

So I'm Thinking Clearly Now

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Ok so i'm trying to think here. What exactly do I need to understand. I figured out how the mind works. Thats just cognitive psychology, which is about the minds mental processes. The minds mental processes are perception, memory, emotion, language, deciding, thinking and reasoning and attention,

So I know how all of that works, i can think clearly so what else am I missing? If I am thinking clearly then theres nothing else I need to do I don't think. I mean thinking clearly is the mean goal in life. If i can think clearly then i can have a lot of emotions and stuff and still function. If i can function then what else would i need to do.

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I mean if i'm functioning then i'm doing perfectly fine, I can think clearly which i now realize is rather a simple task. Sometimes emotions make thinking clearly more challenging, however, but I think I am prepared for that.

So i can think perfectly clearly, that's what the goal is. I had to learn a lot in order to understand how the mind works. That way I can be more conscious of what I am thinking. I've always been a clear thinker, however my mind has become much more developed over the years and it has become more complicated to think clearly.

I mean, like when I was a child I would have emotions but not be aware those emotions were occurring, I guess I was aware I was having the emotions but now i'm a lot more conscious of my emotions.

Before i didn't even understand what emotion regulation was. Now i understand that emotion regulation is the attempt of the mind to control its own emotions and maintain them. I've become a more conscious person over the years, so i know when i'm thinking or when i'm having an emotion. As a child i could think and have emotions, but i was not aware that that was happening, well i guess i knew it was happening but wasn't as aware of how my mind was working as i am now.

Now I have emotions and thoughts, but i am aware that i am having emotions and thoughts. Like i am clear thinking. WHEN i have an emotion, i am aware that i am having that emotion, and when i have a thought, i am aware that i am having that thought. Thats all part of thinking clearly.

So what do I need to know in order to think clearly, thats the important question. Do i need to know anything about critical thinking or logic?

I mean, what do i need to know about logic in order to think clearly. I know that I think with language and with words and that words are sounds in the head. I also know that there are standards for critical thinking, like accuracy and proficiency. In order to be a critical thinker accuracy is one of the standards. THeres also validity, how truthful something is. I mean i'm thinking clearly right now and there isn't much going on in my head. When an emotion comes i just observe the emotion. WHEN a thought comes I also observe the thought and remain clear thinking.

So what have i memorized that helps me think clearly, i've memorized the 6 mental processes of memory, attention, perception, thinking, deciding and reasoning, emotion and language.

I've also memorized the critical thinking skills of accuracy and validity.

Validity is how truthful something is, is that statement valid, and accuracy is how accurate it is, which is similar to how valid it is.

I also know that there is emotion and cognition, the relationship between emotion and cognition, and that people can make appraisals of their emotional state. The appraisal is cognitive, while it assesses the persons emotions, or is about their emotions.

What else have I learned. I've learned that there are primary emotions that are more important than the other emotions, the primary emotions are happy, sad, anger, fear, surprise and disgust. There's also love and hate but i don't think those are primary emotions, they're strong emotions, but the primary emotions are supposed to have a facial expression which is physiological.

What else have I learned, there's other emotions that i don't remember the names of but those aren't primary emotions. I see why happy and sad are primary emotions and I also can see why anger and fear are primary emotions. I would think that surprise and disgust aren't as important as the other 4 primary emotions, those seem more short-lived.

What else have I learned? I've learned that consciousness is the sum total of our mental processes, and that there is an ego which is unconscious or an unconscious drive of our own identity that wants us to succeed, and that if we are conscious of our ego it doesn't exist anymore because its conscious and under our control and no longer an unconscious drive, but a conscious one.

What else have I learned. I've learned that the difference between feelings and emotions is that emotions are stronger than feelings and can be more intellectual, especially more intellectual than the physical sensations or feelings, the physical sensations like cold and warm are kind of stupid feelings, while emotions can be more intellectual because they are stronger and more mental than the physical feelings.

What else have I learned? I've learned that there's categorization of ideas and objects, and if you list the objects or ideas there's only a limited number of them.

I've also learned about CBT, or cognitive behavioral therapy which tries to track if someone is experiencing an emotion, thought or behavior and how those three are linked or occur, which one occurs first and does it lead to another one, like does the emotion lead to a thought which then could lead to a behavior.

Um, so what else have I learned. All those things are important if I want to think clearly.

I've also learned that some feelings can be more intellectual than other feelings, like I pointed out that emotions can be more intellectual than

feelings because they are deeper or more powerful, that might make them more intellectual.

Um, so what have I learned again, I mentioned CBT or cognitive behavioral therapy, the difference between emotions and feelings, the mental processes, cognitive appraisals of our emotional states, logic and accuracy and validity of statements or thoughts, that language is sound in our heads, what else have I learned here that i might need to know.

I can break it down based upon the mental processes I already listed. For instance the mental process of perception could involve visual or conceptual information, for example everything is visual when you first see it, then some of the objects become concepts in your head that you can think about in addition to your ordinary thinking with language.

The mental process of memory can include thinking about stuff that happened in the past, and enables you to think about multiple things at once (that is, pull up an idea from memory at the same time as thinking about or coming up with a new idea at the same time).

The mental process of emotion means that people have emotions, and that they can be combined with thoughts that the person could think about. I've already mentioned that people can make appraisals of their emotional states. The appraisal is cognitive while it's about your feelings, or your emotions.

There's more to say about perceptual things in your vision and conceptual information in your head, people think with concepts that are important while at the same time thinking about visual information or what they are seeing. I mean how does that work, there is a steady stream of thought while the person is looking at things, that seems kind of simple. The visual could cause the person to think of new things, or they could be using their memory.

Theres also analytical reasoning. But I mean what does someone need to know about that, that is also pretty simple. For any argument or statement,

or concept there is how truthful it is. Is that statement accurate or true. You could ask yourself that for each statement that you make. Since people think with words in their heads, then it makes sense that they can check if the sentences they think with are valid statements and if they are accurate. But I mean, is it really that simple, for a person to keep track of everything they are thinking and then check to see if what they are thinking is accurate and valid (truthful).

If you think about it, everything someone thinks can be checked to see if its valid. That was part of the observing mind, when I have a thought, I observe the thought to see what I am thinking, and then I can check to see if the thought makes sense. I can also do the same thing with my emotions.

Now what else would there be to thinking logically other than keeping track of all of your thoughts and emotions and observing them logically. If I am doing that, then it would seem like I have all of logic figured out I would say.

What else could be going on inside the mind then. I already mentioned that there is perception and cognition, when someone sees an object they think about it in their mind, that shows how perception is related to cognition. Thats important to know, though it seems kind of obvious. I mean obviously someone looks at things and then thinks about those things. Thats a primary function of the mind if you think about it.

What else is going on then in the mind, theres a steady visual and then the person thinks about what they just saw. They can also think about other things other than things they pull up from their environment. I mean they could use their memory to recall other objects or other ideas that they could think about.

So that means either someone is thinking about something that immediately relates to what they are doing or that indirectly relates to what they are doing, that seems rather obvious. I'm trying to observe what is going on in my head most of the time. I mean i'm in my room typing on my computer right now so I also notice the activity that I am doing.

What else would someone need to notice. That seems like basic ;pgoc right? I mean I'm just working step by step here, I think about things that I'm doing that are immediately obvious like what I am doing, and what is going on around me. I also have the television on which I occasionally glance at, that's something else that i've been doing.

That means that people can keep track of their actions, its good to know that so they can be more aware or conscious of what they are doing. I don't know why that di dn't occur to me before, I mean before I was doing actions but didn't notice that I was doing them, well I knew I was doing those actions but I didn't think to myself 'we;ll now I am doing this action'.

I mean, people have to know what they are doing, are they seeing things or are they thinking about stuff? Thats an interesting question, I mean most of what people do is either see with their visual eyes or their mental perception, or they think about stuff that is going on in their head. They could be thinking about the emotions that they are feeling, or they could be thinking about the thoughts that they are thinking. The question is, are they aware of everything they are doing? I guess there is sort of 'awareness of their awareness' that is occurring. I mean, do they know everything that is going on in their heads?

What could be going on in their heads then? They could be experiencing emotions, or they could be thinking about things. They are also doing stuff in their immediate environment.