

Some Notes about Logic

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So there is an emotion concept and a thought concept. Instead I mean there is an emotion process and a thought process. The thought process involves people thinking, and the emotion process involves people feeling.

There are also concepts that the person can think about, those concepts are part of the thought process. For instance someone could be having a stream of thought that involves thinking about different concepts. What kind of concepts could someone be thinking about?

Well I mean, a stream of thought could involve various different concepts that the person could be thinking about. There is also an emotion process, which involves a person having a steady stream of feelings, which could occur at the same time as a thought process.

What could make the thought process complicated? It could contain complicated thoughts, or complicated feelings as part of the feeling process.

Um so I'm trying to figure out what to write. This could be a sort of final article of sorts. I mean I've done most of my research already, the only thing left is to figure out what to write next. I can think clearly, I follow my

emotional processes and my thought processes, and there are concepts that I am aware of. I mean the mind thinks with concepts and thoughts and it feels emotions all of the time.

If the mind feels emotions and thinks about or with thoughts all of the time, then what else would I need to know? Thinking isn't that complicated, neither is feeling things. I mean I feel things all the time and it isn't complicated.

It really isn't complicated, like I mean a thought is just a thought, and a feeling is just a feeling. That's fairly simple. There's also concepts in the mind, or concepts that you think about. Some of the concepts could be complicated but they're still just concepts. Most concepts are simple I would say, however some concepts could be complex.

So what else should I write about, I want to learn more stuff. I don't know what else I could learn though, I mean I know that the mind thinks with concepts and that there is a thought process and an emotion process.

The thought process consists of the person just thinking about stuff, while the emotion process involves the person feeling things, or their steady stream of feelings. There's also concepts that the person can think about.

What would be an example of a concept that the person is thinking about. Going to war with another country is a concept. A democratic or communist government is also a concept. There are lots of different concepts someone can think about, I mean, practically everything someone thinks could be considered to be a concept.

So how would I break down a stream of thought then, or a stream of cognitive processes including both thoughts and feelings. CBT, or cognitive behavioral therapy, involves tracking how one's feelings lead to thoughts, and thoughts lead to behaviors, or any of those occurring in any order.

So it's a fairly simple process, humans have thought processes and emotional processes, or processes involving feelings. That seems fairly simple, I mean the thoughts could involve feeling things, or could involve reasoning about concepts or ideas. While the emotions could just involve feeling different things.

Um, so that seems pretty simple, there's either feelings or thoughts, one or the other that someone could be feeling. They could also think while they are feeling things, but that is rather obvious. I mean obviously people can think about things and feel things at the same time.

Is there anything else I need to say about emotions and thoughts? I mean either it's a thought or it's a feeling. When someone is feeling something, what does that feel like? AND when someone is thinking about something, what does that feel like?

Is there some sort of reasoning process involved with thinking where the person uses logic to check the truthfulness or validity or accuracy of their thoughts? Or is thinking more simple?

Um, so what else am I supposed to write, I've already explained how simple the thought process is, and the feeling process. Those are both mental processes, the other mental processes are perception, memory, language, and attention.

The perception mental process is also simple, that's just the person seeing things and understanding the visuals. The memory process is also simple, that's just things pulled up from memory. The attention process is more complicated and involves the thought process and the feeling process, obviously because you can increase or decrease your attention depending on your emotions or thoughts.

That is, your emotions can influence your attention on something, and so can your thoughts. That's kind of important to know. I mean people pay attention to things, then they can think about or feel what they are paying

attention to. That's three of the mental processes right there, feeling, attention and the thought processes.

For instance, if you are being emotional that is going to change what you are paying attention to, or how much attention you are paying to something. A person's thought process might also interfere with their attention. I mean when someone pays attention to something they can focus on it more, direct their thoughts toward it, or direct their vision towards it.

That seems pretty basic, I mean obviously people either think things or feel things. It's also interesting, for instance, is it any more complicated than feeling something and thinking something at the same time? Sometimes I suppose feelings could come along with thoughts at the same time, while other times a thought could create or lead to a feeling, or a feeling could lead to a thought.

Thoughts could also be more complicated, while I would say that feelings are simple, thoughts could be more complex because you could have a complicated concept that you are thinking about or a stream of thought could be complicated say if you were reading something there could be many ideas that you are trying to put together.

ALso with thoughts there is problem solving and decision making, problem solving often leads to the person reaching a conclusion or making a decision. Thats part of some thought processes. What other thought processes are there other than problem solving and decision making?

It would seem that mostly people try to make decision or figure out stuff or problem solve, I mean, what else could someone be doing or thinking about? That's an interesting question.

It's intellectual, I learned a lot of stuff. There's books in my room about cognitive psychology and cognitive science, not that there's that big a difference between them. I thought cognitive science was more about how the mind is structured and how it works with it's neurology, while cognitive psychology was just about the minds mental processes, however if

cognitive psychology is about the mind's mental processes, then it is also about how the mind works and how it's structured.

I also realized what a concept is, a concept is an idea or thought in your head, it could be about anything but is a coherent idea or thought. It could be a representation of an object in the world, or any general idea really. That makes me think, what kind of ideas does the mind think with - there's ideas about people, ideas about objects, and ideas about anything. Ideas can be emotional or intellectual if you think about it.

An intellectual idea could be a concept about a subject like math or politics. Ideas can be about physical things like how your body feels, or they could be ideas about how you are thinking or the state that your mind is in. Mind and body are connected, however, so I would think it's safe to say that if your mind is feeling some way, then your body is going to respond.

So what else do I know, I mean, I've learned about what a concept is, what an idea is, what a thought is, and what a feeling is. What else would I have to explore? I mean I think I'm fairly logical and clear thinking. It's hard to be clear thinking sometimes if you're being emotional and stuff. If someone is being emotional, then it might be harder for them to think. I said, however, that I am perfectly logical and clear thinking. All the thoughts I have are logical ones, and I understand what is going on. I seem to be on top of things and know what I am doing in addition to being logical and clear thinking.

So what else do I need to explore, that is the question. I started with my psychology of emotions and thoughts book in 2007, now it's 2021 so that means it's been about 13 years since I started doing research.

I mean, what led to my being clear thinking now. Was it my understanding of how concepts work in the mind? I have a good understanding of cognitive psychology and cognitive science. I understand emotions and thoughts, and how I experience them. That's pretty much all I need in order to function with feelings. If I have feelings, then I should be able to function

and think clearly, I mean I understand that those are feelings, and that I can still think with thoughts.

Thoughts can be complicated if the thought is about a complicated concept or idea, however. But I'm perfectly clearly thinking now, I've always been a clear thinker but before I didn't have this many emotions, or this intense of emotion. So what else do I have to say? I mean I know how to think clearly, I have a steady stream of concepts that goes through my head that I think about constantly. There's ideas, thoughts and concepts that run through my consciousness all the time.

What could interrupt my consciousness or my stream of thought then? I also do stuff like watch tv or listen to music. Consciousness is pretty interesting if you think about it.

I mean, I want to become more intelligent, but I don't know what to explore next. I've already explored cognitive psychology, emotions, thoughts, consciousness, concepts and ideas, and logic. What else would I need to research or understand, that is the question.

Um, so I'm trying to figure out what I should research or think about next. I already know cognitive science and how the mind works, I also know logic and concepts, and how those work in the mind. I think perfectly fine and logically. I have a steady stream of thoughts all the time that's perfectly clear, and makes perfectly good sense. I'm intelligent and know what I am doing. There was a bunch of times I went to the emergency room and was not clear thinking, but I got over that and now am clear thinking all of the time. I don't know what else I would need to research here lol. I think I'm doing a fine job with running my life, I don't know if there's any more information I need in order to function or even develop myself more.

I mean, if I can think clearly, then what else would I need to know? That's kind of an important question. I've already done a lot of research that has taught me about cognitive psychology, logic, concepts, cognition and emotion, and other topics. That research and that understanding that I currently have seems perfectly sufficient. I mean I know what logic is - I've

looked at a couple of logic textbooks. I also know how the mind works because I've read a bunch of cognitive psychology textbooks.

There's only a few mental processes like attention, perception, memory, emotion, language, deciding, thinking and reasoning. Those are important mental processes. Part of the mental process of thinking involves logic and concepts. I also understand that I use emotion regulation - which is part of the process of emotion.

As a child I did not understand that I could control or influence my emotions, I didn't even realize that I had many emotions to begin with. Now I am more self-aware and know when I'm having an emotion and what I can do about it.

I have a lot of books in my room, what else do I need to learn from these books? I've already pointed out in this article of notes that I am clear thinking and understand cognitive psychology. I have some cognitive psychology textbooks that talk about the mental processes of attention, memory, perception, emotion, language, and deciding, thinking and reasoning. I also have some textbooks on emotion and cognition. The relationship between emotion and cognition is extremely important. That's basically all the mind is doing, either thinking about something or feeling something, or both.

People also make appraisals of their emotional state. The appraisal is cognitive, while it's about your emotions.

So what else do I need to know or understand? I mean, what else am I supposed to learn? I already know how the mind works through my understanding of cognitive psychology and the mental processes. That gives me a good idea as to how I think and what I need to know in order to think clearly. What else do I need to know? Logic is important, I still have to go through some logic textbooks. But what could they say about logic? I mean logic is fairly simple, I mean I know if what I am thinking makes sense, is logical and valid. I don't really ever think something that is

inaccurate, I can keep track of all my thoughts and know if something is inaccurate or if I should think differently about something.

I mean, what is logic exactly, I said before that I was clear thinking and all my thoughts were logical. However, is there more to logic than figuring out if each thought the person thinks makes sense? What other processes are involved. There's problem solving and decision making, for instance. With decision making the person is thinking to arrive at a conclusion, and with problem solving the person is trying to figure out something or trying to come to a solution or a conclusion, which could also be part of decision making.

So thinking doesn't just involve simple thoughts, it involves the mental processes of problem solving and decision making. I mean, what kinds of thoughts do I need to have in order to be logical, or what are all the situations where I would need to think clearly. What would need to be analyzed.

Language would need to be analyzed because people think with language, also every situation they are in, what language they are hearing from outside their mind (like what other people are saying), and any problems they have about what is going on in the world around them or even internal problems they have that they are thinking about (with language).

That pretty much takes care of everything, if i'm on top of my internal thinking, and how my thoughts relate to what is going on around me and if i'm being logical, then I pretty much have everything figured out. So there is thinking, problem solving and decision making. Problem solving might wind up with the person making a decision, and so could other types of thinking.

I mean, how do I know if I am using logic in my thinking. If I have a thought is that thought a sentence in my head? Or is it some type of logical argument? I didn't think before if each thought I had was logical, I simply thought logically without understanding that it made sense. I mean what is the point of thinking if it doesn't make any sense?

So I'm trying to think, if I understand how the mind works, or understand cognitive science and psychology, then what else would I need to know? Clear thinking is a mental process, or I mean just thinking is one of the mental processes. However, there is more to thinking than just thinking clearly, people can problem solve and make decisions also; They can look at information and decide if it's important or helpful to them or truthful and valid or if it's false information of little importance.

I mean, if I know what cognitive science is then I know how the mind works. How could I explain here how the mind works then? It appears to me that there is either thought or feeling, and these are the mind's two primary functions. People can also perceive visuals or pay attention to things that are either in their head or in the external world.

So I'm trying to explain how the mind works right. There is more to each of those mental processes I listed. For instance the mental process of thought could involve thinking clear or not thinking clearly. That could be connected to other mental processes such as the person's emotions and their attention or perception or memory. Also, language is important because it is how thought is processed in the mind.

So, like I said, I'm trying to describe how the mind works, or in other words, how the mental processes work like what cognitive psychology and cognitive science are about. I think I've simplified it by just saying that there's emotions and thoughts in the mind. Attention can be influenced by emotions, and it can also be controlled by thoughts.

That seems like a pretty good overview of how the mind functions. Emotions influence thought, attention, and perception while thoughts can also influence those things. That seems like a simplification about how the mind functions, however.

That's how I've been functioning most of my life though. I have a simple train of thought and simple emotions and function perfectly fine. Sometimes

I have anxiety or stress and sometimes I'm happy. Emotions and thoughts are simple that way I suppose.

What else would I need to research then? If I am thinking logically then I am functioning perfectly fine and thinking and feeling in an efficient manner. I don't know what else to say about that.

Logic is interesting, is it just thinking clearly? Or what else is involved with logic, how do those processes play out in the mind. Well, for starters, in order to think you have to use a language. Then you have to think out whatever is going on. That seems like it could be fairly simple.

One example I have is at my birthday party when I was about 7 at our beach house in East Haven, CT. I was sitting at the table and they were singing happy to Mark. I was wondering if I should sing along with them and sing 'happy birthday to Mark, happy birthday to you', or if I should sing "happy birthday to me" or just not sing at all. That was some of the thoughts I was having.

Now I would say to myself, 'well that's a social concept, do they want me to sing along with them or would that be awkward since I'm the birthday boy and I'm supposed to be honored. There are a lot of complicated concepts here, for instance it's a social concept because I have to get in the other people's minds and try to figure out if they want me to sing with them. I was not aware of that when I was 7 years old, I am now aware of that.

Social concepts can be complicated. Another concept I had as a child that I remember when I was also about 7 years old was the when the old lady across the street was babysitting me. She pointed out that the role of paper with the thicker center had more tape because it had a thicker center, I wasn't aware of that but she taught me, I thought the role with the smaller center had more tape. That is also about a concept, but that is a physics concept I learned.

So those are two interesting concepts I had as a child. As a child I didn't understand anything about emotions, now I'm aware that other people have emotions and have some understanding of what is going on in their heads. As a child I did not have that understanding, I just thought with simple concepts and did not understand anything complicated. Now I understand a lot of complicated stuff in different subject areas, like I understand basic algebra and mathematics, I understand what 'emotion regulation' means. Emotion regulation is someone regulating or maintaining their own emotions. As a child I had no clue when I was experiencing an emotion, or if I was experiencing an emotion. Now I understand what an emotion is and if I'm experiencing one.

Concepts are extremely important. Humans think with concepts all the time. Concepts are ideas that the person has in their head. People also think with language. Not all thought is done with words, however. I don't know the exact details but it seems like humans think with a mix of words and understanding that does not need to be expressed with words.

That's kind of complicated, I mean how do I know if the understanding or concept needs to be expressed or thought out with words or not with words? For instance with the racquet game I play when I swing my racquet I don't know how to explain the stroke with words, it's a complicated physical movement I don't know how to explain it. That's an example of an understanding that does not use words to explain. When I swing the racquet and hit the ball it's physical memory, not verbal concepts.

What about the rest of human understanding? How much of that needs to be expressed with words or how much of it is just an understanding that does not need to be expressed with words. What are words anyway, sounds in the person's head that mean something or have a definition?

I mean I would need to figure out all of human understanding if I wanted to explain this. That could be a challenging problem that might need to be addressed in another book lol. I don't know how much of what I think is an

understanding of some sorts or a verbal understanding that is thought out in a sentence with words.

So we're finally working together. I've explained what a concept is, what logic is, and what understandings are. Sometimes people think with understandings that are non-verbal, while sometimes they think verbally. There's lots of different subject areas where people need to use concepts and think verbally or think with understandings that are non-verbal.

I remember learning a long time ago that some communication was non-verbal. I mean what is the difference between verbal communication and non-verbal communication? What is thought about that is understood with words versus understood without words? How does that work exactly?

That's kind of complicated, I mean, what does that mean, that sometimes people think with understandings and sometimes they think with words? How does that work out? I could try to follow an analysis or a concept and try to figure out how to explain it, like how the mind works when that concept is being figured out or expressed.

I mean, what mix of understandings, concepts, ideas and words is anything understood? That could be complicated. When anything is figured out it could be verbal or non-verbal, or a mix of both. I'll have to think about that when I try to understand things, whether or not the understanding is verbal or non-verbal, or a mix of the two.

Ok so I'm trying to think here. What exactly do I need to understand. I figured out how the mind works. That's just cognitive psychology, which is about the mind's mental processes. The mind's 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 there's nothing else I need to do I don't think. I mean thinking clearly is the main 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.

If i can function then what else would I need to do.

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. That's all part of thinking clearly.

So what do I need to know in order to think clearly, that's 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. There's 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 person's 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 it's 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.

There's 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 it's 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 the 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.

That's important to know, though it seems kind of obvious. I mean obviously someone looks at things and then thinks about those things. That's a primary function of the mind if you think about it.

What else is going on then in the mind, there's 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 logic 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, it's good to know that so they can be more aware or conscious of what they are doing. I don't know why that didn'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 'well 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? That's 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.