what else is there that I would consider to be important or a part of consciousness or how the mind works. I would think that the mind works just from the 6 different mental processes that give rise to consciousness. What does that mean that I need to understand then. I already understand the mental processes. Language is kind of important, that's one of the mental processes. Language is words

that form sentences and are sounds in the head. The sounds mean different words that the person could be thinking about. I also mentioned the ego, an unconscious aspect of the person's personality that is selfish. There's the difference between emotions and feelings, which is that essentially emotions are stronger and could be more intellectual and less clear.

So what else do I need in order to give myself an education. That's a pretty good summary of a lot of material. There's feelings, thoughts, ideas and concepts, visuals and visualizations, memories etc. There's also language and attention. Someone's attention can change and vary and they can think with words (which are basically sounds in the head that have a definition or mean something).

I mean, I want to understand what is going on around me and in my head, is that just an understanding of how the mind works or is it just common sense?

It could seem like it is just common sense - i mean, what does someone or anyone need to understand in order to function, if they have just common sense that might be enough I would think. I didn't use to understand cognitive psychology or emotion regulation but I was functioning perfectly fine as a child. Now I understand my complicated emotions and how I feel all the time, I'm more conscious and aware so I don't need to understand anything else. I mean, do I need to understand anything in order to function and perform in society?

It's good to be aware of my feelings and understand what I am experiencing, that's for sure. However maybe I would be better off if I didn't understand all of my feelings.

I mean, what else do I understand, how have I developed. I understand that there are a lot of subjects that could be studied, like for instance I don't understand biology very well, there's a lot of details in that science subject. I think I understand basic math and algebra. What else do I understand. I can speak the english language so I understand that language, I learned that in the first few years of my life (but I also don't have any memories of the first few years of my life).

What else do I need to understand or what else do I understand. There's the entire 73 page article I wrote entitled "The Selected Writings of Mark

Pettinelli” There’s a link to that article at the beginning of this article of my research notes. That article covers a lot of basic stuff about feelings and thoughts.

I think it’s good that I have an understanding of how the mind works, or its mental processes and cognitive psychology.

So I don’t know what else to say, this article is supposed to be my research notes, I could have titled it my self notes or diary notes or something.

Something like ‘self reflections’ I mean a decade ago I told my psychiatrist i was doing research and she responded “why do you think it’s research”. I could have explained that I was just educating myself however I think my perspective sheds light on the subject of cognitive psychology or just psychology.

So like I said, there’s a lot of subjects that could be studied, I thought that cognitive psychology was a more practical subject because it is about how the mind works and it’s mental processes which is kind of important for someone to function and be aware of what they are thinking and feeling so they can be reflective and intelligent and such.

Well, that’s all i can think of to add to my notes now, I’ll publish this version so far and see if I can come up with anything to add in the future, however I think that’s all I need to know for now, maybe there’s stuff I don’t know I don’t know lol.