

The Selected Writings of Mark Pettinelli

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2021

## 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. That's 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 its neurology, while cognitive psychology was just about the mind's 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 its important or helpful to them or truthful and valid or if its 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 minds 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 explaining 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 theres 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, its 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.

# **An Overview of my research**

## **And biography**

**By Mark Rozen Pettinelli**

**Online handle – xiornik**

**2020**

[xiornik@gmail.com](mailto:xiornik@gmail.com)

<https://drive.google.com/folderview?id=1kiGfJRhyz8CreqJR6lkCSSXhxiKR4-gm>

Ok so I've been doing my own research since I graduated from concord academy in 2003. I was meeting with therapists and got put on a lot of medication, I guess that my research on cognitive psychology mixed with their understanding of people and their emotions as therapists. I tried to make my research practical, finding only the important information and the information that was relevant to myself, like managing my own emotions and thoughts. I don't know what my therapists were thinking about my analysis but they have their own more practical understanding, or an understanding that applies to other people who have different emotions from me. I'm kind of unique but have been meeting with the autism association people for almost 2 years now (in addition to interacting with the staff in my group home and meeting with other therapists).

So what did I learn? I bought a bunch of cognitive psychology books and went through those over the past decade. Now it's the end of 2020 and I wrote my psychology of emotions, feelings and thoughts book at the end of 2006.

So what am I supposed to learn from these books? I already wrote a lot of information about feelings and thoughts in my previous articles. I know the difference between an emotion and a feeling, I wrote about that. Again, a feeling is something you feel, that is why the word 'feel' is used, and emotions are supposed to be strong feelings, like the primary emotions.

I don't know if each person responds to stimuli with a primary emotion first, I would think that the emotions could come in any order.

So any feeling could occur at any time, in any order.

I'm writing this article for my own sake, so i can understand my feelings and thoughts more. And understand how my mind works.

The words 'emotion' and 'feeling' can be used interchangeably, except emotions are supposed to be stronger than feelings. That is why there are only 6 primary emotions of happy, sad, anger, fear, surprise and disgust. Those primary emotions are more powerful or more 'main' than the other feelings humans can experience.

The list of books in this article I think have interesting titles that I could benefit from if the books actually have good information.

What or how do feelings work in the mind? That is the question. Like right now what am I feeling? Those are interesting questions. Do some feelings always come first or do feelings occur in any order?

There are many feelings that people can experience, it's kind of interesting actually. Sometimes feelings are strong, and sometimes they are weak, and sometimes they are mostly unconscious.

I don't really know which feelings I have first or even have period. Maybe I just have a simple mind I guess.

If I have a simple mind, then I should be able to keep track of which feelings I have, when they come and go, if they are unconscious or conscious, and also what my thoughts are.

Thoughts are more intellectual than feelings, and feelings can be physical or emotional, or even intellectual feelings. That is like what I said before, that thought or some feelings can feel or be more intellectual. Some feelings might be stupid also, like some of the stupid physical bodily sensations.

I have about 5 different cognitive psychology textbooks in my room that i've been going through for at least a couple of years now. I also have some other books about psychology and other topics I was interested in, like the topic of emotion and cognition.

I'm going to go through more books that I've just got recently, however I just started going through those books.

These are two of the cognitive psychology books i've been going through:

**Cognitive Psychology: A Student's Handbook 7th Edition**

- by Michael W. Eysenck (Author), Mark T. Keane (Author)

How is it that noticing if something is living that a conceptual thing? Some things like perceptual features, like what it looks like, is clearly perceptual priming. This means that either something is visual or it is conceptual. What is the difference? I mean the mind can think with images that it 'sees' and it can think with concepts that it thinks about. It also has a continuous stream of visual information if their eyes are open anyway. Conceptual information could be just things that a person is thinking about.

**"Judgement involves deciding on the likelihood of various events"**

The statement about judgement is a little bit confusing, how could there be a partial understanding of anything? Judgement means the person uses accuracy to come to a conclusion from a guess or a measured assessment. That's kind of like the scientific method, the person weighs evidence and comes to a conclusion they think is correct. Decision making is also part of that process because they have to decide about how to go about coming to or arriving at the proper conclusion.

The mind isn't that complicated, language is fairly simple, thinking is fairly simple, and so are feelings and emotions. Appraisals of our emotional states can influence the emotions involved, that is also a simple thing to understand. Cognition and emotion are connected that way - humans think about things that influence their emotions and their feelings, in turn, influence what the person is thinking about.

I mean, how complicated can language be? Language is just words that signify something in the mind, and sentences are more complicated than a simple word by itself. A sentence is more complicated than one word. Take the word 'dog', the word dog is a noun that could be the subject of a sentence, so the dog could be doing something - some action that is described with a verb in the sentence, say the sentence 'the dog is running' has one subject, the dog, and one verb 'running'. That is an example of a typical sentence with a subject that is performing an action, the action is the verb in the sentence, and the subject of the sentence is the dog who is doing the action.

Language is simple like that, however only the human species has the ability to use language.

This book helped me realize how simple the mind is. There is consciousness, which consists of humans observing their environment, thinking consciously about their emotions and thoughts, thinking with language and turning sounds into speech in their head (a process called lexicalisation), and just responding to their environment.

How complicated is that? I can keep track of most of what is going on in my head, I have language and speech that I use and words I think to myself to help me keep track of what is going on in my head. I also use speech to communicate with other people, but that is fairly simple, I mean, things like saying 'hello' and 'how are you' are fairly simple to understand.

I might not know how to communicate in other languages other than english (I remember a few basic words in spanish (which i took in high school)) but there are probably equivalent words in other languages for each word or phrase in the english language.

So what else does the mind do that's too complicated? There's a section on emotion and cognition in the book, a section on consciousness, a section on judgement and decision making. All those seem like simple concepts or topics. Even the section on speech and language. Also the chapter on problem solving is fairly simple.

Cognitive psychology is supposed to cover the mind's mental processes and this book discusses all of them, however there aren't that many mental processes that the mind uses or thinks about to itself. That makes the mind a fairly simple organ. I mean, I'm sure the details of neuroscience get pretty complicated, but when you look at the mind from the perspective of cognitive psychology then there is only a few processes going on at any time.

- **The Oxford Handbook of Cognitive Psychology (Oxford Library of Psychology)**

**By Daniel Reisberg**

So i think that means that implicit memory can effect a person because they have memories in their mind but they don't know that those had an impact on them, however they still helped shape the person and therefore have an impact on them.

What does that exactly mean? If there is an input representation, then your mind is going to see the input some way initially, either if this is a visual image or a representation of the visual they see. That makes sense, humans see visuals all the time, and it stays in their memory for a while, and it can be modified so they can remember the visual in their mind by simplifying the visual with a representation of the visual.

**"Beliefs are about something"**

That makes perfectly good sense, humans can have beliefs, however they are going to be about something and they're going to be formed somehow. How do people form their beliefs? Do they see objects in the real world and then form opinions? Or do they think internally and form beliefs based off of their own analysis?

**Here is a list of books I have that I went through:**

**Master Your Emotions: A Practical Guide to Overcome Negativity and Better Manage Your Feelings (Mastery Series Book 1)**

**by Thibaut Meurisse (Author)**



What is 'the ego'? The book says it's your self identity that you've constructed throughout your lifetime, however I would just call that your 'unconscious' self. I mean your own self identity is going to need to have an important place in your mind, so it would be unconscious, and it would need to have power, like the unconscious mind has power. I also said before that most of the mind is conscious, so the ego would also be unconscious.

The book says that the 'ego and awareness cannot coexist' because as your awareness increases, your ego disappears. That's because your ego is your identity, if you are aware of your identity then you don't need an unconscious one. I would say that works for most things, as the unconscious mind becomes conscious, the unconscious aspects begin to disappear because they become conscious instead.

The ego clings to tons of things to make itself stronger like beliefs, attachments and items. So this means that I think the ego is like your unconscious self, constantly working for you only unconsciously instead of deliberate, conscious actions and thoughts.

The ego wants you to strive to be a better person and achieve stuff in life. That makes sense because your ego is like your unconscious mind, and humans are naturally selfish beings.

The book also states that 'emotions come and go'. That is important to understand because you might want to control your emotions, so it might be good to know when they are occurring.

It also states that negative emotions can be useful. I think that I'd rather not have any negative emotions at all, or maybe just an insignificant amount of them if they're needed to contrast strong, happy emotions.

The book says that emotions can be reinforced by your thinking. For instance negative emotions could be thought about and made stronger, or positive emotions could be thought about and reinforced. Feelings and thoughts become emotions when you think about them. An emotion by itself is weak unless you identify with it. I think that's what the book was trying to explain.

That means that your interpretation of your own emotions is important. That makes sense, I mean if you think about it feelings by themselves have to be interpreted by your conscious mind - that gives you some control over your own emotions because you can choose how you respond to or make your own feelings and thoughts.

The book also states that "interpretation, identification and repetition" of emotions will make them stronger. That makes sense, emotions can be changed by your conscious mind. People can repeat emotions, identify with them, or interpret them in a certain way. I mean if you think about it you can have a lot of conscious control over your emotions by either interpreting your emotions differently, or identifying with them differently.

I don't know what exactly to do to change my own emotions, I know that I can think about which emotions I am experiencing and see if I can change my interpretations of those emotions and see if that works.

I mean, how are you supposed to control your own emotions? The book suggests that you can think about your emotions in order to change them through identification, interpretation, and repetition.

It is harder than that though I would think in order to change your emotions. It's important to understand that the conscious mind interprets feelings and thoughts a certain way, and your interpretation can change how you feel, understand, and experience your emotions.

I mean it's like you have a conscious mind and an unconscious mind, and in order to conceptualize or interpret your feelings you have to think and understand.

Otherwise your feelings could just stay unconscious or unfiltered.

## **Master Your Thinking: A Practical Guide to Align Yourself with Reality and Achieve Tangible Results in the Real World (Mastery Series Book 5)**

by Thibaut Meurisse (Author)

This book suggests that our current thinking is inaccurate. People tend to think with biases and make assumptions. If we align ourselves with reality we can control our thinking and be more productive. I don't know how someone is supposed to think more positively if life is hard though. I've resorted to being delusional and that makes me happy. The book suggests we should think realistically but positively. I don't know how to think positively if life is so hard and difficult, I would think the only way out is to be delusional.

Maybe controlling our thoughts could help us think more realistically, but that doesn't change the fact that life is hard and that it's hard to achieve success in life. I mean, if people are biased and make assumptions that's fine, but how are they supposed to be positive in a hard, unrealistic (I mean difficult) world? It's hard to align yourself with reality if reality is hard, the book doesn't really address that.

## **The Contemplative Brain: Meditation, Phenomenology and Self-Discovery from a Neuroanthropological Point of View Paperback – October 10, 2020**

by Charles D Laughlin (Author)

That's kind of interesting, he lists 4 different states of consciousness there, obviously awake and sleeping are two different states of consciousness. Also dizzy or tipsy is a state of consciousness that doesn't have to be made just by drinking alcohol. Someone could get dizzy because they are tired for instance. I don't know all the conditions that could make someone hallucinate.

The main conscious state would just be 'awake' and 'here'. That would mean that the person is conscious and functioning properly. I don't know how someone could go into a dream state without actually falling asleep, however. I would think that different experiences influence our state of consciousness all the time, depending on the experience. Sometimes an experience could make the person dizzy, I suppose. More or less awake could happen often to a person also.

## **The Happiness Trap: How to Stop Struggling and Start Living: A Guide to ACT Paperback – Illustrated, June 3, 2008**

by Russ Harris (Author), Steven C. Hayes PhD (Foreword)

What is the 'observing self'? It's kind of like an inner eye. In the book it says it could be comparable to the sky, and our feelings are the weather and the rain and the wind. The observing self I would say is like an inner eye, it sees and observes what is going on, but does it respond, because it is just like an eye that cannot be touched.

So it could use an acceptance strategy because it just observes, but would be unable to use a control strategy because that would require intervention.

So an acceptance strategy could use the observing self, observing your feelings and thoughts but not intervening.

[Here are books that I got after the others and read](#)

## **The Oxford Handbook of the Philosophy of Consciousness**

by Uriah Kriegel (Editor)

This book states that after the philosophy of consciousness finishes explaining consciousness a 'science of consciousness' will take its place. I don't know what that could mean for all of the explaining. What would it take for consciousness to be fully explained? After the speculation is done by the philosophers it would become a sort of 'science of consciousness'.

**They need to reframe 'how to explain' to 'what needs explaining'. If you think about it that makes sense, the conscious phenomena, or the observed facts about consciousness, need to be explained somehow, and it needs to be outlined what exactly needs explanation.**

**Psychology tries to explain behavioral phenomena, and the study or science of consciousness should try to explain consciousness. How are conscious phenomena supposed to be explained?**

**There's the experience of conscious thought for instance, what is it to think about something? Is that an experience of consciousness?**

**I talk about important aspects of consciousness in this article, I mention that thoughts and emotions can be either conscious, unconscious, or semi-conscious. Also that you can reinforce unconscious thoughts and emotions by thinking about them or filtering them so they can become more conscious and under your control. That applies to both thoughts and emotions.**

**Is consciousness just the 'sum total of its psychological functions'? As mentioned in the book, I mean, how does consciousness arise? It would seem that it is just the 'sum total of its psychological functions'. I would say that's a perfectly fine description of how consciousness arises and what it is. I've already pointed out in this article that there are only a few mental processes going on at any moment, like perception, emotion, attention, memory, language, deciding, thinking and reasoning. Those mental processes combined are everything that is going on in the brain, and give rise to consciousness.**

**I listed those mental processes but I didn't include 'introspection', which could account for internal thinking. Thinking was listed as a mental process, but more can be said about thought other than that the person is thinking. The person could be regulating their emotions, for instance making their emotions stronger or interpreting their unconscious emotions and making them conscious. That function involves the two mental processes of both thinking and emotion.**

**What else could a person think about through introspection? I mean they do more than regulate their own emotions and thoughts, which is self-regulation and emotion regulation. Self regulation could include regulating their own thoughts, goals, problem solving and planning and is similar to or includes executive functioning. Executive functioning is self regulating your own mind by using your thoughts I would say. While emotion regulation is just regulating your own emotions, both of which could be done through introspective thought.**

**I mean, what exactly is executive functioning or self-regulation? I would think it is using your own thoughts or power of introspection to monitor your own mind, your own thoughts and your own emotions, while emotion regulation is just handling your emotions.**

**Also, part of self-regulation is monitoring your own attention (not just your thoughts), which was another mental process that I mentioned. How does controlling your own attention give**

rise to consciousness? How conscious the person is relates and is partially determined by their attention and what they are paying attention to, that seems kind of obvious.

The book also states that "conscious states are states we're aware of". That seems rather obvious, considering that the definition of conscious is "aware".

## **The Oxford Handbook of Rationality (Oxford Handbooks)**

by Alfred R. Mele (Editor), Piers Rawling (Editor)

**"Reasoning is a process that can modify intentions and beliefs."**

There's also a difference between "what to believe" and "what to intend to do". People also have "practical reasons to believe something". Does someone allow arbitrary decisions or have wishful thinking? I already pointed out that there is a more type of unconscious type of thinking, that is more arbitrary or without the use of reasoning. Unconscious thought is more illogical and arbitrary and can bypass working memory, while conscious thought is more intentional and uses more reasoning.

There's also a relationship between reasoning and rationality. People have an "account of what it is for beliefs and desires to be justified". "Kant: Rationality as Practical Reason".

Fear is a thought that some anticipated judgement poses a threat. Is there an appropriateness of an emotional response? Emotion is a threat to rationality, however long term they might help the decision of rational options over time. There are factors leading to action, an affective state can modify the person's practical options. I suppose that means that the person needs to take initiative and monitor or figure out their emotional state in order to make practical decisions.

There's also "motivationally biased belief" "Motivationally biased believers test hypotheses and believe on the basis of evidence." But there is still the influence of motivation to be considered.

Also, "what is the relationship between rationality and thought", or the "relationship between rationality and language"?

Rationality applies to "actions, beliefs and desires". Also "rational plans, rational views, rational reactions, and rational emotions". People are practical beings seeking to do things, to satisfy our needs and desires.

What is the role of our belief system? Does it accurately represent the world? What is the relationship between beliefs and knowledge? Maybe people can "achieve a rational belief system".

Are our beliefs justified and reasonable?

Perception requires consciousness. Are objects in perception “ideas” in the mind? Or do they become “ideas” in the mind?

“If you see, hear, touch, taste or smell something then it affects you in some way.”

Memory is also different from perception. With memory you recall something. You can recall a belief for instance. Can memory help justify a belief? That's an interesting question. If it is a source of knowledge then it could be used to justify beliefs.

Consciousness can also be a source of rational belief. Consciousness represents an inner world, There can be objects and representations of them that are ‘in’ the person's consciousness. A person's inner world can contain sensations, thoughts, numbers and concepts.

Reasoning can be reflection, intuition, and understanding in the mind. When we reflect on a concept, or we can form hypothesis to see what an understanding means or is. There are concepts people can understand after reflection. You could use hypothesis to test understandings and concepts. “We can reason from the “premises” and form conclusions.

Knowledge can use “intuition” which would be guesses that are not guided by information, while there can be guesses that are guided by information, and may include using hypothesis and coming to conclusions.

Does inference need memory? I would think that someone could infer something without using very many details from memory, or is that deductive reasoning? Is a source rationally figured out? There can be rational belief without intuition or deductive reasoning. There can be beliefs and knowledge that doesn't depend on other beliefs, memories or other pieces of knowledge.

Does coherence of understanding need justification? I would think for something to make sense all of the facts would need to fit together. There are different sources of knowledge that all need to make sense. There is also the dependence of a fact on someone's belief system.

A belief system could hold many beliefs, does a person need to go through their own belief system to see if they are believing things that are logical, rational and factual?

There is also the sources of the information for the person's beliefs. Are there ordinary justified beliefs? How does this all work? How far do we need to take a belief in order to justify it or understand it?

## **The Oxford Handbook of The History of Analytic Philosophy (Oxford Handbooks) 1st Edition**

by Michael Beaney (Editor)

**Are logical statements dependent on the language that is used? A logical statement could be true if its facts are checked I suppose. Someone could use the scientific method and test hypothesis they form about a fact.**

**Is intentional action backed by logical thought? If something is intentional then it implies that the person thought about it before performing the action. On the other hand, it could be intentional but not well thought out.**

## **The Oxford Handbook of Philosophy of Mind (Oxford Handbooks) 1st Edition**

**by Brian McLaughlin (Editor), Ansgar Beckermann (Editor), Sven Walter (Editor)**

**“What is the content of a perceptual experience?” It depends what it is like for the subject to experience the perceptual experience I suppose.**

**Also, what is the relationship between thoughts and concepts? Concepts could be fictions, while thoughts are always accurate because it is just a thought. A concept could be inaccurate, illogical or not make sense, while the thought about the concept is more specific.**

## **The Oxford Handbook of Contemporary Phenomenology (Oxford Handbooks in Philosophy) Reprint Edition**

**by Dan Zahavi (Editor)**

**What makes color seen as it is? If you think about color it is a perceptual object. Or some object in a person's environment could be a certain color. That makes perception seem rather simple, that there are just objects in the person's environment that they see that have certain colors. Does that mean that sense experience has 'conceptual' content? It could just be objects that get represented in the mind, it doesn't need to be logical.**

## **The Oxford Handbook of Thinking and Reasoning (Oxford Library of Psychology)**

**By Keith J. Holyoak (Editor) and Robert G. Morrison (Editor)**

**Probabilistic judgement is how people come to conclusions, they weigh certain probabilities and come to a conclusion. People are not computers, however, and their judgements could be biased. I don't know what it would take for someone to always reach logical conclusions.**

**Furthermore, humans understand concepts at the word level and the sentence level. That means each word has a meaning by itself and a more complicated meaning when it is in a sentence.**

"Intuitive judgement" is judgement without using reasoning. So that would be different from judgements that use reasoning. Does that mean that an intuitive judgment is a stupid judgement?

An intuitive judgement could be smart I suppose, if it doesn't require logic to be accurate or intelligent.

Maybe that is like 'deciding from the gut', those types of decisions could be accurate however they don't use logic or reasoning.

People can also use rational judgments to arrive at conclusions. I said that before, it is like they could use something like the scientific method in order to weigh evidence and different options. The scientific method is about weighing evidence and forming and testing theories.

Humans could use a similar way of assessing evidence when judging various options in their decisions or assessments.

It's not like for each conclusion someone comes to the person does some analysis that uses a thorough and rigorous method, like the scientific method.

I mean I don't know what goes on in people's heads each time they go through a process to arrive at a conclusion. I suppose that could be called the decision making process.

Sometimes a person's decision making process could just be intuitive and not use intelligence or a complicated method to reach conclusions, and other times the person might think really hard and use reasoning and logic to figure out a conclusion or solution.

Also there are 2 types of thinking, unconscious thinking and conscious thinking. Unconscious thinking is illogical and can bypass working memory, while conscious thinking is more logical and uses working memory. How can unconscious thought bypass working memory? What are all the differences between unconscious thought and conscious thought? I see how conscious thought uses working memory, and maybe if someone is thinking unconsciously then it doesn't need to consciously use working memory, but it might need to unconsciously use working memory.

What does that mean for how people think, however? Working memory is a conscious process that the person uses to think, it is short term and conscious. When the mind thinks unconsciously it doesn't think about working memory but is still influenced by it because it is the unconscious mind.

So the difference between unconscious thinking and conscious thinking then is the difference between the unconscious mind and the conscious mind. Most of the mind is unconscious because humans aren't really in touch with all of their emotions or unconscious thoughts, that makes most of the mind be unconscious.

So unconscious thought is actually the mind thinking unconsciously.

The unconscious mind doesn't really use working memory because that is a conscious process.



I suppose the unconscious mind could influence what a person is thinking about, and that could influence working memory. So the unconscious mind is therefore connected to the conscious mind.

People also think using categories. How exactly does that work, however? I suppose it means that similar objects or ideas are grouped together in the mind. That isn't really a big deal though. I mean, it's kind of obvious that people would group together similar objects. For instance I grouped together the two different sexes - those are "girls" and those are "boys". But that's part of defining and labeling objects in the mind, in that case, however, they also belong to significant categories.

I suppose that's just how the mind thinks about things, by grouping similar objects and ideas together. It's just association I suppose. For instance when I type on this new computer I'm reminded of all the previous older computers I had over the years. Association and categorization in the mind is a way of learning from similar objects or ideas.

In this book there's a chapter on explanations, which states something like that people constantly search and offer explanations for everything that goes on in their life. I would think that would make people smarter, if they constantly seek to explain and describe what is going on. I don't know everything someone might try to explain, though I would think it could make the person more intelligent and knowledgeable if they have their own inner understanding of the world that they've been trying to explain for years. That's what it's like in my case anyway, I've been offering explanations and analyzing everything for a long time now, it's made me a lot smarter and knowledgeable.

I mean, it's kind of like saying that people have their own internal thinking where they are curious and try to explain the world.

## **The Blackwell Companion to Consciousness 2nd Edition**

by Susan Schneider (Editor), Max Velmans (Editor)

**What is self consciousness? Is it just awareness of the self? Or is it awareness of objects that make the self more conscious? How does someone define what the self is? If consciousness is awareness of our own mental states, then how does that give rise to self-consciousness? I suppose that if a person is aware of their own mental state then they are self-conscious. What could their mental state be in that circumstance? If a human knows if he is conscious and awake then they know if they are conscious.**

**As a kid I didn't understand that I was conscious, I just had simple thoughts. I mean I suppose I knew that I was alive, but I didn't say to myself, "I am conscious, I think about stuff and have thoughts, I am aware of my environment and my own conscious state". I just didn't think about myself that way. Now I can label myself as being conscious and alive, where before as a child I might have just understood that I was alive.**

**Being conscious involves understanding that you are conscious, i have feelings and thoughts all of the time, and as a conscious person understand that those feelings and**

thoughts help make me conscious. When I was a child I would have feelings and thoughts, however I did not reflect upon them or try to control them to a greater extent.

## **Conclusion:**

So I'm trying to figure out if that's all the information I need to know to function in life. In previous books I wrote more about feelings and consciousness, however this is my final book.

I mean, if I can keep track of my feelings and thoughts, and understand the basic mental processes like thought, language, perception, decision making, emotion, attention, and reasoning then I would think I know everything I would need to know.

I can also keep track of my feelings and know the difference between feelings and emotions to help me sort them out. For instance there are only 6 basic emotions that have physiological correlates of facial expressions they are happy, sad, anger, fear, surprise and disgust.

Other feelings that are strong could also be considered to be emotions because one definition of emotion is "any strong feeling" like a strong feeling of love could be considered an emotion but it wouldn't be one of the basic emotions.

Also, in order to keep track of my feelings I need to know that feelings could be the result of the primary emotions, or the conscious experience of the primary emotions.

But there are many feelings that could be independent of the primary emotions I think like hopeless or edgy or self-loving. Those could be experienced any time and be largely independent of the primary emotions, or they could be the conscious experience of feelings of those primary emotions.

That's useful to know if you want to keep track of your feelings, emotions or thoughts.

The information in this book is also useful to know, I talk about and review information about consciousness, judgement and decision making, cognition and emotion, and other topics related to cognition or psychology.

What else would be needed in order to further the research field, like what am I studying here. A cognitive scientist probably knows all of that stuff about the brain and how feelings and thoughts work in the brain, and so would a cognitive psychologist except they might not know how it works in the brain. Also clearly neuroscientists and neurologists know that kind of stuff.

There's also therapists and psychiatrists, i don't know the difference between what all those different professions learn about emotions and feelings. I'm trying to progress the research field here lol.

I've explained my analysis of feelings and emotions and thoughts enough times. Feelings can feel intellectual or that might be when they are more conscious, and there are the primary emotions which are facial expressions. I don't know how much more important the main emotions are from the other feelings someone can experience.

I wrote before that a feeling might not be intense but be clear to you, or it could be clear to you but not intense.

I mean i'm trying to advance the research field here but don't know what all those professions and professionals already know about feelings and thoughts, I'm offering my interpretation and explanation. I mean therapists must have known a lot of stuff about feelings a long time ago.

I've tried to keep my analysis practical and only absorb or figure out the important information I would need for myself. Therapists also must have a practical analysis because they have to help people manage their feelings and thoughts. I've been meeting with therapists and nurses for a long time now.

### **Further Conclusion:**

So what else would need to be explored other than what is in this article? I have another article where I talk about how feelings can feel intellectual or be stupid feelings, like the stupid physical sensations. If a feeling is intellectual does that mean it's more like an emotion or thought? Emotions are deep and powerful, so they could be more like thoughts.

Or is that just describing what feelings feel like? That they could feel different ways, intellectual, stupid, conscious, unconscious, powerful, weak, etc.

What are all the ways I can describe what feelings feel like then? There are the mental processes like perception, attention, emotions, language, and reasoning. Part of the mental process of emotion involves experiencing feelings.

Feelings can feel tons of different ways. There are different mental states and states of consciousness, for instance. If a person is conscious of their mental states they could become more conscious, or more self-conscious.

Furthermore, if people can think about any idea or concept, then there is a lot they can think about. I mean, cognitive science would call that idea in their head an idea that they haven't figured out yet or that is incomplete.

So what kinds of ideas could people be thinking about that they need to think more about? I don't know the answer to that. I feel like I know everything with my knowledge of how the brain works and cognitive science. For instance it is important to know the difference between emotions and feelings so you can keep track of your own feelings and emotions.

Once again, one definition of emotion could be "any strong feeling", also there are only 6 primary emotions of anger, happy, sad, fear, surprise and disgust. Those emotions are more primary than the other emotions someone might be feeling like if love is a strong feeling it could be considered to be an emotion.

It's also important to point out that primary emotions usually come first because they have physiological facial expressions as bodily reactions. Then feelings are felt as the conscious reaction to those primary emotions.

On the other hand, it seems like feelings and emotions could occur in any order. So if I know how to keep track of my emotions and feelings then I am on top of my mental state and know what I am doing. I also could know how conscious I am - for instance I said before that as a kid I just knew I was alive and didn't know how conscious or aware I was. Now I know what my feelings are, what my thoughts are, and mostly what my mental state is. That's all a part of being conscious and aware.

## Enough Information

Well, that seems like it's enough information to know in order to function in life. The information about feelings helps people keep track of their feelings. And the information about consciousness and thoughts helps people keep track of their self-awareness and their thoughts at any moment.

What else would someone need to know? It's important to know that there is unconscious thought and conscious thought. For instance your unconscious ego could be making decisions for you or motivating you in general without you being aware of it. Your ego wants you to be successful, it is an unconscious drive of your own consciousness, or your own self-identity that drives you.

What else is important about unconscious thought? People might be feeling emotions and feelings that they are not aware of, those feelings could be motivating them to act or making them feel different ways that could help them or hurt them, depending on the emotion. If they understand what they are feeling, then perhaps they can filter the emotion or change it to something they want to experience.

I suppose that's all I need to know in order to function in life. I know I have unconscious emotions and unconscious thoughts, that should help me be more conscious and in control of my emotions and thoughts.

I also know about the different things I talked about in this article - such as that thoughts can be unconscious, that there are primary emotions and more minor feelings, that I can be more self-conscious of my mental states or just more conscious in general, that I can use rational or instinctive judgements (a rational judgement is more conscious than an instinctive judgement, which would be more unconscious or automatic).

What else would I need to know, the information in this article seems important, it talks about feelings, thoughts, consciousness, mental states, controlling feelings and thoughts, and visual and perceptual and conceptual information, and judgement and decision making.

### **More on the Emotions and Feelings “hoffman - “feelings list””**

So I've already said that there are 6 main emotions of happy, sad, anger, fear, surprise and disgust. But what makes those emotions the main emotions? They are more powerful so they all have facial expressions I think. They are the emotions people usually feel, while other feelings are just other ways of feeling. There are many feelings that fall under the category of the 'happy' emotion, like amazed, delighted, invigorated, satisfied and thrilled. There are also other emotions that fall under the categories of the other emotions. For instance sad could be anguished, depressed, disappointed, discouraged, heartbroken, lonely, unhappy, etc. There are also feelings that are part of the angry emotion such as aggravated, edgy, furious, hostile, impatient, moody, outraged, and upset. These are some feelings that are part of the emotion 'fear' - afraid, frightened, nervous, panic, scared, terrified and worried. There are also other feelings people can experience such as accepting/open, courageous/powerful, connected/loving, disconnected/numb, embarrassed/shame, guilt, hopeful, powerless, tender, stressed/tense, and unsettled/doubt.

Those are all ways of feeling. I pointed out that there are the 6 primary emotions, and then other ways of feeling things. The question is, what makes the primary emotions more powerful or more 'main' emotions? Is it that they are felt first and have physiological facial expressions? The other feelings are just ways of feeling and are secondary to the primary emotions. For instance loving is second to the emotion of 'happy'. Guilty is secondary to the emotion of 'fear'. There are also the feelings that fall under the same category as the primary emotions, which I already pointed out. There's also the bodily sensations, like achy, cold, full, flowing, empty, sore, or throbbing. Those are more stupid and are just physical sensations, and aren't secondary to the primary emotions like the other mental feelings are.

### **Final Analysis**

Ok, so i think that's all the information I need to know. The final two sections of this paper I filled out were the two books of rationality and analytic philosophy. Now the question is, what else do I need to know?

I've already discussed the basics of rationality, such as that there could be a belief system that needs to be checked. Are all of someone's beliefs rational? How does rationality contribute to consciousness?

Its true, most of our conscious mind contains memories, sensations, thoughts, and other mental entities that contribute to our self-consciousness. There's also various different mental states that a person can be in.

Thinking about the statement in the book on phenomenology, are perceptions of objects conceptual in the mind? What is the relationship between perception and thought?

How does an object become represented in the mind, or what are all the things someone could be thinking about?

That goes back to the statement I made before, that consciousness is the sum total of our mental processes. One of our mental processes is vision, we see the objects in our environment and they become concepts or objects in our mind.

The other mental processes also become part of our conscious mind, like emotion and attention are two important mental processes. All the different processes of the mind contribute to the person's self-consciousness, including the objects they see in their environment.

The important question I have to ask is - what is the information that any person would need to know in order to function in society? I would think that they would need a basic understanding of emotions and thoughts. Cognitive Behavioral Therapy - or CBT for short is a practice of therapy where the patient tracks his or her emotions, thoughts and actions. That is, how their emotions and feelings lead to thoughts and how their thoughts lead actions. That also would obviously include how external actions also lead to the persons internal feelings and thoughts. Its kind of obvious that the analysis of keeping track of how feelings lead to thoughts and thoughts lead to feelings, and how thoughts and feelings lead to actions - is important. I would think that a person would need to keep track of their own feelings and actions and that would be important for the person. I mean everyone would want to know what they are feeling at any moment. Also what feelings lead to which thoughts and which thoughts lead to feelings. They could also keep track of how actions in the external world lead to their own internal emotions and thoughts.

So in terms of what information would be important for someone to know I would think understanding how to keep track of their own emotions and thoughts would be an important thing for the person to understand. Another thing to understand would be what the difference between emotions and feelings is. Anything could be a feeling since the definition of the word is 'feel'. Emotions are theoretically any strong feeling. Does that mean that the sensation of 'cold' could be an emotion? If someone has a tactile feeling of cold when they touch something does that mean it could be an emotion if it becomes a stronger feeling or sensation of 'cold'? Or are emotions few and basic emotions, like happy or sad or anger or surprise. Those are part of the few defined basic emotions. What is the difference between emotions and feelings then? A feeling is anything you can feel while emotions are deep and primary, there is only a few of them. Feelings can be sensations of anything that is tactile or that you can feel.

### 1.1 Other Important things in life

What would be other important information for a person to know about in life? I mean what else do I know as part of my background knowledge or knowledge that I use. I have a high school education and took a few college courses. High school educations are extremely important - they teach basic sciences, algebra, English language, possibly foreign language also and maybe history. I studied my emotions and thoughts and the study of consciousness after I graduated from high school because I was put on medications and met with therapists. Cognitive psychology was also another topic that I studied - or just basic psychology and maybe cognition or the study of thinking. Is that a complete explanation of what I know? A description of a high school education and then my self studies after high school? I mean consciousness is a difficult topic to study. Thankfully the medications I was on helped me to study my own consciousness and how I think and feel and experience the world. I mean, what else would be important for someone to know? If they know what they are feeling at any one time, then they have a good idea as to what is going on. If they also know their thoughts and how their thoughts relate to their feelings, then they have a good idea of what they are feeling and thinking at any moment. That is probably more important than other things they could focus on. So what else could someone be doing? There are tons of different types of experience someone could have or activities they could be doing at any given time. Its important to know that they can focus on their internal feelings, or think with thoughts, or do certain actions or observe or partake in certain external actions or activities. Available for free at [Connexions 3](#)

### 1.2 Actions and Emotions

So then it's just a matter of what action or activity or experience someone is engaged in. There are different feelings for any action or activity someone could be doing. That means that humans have thoughts and emotions. Emotion could mean 'any strong feeling'. However there are only a few basic emotions such as happy or sad or anger or surprise. Those are primary emotions. What are all the complicated feelings someone could experience? There's a lot of feelings for sure, however some of these feelings are physical sensations, while other feelings are more intellectual or deep like love or caring. That means that emotions can be intellectual, if you think about it there are intellectual feelings like thoughts could be considered to be intellectual feelings. A thought is different from a feeling because it is more intellectual, that means that feels more intellectual while a feeling might be more stupid or more like a sensation. Can I explore that idea further? There are physical actions that could cause

basic physical sensations or feelings like when someone engages in hard physical work. Those would probably lead to physical sensations. If someone is thinking about information it might lead to intellectual stimulation or a feeling of intelligence.

### 1.3 Emotions, Feelings and Thoughts

Maybe I should go into more detail about the difference between feelings and thoughts, and the difference between emotions and feelings. I've already said that thoughts can feel intellectual. Feelings could feel stupid or physical, however. An emotion, however, could be any strong feeling. That means that the feeling of cold when you go out on a cold day, go into cold water or just touch something cold could be considered an emotion if it is a strong feeling of cold. I would define that as just a strong feeling however, not like a primary emotion of fear, anger, surprise, or happy or sad. Those emotions are more intellectual than just a sensation of 'cold'. What is the difference between all of the feelings someone can experience then? A feeling could be happy or sad, or anger or surprise right. That means that there are a huge number of feelings that someone can experience. There are also intellectual thoughts that someone could have. I thought that a feeling or emotion like love would be more deep and intellectual than the feeling or sensation of cold - like when you touch something that is cold it is just a sensation. So what is the difference between all of the different feelings and emotions that someone could experience? Some feelings I think could be more intellectual, while other feelings are more like sensations or things you can touch that are tactile.

Available for free at [Connexions 4](#) CHAPTER 1. MY FINAL ANALYSIS OF EVERYTHING - INCLUDING EMOTIONS, FEELINGS AND THOUGHTS - BY MARK ROZEN PETTINELLI

That brings up a lot more questions about what feelings are like and what emotions are like. I said already that a feeling could feel more stupid like the feeling of cold or a simple physical sensation. There are also more deep intellectual feelings someone could experience. Those are all interesting questions. I think some feelings can be more intellectual or deep while other feelings could be more stupid and powerful. The question then is - what is the difference between all the feelings that someone could experience? There are thoughts, and then there are basic feelings which are different from thoughts. Thoughts are intellectual, while feelings are physical or simple. Are feelings just simple thoughts then? Or is a feeling anything that is physical? A thought could be connected to a physical feeling, however, in terms of a chain of events of a thought leading to a feeling or a feeling leading to a thought.

### 1.4 Clarification of feelings

There needs to be a clarification here, what then exactly is the difference between thoughts and feelings? I already pointed out that there could be a difference between feelings and emotions, emotions could be deeper and more like how thoughts are intellectual, while feelings could be more like stupid physical sensations. Does that mean that there could be a stupid thought? Could there be an intelligent feeling or a stupid feeling? I know that there could be a powerful feeling like the feeling of cold when someone goes into cold water, that could be a powerful feeling of cold, for instance. What would be an example of a powerful intellectual feeling then? Are there even powerful thoughts? How could a thought even be powerful? I understand how a feeling could be powerful because of physical work and exercise. Those are obviously powerful physical feelings. However, how then could a thought be powerful if it is just intellectual? Anxiety could be like a powerful intellectual feeling because anxiety is somewhat



separate from stupid physical feelings, making it more like an intellectual thought. 1.5 Some Notes How could a person's emotions and feelings, and of course their thoughts, be described? Is it a simple task to track what their emotions and thoughts are? Is it possible for the person to measure when their emotions start and stop, and if those feelings lead to thoughts or actions? Is there anything else that needs to be considered other than observing and tracking an individual's emotions and thoughts? Available for free at Connexions 5 Is there a classifiable way of describing the difference between feelings and emotions, or are they both just things you can feel? Also, does anything else need to be considered? 1.6 A Final Analysis? So I said in the title that this book would be my 'nal' analysis. What would that mean for the content of the book, however? In previous articles I discussed how emotions function, how thoughts function and the nature of thoughts, but I did not discuss the nature of feelings. Feelings have a unique nature because each person is different and could describe their feelings completely differently from anyone else. However, my feelings now are much more powerful than they were say a decade ago, before I started on a higher dose of my medications. I just realized what I just said in that last sentence, I don't have the slightest clue as to what might give other people stronger emotions, however I did say that being put on harsh or hard medications the last decade made me get stronger and more powerful emotions. Actually I think the medications were supposed to use or suck my energy but I responded by exercising and using them to make myself larger and stronger. I don't know how other people might try to get stronger, medication might be one solution however I don't know how that would work for anyone else, I just know my specific situation. Anyway this is also supposed to be my nal analysis, as I said in the title. I've written many other articles on feelings and emotions and thoughts, however that was a long time ago. I think it was just describing the basic functions of feelings and thoughts. The articles went into a lot of detail but most people would probably overlook the basic functions of thoughts and feelings and just head into the experience of feelings and thoughts, so that's why I'm writing this nal book, so it would be more practical for people. I've already made my artwork, and the old writing and this nal writing could accompany my artwork, however the artwork more has my own unique detail. This article is written by me, of course, however the artwork is select and more obviously has my detail. So basically, I don't know what else to include as my nal analysis. I've already gone over the difference between emotions, feelings and thoughts however maybe I could go into greater depth about that. There are also certainly other topics that are important in life that I could cover information about. I hope that my artwork gets recognized because these articles don't as obviously have my detail. They could accompany the artwork, however, as both the artwork and articles were done by me. Available for free at Connexions 6 CHAPTER 1. MY FINAL ANALYSIS OF EVERYTHING - INCLUDING EMOTIONS, FEELINGS AND THOUGHTS - BY MARK ROZEN PETTINELLI 1.7 Anything Else? Is there anything else that I need to cover? I've already pointed out in this article/book the important things about emotions and feelings and thoughts, and how those three relate. That brings up a good point, how much description is enough to describe a persons own emotions and thoughts? Also their thoughts relate and interact with their emotions and feelings. A feeling could cloud an emotion, for instance. That

brings up another point, how do emotions and thoughts interact? Furthermore, how much description is necessary in order to address the complications of the interaction between feeling and thought. That relationship has also been described as the relationship between emotion and cognition - which means feeling and thought (that is, emotion means feeling and cognition basically means thought). I've already said that feeling could obscure or cloud thoughts. Thoughts also can lead to feelings, and external actions can also lead to feeling, or cause a person to think about sth and have thoughts. Is it really that simple, however? I mean that is a fairly basic system, thoughts that lead to actions or internal feelings. That is what CBT is anyway, cognitive behavioral therapy is a therapy that works mostly by tracking the persons own internal emotions, and how those emotions lead to thoughts and actions as and then back into emotion, as in a cycle (a cycle of action leading to emotion and emotion leading to thought, or anyone of those leading to the other - either emotion, thought or action can lead to the other in any order in a cycle). So I would think that CBT is a fairly practical therapy then, since it tracks how emotions and thoughts and actions interact. What else would be considered to be practical in life. I mean if someone can track their own internal feelings and thoughts, and how they lead to actions, or how actions lead to internal thoughts and feelings, then I would think that they know most of what they need to know. There are more things going on, however. For instance there are other mental processes like perception, vision and hearing and the relationship between thought and language. Would that describe everything that is going on with someone? Or within someones own mind? This is basically describing everything that a person can think or everything that is going on in their own mind. Cognitive psychology basically describes the minds mental processes like language, cognition, and perceptions, along with the other mental processes. Cognitive science, however, looks at the mind more from the perspective of how it is structured. Would that be how the mind functions? It could function from its mental processes of language and perception, and it could function because of its structure or neurology. Available for free at [Connexions 7](#) So that would be figuring out how a mind's neurology is completely configured, that would be the task of neuroscience or a neurologist. That would be fairly important. Other conditions could be treated by a psychologist or a therapist, while a neurologist would look at how the mind is functioning, I would think. That would be a good description of life from the standpoint of how the mind is functioning or how it is working. There is more to life than a persons mind, however.

### 1.8 Emotions and Feelings

There's a difference between how emotions function and how feelings function in the mind. If an emotion is 'any strong feeling', then any feeling could be described as an emotion. For instance, if someone is in a pool in cold water, then it might be a powerful feeling of water and you could say that the person is experiencing the emotion 'cold'. I would think that feelings are more like sensations however, so the feeling of cold is really just a feeling. I mean how could you compare a sensation to a feeling that is an emotion like happy or sad, fear or anger? So what then is the difference between the sensation of cold and the emotion of feeling 'happy'? I would think that the feeling of cold is just a sensation. Sensations are more like physical things, like how pain feels or how it feels after a person exercises. What does that make anxiety then? Is anxiety like a sensation? I would think that it could be like the sensation of cold

if you feel the anxiety in your body. However, the anxiety might also take the form of a headache. That makes things more complicated - because there are physical sensations and mental sensations, and deeper emotions like happy and sad and anger or surprise or fear that lead to different physiological facial expressions. Those emotions are different from physical sensations because they make you feel things intellectually. Physical sensations can also be intellectual, however. For instance my anxiety can manifest itself in my head and give me a headache, or it could just be a mental anxiety that I feel in my head without any physical pain in my head. There is also pain in the body, which is similar to feelings while during exercise, those physical feelings of exercise could also be painful because they are physical and you can really feel the pain in your body. So what then is the difference between emotions and feelings? Pain is certainly a feeling, and sensations like the sensation of 'cold' is also a feeling in your body. The question is then what makes emotions deep and meaningful, like the emotion of 'happy'. I would think that the emotions 'happy' and 'sad' are simply more intellectual. That is what I said before, that some feelings have intellectual components, I mean even the physical sensation of 'pain' could be intellectual, though I would think that wouldn't be as direct as the feeling of anxiety or the other intellectual emotions of love, happy, sad, fear or anger. Available for free at [Connexions 8 CHAPTER 1. MY FINAL ANALYSIS OF EVERYTHING - INCLUDING EMOTIONS, FEELINGS AND THOUGHTS - BY MARK ROZEN PETTINELLI](#) So what is the difference between emotions and feelings then? Is it just the intellectual component? Emotions could have an intellectual component, while some sensations are stupid and don't feel intellectual or 'deep' at all. Those could be described as just feelings like the feeling of 'cold' while emotions could make someone happy like that emotion itself - the emotion 'happy'. What then is the difference between the emotion happy and the emotion sad? Does the emotion sad have components of pain involved? That would be an emotion that is intellectual combined with some physical sensations of pain. The pain in that instance might not be completely physical, however. This is getting a little bit confusing. There is physical pain, physical sensations, intellectual feelings, and even intellectual sensations like if you have anxiety it could be focused in the head and be like the sensation of pain. Is pain a sensation then, or is it an emotion? Pain is a physical emotion or feeling, and anxiety could be a mental sensation or feeling. SO what are all the different ways of feeling then? There are physical feelings, mental feelings, and there is also sensations and thoughts. A sensation is kind of the opposite of a thought because thoughts are intellectual while sensations are stupid. That is the difference between how sensations feel and how thoughts feel, anyway. There's more to the puzzle, however. Just describing how anxiety feels, how pain feels, and how other emotions like happy or sad feel, and how other feelings or sensations feel like the sensation of 'cold' feel is a good way to start figuring out how all a persons feelings are functioning and making the person feel. Available for free at [Connexions Chapter 2 A Further Analysis of Life, Emotions and Everything else! - By Mark Rozen Pettinelli](#)1 In my previous article I discussed emotions and feelings, and the difference between a feeling and a thought. I pointed out that emotions can be different from feelings, because emotions are basic and primary, while a feeling is anything that you can feel. So emotions are different from feelings, and sensations are defined as a feeling that comes

from something physical. That means that anything physical is a sensation, or a physical sensation. How is that different from any other feeling, however? I mean if there is a physical feeling that a person can get by touching something, then that is a sensation. An emotion, however, might have or cause facial expressions, like how when someone is happy they smile and when someone is sad they frown. Happy and sad are two of the basic primary emotions. Theorists actually disagree over which emotions are the primary ones, however. Though I would say that fear and anger, happy and sad, and surprise are key primary emotions. I mean happy, sad, fear, anger and surprise are some of the most important primary emotions, that is why they are key primary emotions, after all. However, there are many emotions and feelings people can experience, it is subjective to decide which ones are more important than other feelings or emotions, because each person is different from any other person, and might experience any emotion as being different from another person. For instance one person might experience completely different primary emotions from another person if they have a different personality, for instance. For example I respond differently for the emotions of love and caring, maybe those are primary emotions for me while other people might respond with happy or sad or fear. It probably varies based on the person, basically. <sup>1</sup>This content is available online at . Available for free at Connexions 9 10 CHAPTER 2. A FURTHER ANALYSIS OF LIFE, EMOTIONS AND EVERYTHING ELSE! - BY MARK ROZEN PETTINELLI So what does that mean the other emotions people experience are like? The primary emotions of happy, sad, fear and surprise could be reactions once they meet another person, or they could be feelings that are felt during a conversation, or at any time in response to any action or activity they are doing. For instance, if they are doing something physical than they might feel pain if they exercise too hard or get tired. So how would sensations fit into all of these emotions? I said that sensations are feelings that come from any physical action or touch, like for instance if you touch something you will get a physical sensation. I think what I am trying to do here is describe all the feelings that someone can experience and see how they function with that person. That must have been the influence of my therapists, I've been meeting with professional therapists for years now and I know they have a practical understanding of how the world works because they have to deal with patients or clients that have emotional problems. 2.1 Everything Else? So what else would I have to talk about here? I've mentioned how feelings are important for people, and how there is a wide variety of sensations, feelings, emotions and thoughts that a person can experience. Furthermore, There is everything in life that the person could be doing - any activity, action or exercise or whatever the person is doing could lead to different sensations or feelings. If it is something physical then it would be called or dened as a 'sensation' because that is how sensations are defined - as a feeling that comes from something physical. So how does all of someone feelings fit into their life? There could be a wide variety of feelings that someone could be experiencing at any one time. For instance someone could feel multiple emotions at one time, or at any given moment. So what was I trying to accomplish in this chapter, then? Was I trying to describe all of the feelings that someone could experience and how that fits into the world of life? If there are tons of activities and actions and exercises someone can do - then the question is how do all those feelings that people can experience fit into their lives?

Exercise can be physical feelings, like if you run hard or sweat or do hard physical work, you could feel physical sensations and other physical feelings. The question is, how do those physical feelings differ from psychological or mental feelings and emotions? Is a thought different from a physical feeling? Thoughts can be or feel intellectual, while emotions might take longer to experience than any individual or single thought. The question then is what else needs to be described about life? I mean there is internal activity in the brain like what someone is feeling, and there are external actions and activities and events that occur in the world that might cause the person to experience feelings and thoughts and brain activity. Available for free at Connexions 11 So I mean, what was I trying to do or describe in this chapter? I think I was trying to figure out all emotions someone could experience, and how those emotions fit into the world. There is the external world of objects and actions, and the internal world that is within people's own minds. The question is, can everything be figured out? Can the external world be figured out, or can the internal world of people's minds be figured out also? 2.2 Anything else? If there are external actions and objects in the world, and internal worlds of people's minds, then the question is, can everything be figured out? How do emotions occur in people, for instance? If there are a few primary emotions, then the question is, what is important about those emotions? Are those emotions how people respond to things? And do they experience anything else after they feel those emotions? So let's take the primary emotions of happy, sad, anger and fear. Surprise is also one of the primary emotions. How do emotions function, then? What happens first and then what happens next? I don't really know the answer to that, I would have to think about it. So what happens in an experience? Are there emotions that someone feels in the experience that occur in a certain order or something? There are secondary emotions, which are defined as emotions that occur as a reaction to initial, primary emotions. Does that mean that one of the first emotions people experience are always going to be one of the primary emotions? So that means that first I am going to feel happy or sad, or angry or surprised, and then I might feel other feelings? How does that work? So what am I trying to figure out here, how emotions occur in people? I would have to know what that person is doing, and what they are like in order to analyze how they feel. I don't even know how I feel about certain emotions or certain activities. The question is, how do people feel about things? I don't know how I feel about certain activities or actions, for instance. So I guess I'm trying to figure out what the important things in life are, here. I mean I know how I respond to most events, however I don't know what all of my emotions are like. This is starting to sound a little bit selfish. I mean, most people have to work hard in life, it isn't like life is all fun and games.

Mark Xiornik Rozen Pettinelli Reviews Cognitive Psychology Research Articles 1 video of Artwork 12 video of Artwork 23 What is science or communication? Science is important because it is basically a rigorous or thorough understanding. What could someone achieve a thorough understanding of? If you think about it, if something needs to be communicated then you need to first understand it. First something is thought about, then it is thought about more deeply, and then it is understood. That makes sense. If you think

about it - when someone thinks about something for the first time a type of understanding dawns on them. This understanding takes a certain period of time to figure out, however. How long does it take for someone to figure something out? That is an interesting question, in order to figure out something someone might need to make sentences in their head or think about something with words. They might also make or think about sounds to themselves - think the sentence out in their head with sounds, for instance. That process could enhance how the understanding of a certain concept is thought about or understood (figured out). That is a good question, how exactly is something 'figured out'? It is probably more complicated than just saying the sentence of it to themselves in their heads. For instance if someone thinks about something with words then that can help them to understand something. However it isn't as if someone just says to themselves, 'well if I think about it this way or that way, or if I think about this or that thing then I could understand this concept or idea better'. Sometimes people need help understanding concepts or ideas from other people or influences in their environment. What kind of influence does other people have on humans understanding of concepts? Understanding concepts is important, what kind of idea is someone trying to understand? This content is available online at .

2<https://drive.google.com/le/d/1kgRB91q7lfOd3Q0A0keJir2sz11QaXGp/view?usp=drivesdk>  
3<https://drive.google.com/folderview?id=1kiGfJRhyz8CreqJR6lkCSSXhxiKR4-gm>

Available for free at Connexions 13 14 CHAPTER 3. MARK XIORNIK ROZEN PETTINELLI REVIEWS COGNITIVE PSYCHOLOGY RESEARCH ARTICLES to understand? That is a good question, if you think about it logically then all the ideas in life can be sorted through and organized, and it could be figured out how difficult it is to understand each different idea. How then would someone sort through all of the ideas in life and organize or categorize them? They could do it in various ways, I would think that they could do it based upon which ideas are hard to understand, and also which ideas have similar physical objects - for instance you could label something physical an idea - say the idea of a 'house'. A house is a physical object. Then would every word that there is in the English language, or in any language for that matter, be an idea? Every word in the language is an idea, and each word or idea also has a definition. That is, just like every word there is has a definition, every idea also has a definition. Take the word 'I', the word "I" refers to the person who is saying the word, it means themselves, "I" basically just means "me". That is an example of a word that has a definition. The definition of the word "I" is a person who is referring to themselves. It is an idea, it is the concept of yourself or it is simply you referring to yourself. Objects can be ideas Similarly, any object can be an idea. Take the object of a house. "Houses" can be ideas just like they are objects. The idea of a house could be a place to live where you are happy, and the definition of a house could be a place to live where you can be happy, or sad, or any type of condition. The idea of a house is more selective, it is the idea of the house that is occurring to you at that time, while the definition of the house is similar, the definition of a house is place you can live with a certain type of condition or a certain type of house with various objects, while a different idea of a house could occur to different people. So basically different people could have different ideas of houses for themselves, while there would only be one good definition of a house that is descriptive. That means that objects can be

ideas. An object is anything in life that has a physical presence, and since you can think about anything in life that is physical, then it can be an idea in your head. The idea you have in your head could be different from the object however. That is why certain objects are described as 'phallic' symbols, those objects basically represent penises. They are shaped elongated in real life, so in the persons mind they change them into the shape of a phallus (basically a penis). That is probably the best example of how objects in real life have denitions, and they also can change when a person thinks about them, because they become ideas in the persons head. Available for free at Connexions 15 Objects and ideas are important for definitions This means that objects and ideas are important for a persons understand of a words definition. Also, not only do words have denitions, but since objects can be words, then objects also have denitions. I already said that an object in real life can be altered in a persons mind - how they think about that object is potentially different from what the object is like in real life, for instance. If you think about it scientifically or objectively, everything in the world can be an individual object, and every individual object can be thought about in a persons mind. However, how the person thinks about objects often differs from what the object actually does in the real world. Concepts are important for Comprehension Understanding concepts is important for comprehension. For instance its important to understand ideas and concepts if someone wants to understand, well, what the idea is. But what is it that someone is trying to understand? Is it the idea or is it the physical object or phenomena? There could be something physical that is present in real life that the person is trying to understand, say a house or the construction of a house could be a complicated thing that someone is trying to understand. Or, however, someone could be trying to understand what houses mean to them, like safety and a place to live. There are physical properties that could be understood with things or there could be mental concepts and ideas that could be comprehended with stu. My Digital Artwork Printed Book4 Collected Art Works5 Consciousness and Cognition Volume 52, Pages 1-124, July 2017 [Media Object]6 That months' articles discusses memory and how it relates to vision and cognition. If you think about it memory is going to relate to the other cognitive processes like vision and cognition. I mean, there are only so many cognitive processes - especially major ones. That might be subjective, however, depending upon how you would dene a 'major' cognitive process.

### 3.1 An Introduction to Ideas

There are many topics in education. Life can be described academically in different ways and can be categorized - for every category that life can be divided into there is also a way

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## CHAPTER 3. MARK XIORNIK ROZEN PETTINELLI REVIEWS COGNITIVE PSYCHOLOGY RESEARCH ARTICLES

to describe that category (the material, stu and ideas that make up that section of 'life'). What would be a simple way of organizing life or categorizing it? Psychology is the study of the mind or the study of life. There are also mental functions, humans perceive and feel their world around them. If you consider those factors - that humans perceive and interpret, and that there is material objects in the world around them, then the logical conclusion is that life primarily and fundamentally consists of humans observing the world. Mark Pettinelli Northeastern

University This assignment was prepared for course ENG 1105: College Writing I by Professors Barbara Ohrstrom; Justin Senter; Seth Stair 6/25/17 Working title: Can a categorization of different topics in Cognitive Psychology lead to a better understanding of the mind and categorization itself: can important information be sorted? Broad subject: Organize intellectual academic information in cognitive psychology and general academic categories (especially those related to the study of the mind) Thesis: Epistemology or the study of knowledge could be difficult or complex to study; in order to sort through important information someone would need to organize the different topics and the relevant information that falls under those headings/categories. Buxbaum, Otto. (2016). Key Insights into Basic Mechanisms of Mental Activity. Springer International Publishing AG Switzerland. This book discusses the mind and how it thinks it describes how the mind uses judgements and concepts and memories to think in everyday activities. That is useful for this essay about figuring out how to sort through important information because the information that needs to be sorted is cognitive information in the mind. The mind itself sorts through information and this book talks about basic concepts the mind understands that helps it think like judgements, concepts and memories. Mental activity is discussed in the book and how it uses concepts and memory structures. In order to understand how the mind sorts through information it would need to be understood how the minds concepts and memory structures are formed. The book talks about mental activity and cognitive psychology, and while it tries to connect cognition and behavior I think that it is important to connect behavior to how information is sorted since behavior (or action) is how information is gathered. Sprevak, Mark and Kallestrup, Jesper (editors). (2014) New waves in philosophy of Mind. Palgrave Macmillan, England. This book discusses, as is in the title, 'philosophy of mind'. Philosophy of mind is important to the study of intelligence and categorization because it includes a discussion of consciousness and intelligence. Intelligence is part of consciousness so thought, intellect and consciousness are discussed at length in the book. Those topics would help to advance the point of this essay which is to explain how minds categorize information in order to understand how a mind categorizes information it is necessary to understand what it is like for someone to be conscious and to think. What it is like for someone to be conscious is described throughout the book. The book describes the material stu about consciousness Available for free at Connexions 17 called 'phenomenology' and the non-material stu that is more mental and related to the concepts people use and what they think about. Kevin McCain. (2016). The Nature of Scientific Knowledge. Springer International Publishing AG Switzerland. This book discusses, like the title of the book says the 'nature' of scientific knowledge. It is important to understand what is scientific in learning material and any sort of understanding because it helps to make it more clear and, well, scientific. That relates to the point of this essay which is to clarify knowledge and gure out how the mind sorts through different types of information. If knowledge is scientific then does the mind gure out knowledge and information in a scientific fashion? The book talks about different ways to understand and gure out what makes certain types of information 'scientific'. What makes information clear and understood that is a question that the book addresses. If information is understood then I wonder how the mind would 'understand'



the information. Information is thought about in the mind differently from how it is discussed in public, for example. Carver, Charles and Cheier, Michael. (2013) *Attention and Self-Regulation: A Control Theory Approach to Human Behavior*. Springer International Publishing AG Switzerland. The title of the book is 'attention and self-regulation' and it should be mentioned that by definition self-regulation is how the mind regulates itself, and when you combine attention with self-regulation then it is an implied understanding that it is how the mind works when it pays attention and thinks about regulating itself. The book is basically about the processes the mind uses when it focuses on itself, when it sorts through information that is within the person's own mind, for instance the book says it is about the 'self', and how the information in the mind gets sorted through. That obviously relates to the point of this essay because if someone is going to figure out how the mind sorts through information it needs to think about how the mind pays attention and regulates itself.

Mark Pettinelli Problem/Solution Essay  
Northeastern University Author Note This essay was prepared for course ENG 1105: College Writing I by Professors Barbara Ohrstrom; Justin Senter; Seth Stair

The problem I've had since I graduated high school was basically boredom. I got anxious, high anxiety because I had nothing to do and tried to solve it by doing cognitive psychology and philosophy of mind research. I thought to myself that all the information in academics and life could be sorted and more easily understood, and in this way I could fix my mind and make myself think more clearly and be much less anxious. I think that some of my problem had to do with what Tversky and Kahneman called approximation and adjustment (quoted from (Carver and Cheier (2013)): A second judgement heuristic discussed by Tversky and Kahneman (1974) may be called approximation and adjustment. This is the process of beginning an estimate by making a first approximation, and then reaching a final judgment by adjusting this approximation some

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what. The first approximation may be based on a partial computation (or partial decision), or it may be suggested by the form of the problem (or the decision being undertaken). I basically kept thinking to myself the same thing over and over and that was part of the problem of figuring out how to think about logic and intelligence. I kept having to think about the same thing over and over, the same topic in academics, however I used 'approximation and adjustment' to think about what I was thinking. For instance, I had a topic in mind and thought about it, then thought about it a second time a little differently, and kept repeating this process throughout the day or week.

### 3.2 Problem of Boredom

So I basically solved my problem of boredom for the last decade (2006-2017) by thinking about cognitive psychology and philosophy of mind research. I posted my results here on connexions (you can review my modules here) [Media Object]7

<http://cnx.org/resources/280a8303e5a1ee9758e28d2b99abde18dd943d82/XiornikPsychologyArticles.pdf> Artwork PDFs [Media Object]8 [Media Object]9 [Media Object]10 [Media Object]11

### 3.3 What is the 'understood' part of Comprehension?

Insert paragraph text here. This is a good question, what about understanding or comprehension is complicated or complex? It could be described neurologically, however most people would not understand the biological details involved. I wouldn't either. I could try to

describe it in a simple fashion, or in a fashion that just involves the analog understanding. I will say what I mean by 'analog understanding' in the next paragraph.

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Information can be understood, that is what could be understood - one could say that there are different types of information. Some information is analog, that is, it is made up of stuff - it doesn't have specific mathematical components, but is more like pudding. That is a good way that I can describe an understanding, it can be a mathematical understanding or a conceptual understanding. Conceptual understandings involve concepts and different types of information. Understandings that are analog do not necessarily involve any information but could just be descriptive or have stuff, have components that are not informative or not complex. Analog by definition means not digital, so an analog understanding would be an understanding that does not necessarily have or not have information, but has stuff that can be manipulated non-digitally, like say with your hands.

Analog vs. Digital I haven't used the terms 'analog' and 'digital' to apply to types of understanding, however they can be applied to types of information. However, since understanding stuff is understanding information then the terms analog and digital can be applied to the term 'understand' or 'comprehend'. For instance when someone understands anything it is actually both digital and analog, it is digital because it consists of a set of information, and it is analog because it is made up of stuff, stuff in the person's mind and the stuff that the person is trying to understand. So analog is anything that is not digital, that is not numerical. Numerical means that it consists of numbers. Or does that mean that it can be read and described with numbers? It could mean either I suppose. That means that a digital watch is a watch with digits, and an analog clock is a clock with a hand instead of a digital watch with digits. That helps describe the difference between analog and digital.

### 3.4 What is Comprehension?

Comprehension is anything that is understood or figured out. Basically that means that there is a type of processing that the mind does whereby it understands different types of information (in life). If the mind understands different kinds of information, then what are those categories of information? On the top of my head I don't know all of them, however there are several obvious main categories of information in life such as foods, clothes, objects, buildings, streets and cars, nature, and art. It depends how you want to describe the different topics in life, basically.

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## CHAPTER 3. MARK XIORNIK ROZEN PETTINELLI

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The different topics in life can be described depending on various values or definitions. Depending on what the person is trying to achieve or describe or define, in other words. I just described some categories based on how I think a person's mind categorizes information for itself, that is one way to describe the different categories in life.

### Categories in Life

Basically you can describe different categories in life. This is a good way to simplify how one thinks about things, if you think about it. In other words in order to think clearly someone might first

need to categorize. What might someone categorize? Furthermore, if someone wants to think with clarity (think clearly) then how would they go about organizing their minds with the proper information? I have some ideas of my own about how someone could do something like that. It was based on my own thinking and how I have been thinking with my own mind. Basically there can be different priorities, in other words the mind can think based upon different categorizations of information or priorities. Those priorities could be emotional and motivational or priorities about how they want to think about information, or what kinds of information they want to think about. If you think about it, intelligent humans might want to think about information in addition to wanting to have emotions and ideas that they ponder and accept. Is that cognitive science and psychology? That is basically describing how the mind thinks and feels. How does the mind think and feel? That is a good question, how does the mind think and feel anyway? It depends on what the person is focusing on at any moment. If someone is only focusing on one thing, then that is the thing that they are thinking or feeling at that time. However it is much more complicated than that I supposed, how would the mind organize itself to think and feel, if it wants to think and feel at any one time then? It isn't as if the mind is a simple organ that simply feels basic feelings and thinks basic thoughts at any given time. The mind is complicated and it processes information and feelings in a complicated fashion. I would say that is accurate based on the information of the minds many different functions, feelings and ideas. Some of those ideas are motivations about the people around them or their environment, and some of the information that they think about could also be about their environment, or it could come from memories or previously learned ideas and thoughts. Ideas and Thoughts can be Figured out Different ideas and thoughts that occur to people can be figured out, basically. Sometimes those ideas or thoughts could be previously learned or simply take more time to figure out than instant ideas and thoughts that occur to them momentarily. Available for free at Connexions 21 So I just mentioned that an idea or a thought could take different amounts of time to figure out. That means that it also is learned at some point. If an idea that someone has is an idea that takes them time to learn then it could be an old idea that learned a long (or brief) time ago. I would say there is a difference between previously learned ideas and previously learned emotions and feelings and new ideas, thoughts and feelings. Humans think with concepts Basically that means that people think with concepts. What is a concept then? Is it something that a person learns or thinks about? If you think about it, at any one time someone is thinking about information or processing feelings (or some combination of the two). If you think about how many feelings a person has, and how many ideas they can think about, then they could be feeling a complicated set of feelings and thinking about (or processing) a lot of information at any one time. What kind of description is that? I just said that humans have tons of feelings and can think about lots of stuff. Does that mean that they have a large capacity of feeling and thought or something? How then does the mind process those feelings and thoughts? If you think about it, its about input and output, and a central processor. The central processor is the mind, the input is in the environment, and the output is their behavior and thoughts. Available for free at Connexions 22 CHAPTER 3. MARK XIORNIK ROZEN PETTINELLI REVIEWS COGNITIVE PSYCHOLOGY RESEARCH ARTICLES Available for

free at Connexions Chapter 4 Emotions and Feelings and How to Change Them<sup>1</sup> Emotion is more similar to conscious thought than feelings are to conscious thought. Although emotion and feeling can be described as unconscious thought, one of them is going to be more similar to conscious thought. Feelings are more like sensations, when you touch something you get a feeling. Therefore feelings are faster than emotions and thought, because when you touch something there is a slight delay before you can think of something about it (thought), or feel something deeply about it (emotion). Emotion is therefore just unconscious thought. Actually it would better be described as unconscious feeling (so a feeling is like a conscious emotion because you can "feel" it better and easier but emotion is a deeper, more unconscious experience similar to unconscious thought, but emotions are also more similar to conscious thought because thought is a deep experience while feelings are intense or shallow, but not deep). One definition of emotion can be "any strong feeling". From that description many conclusions can be drawn. Basic (or primary) emotions can be made up of secondary emotions like love can contain feelings or emotions of lust, love and longing. Feelings can be described in more detail than emotions because you can have a specific feeling for anything, each feeling is unique and might not have a name. For instance, if you are upset by one person that might have its own feeling because that person upsets you in a certain way. That feeling doesn't have a defined name because it is your personal feeling. The feeling may also be an emotion, say anger. "Upset" is probably too weak to be an emotion, but that doesn't mean that it isn't strong like emotions are strong in certain ways. Cold is also just a feeling. There is a large overlap between how feelings feel and how emotions feel, they are similar in nature. So there are only a few defined emotions, but there are an infinite number ways of feeling things. You can have a "small" emotion of hate and you could say that you have the feeling hate then, if it is large you could say you are being emotional about hate, or are experiencing the emotion hate. You can have the same emotion of hate in different situations, but each <sup>1</sup>This content is available online at . Available for free at Connexions

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time the feeling is going to be at least slightly different. You can recognize any feeling, that is what makes it a feeling. If you are sad that is a feeling, but if you are depressed that isn't a feeling it is more like an emotion. You can't identify why you are depressed but you can usually identify why you are sad. Feelings are more immediate, if something happens or is happening, it is going to result in a feeling. However, if something happened a long time ago, you are going to think about it unconsciously and that is going to bring up unconscious feelings. Otherwise known as emotion. So emotions are unconscious feelings that are the result of unconscious thoughts. Feeling defined there as something you can identify. So you can't identify the unconscious thought that caused the unconscious feeling, but you can identify the unconscious feeling (aka emotion). Another aspect of unconscious thought, emotion, or unconscious feeling (all three are the same) is that it tends to be mixed into the rest of your system because it is unconscious. If it was conscious then it remains as an individual feeling, but in its unconscious form you confuse it with the other emotions and feelings and it affects your entire system. So therefore most of what people are feeling is just a mix of feelings that your mind cannot separate out individually. That is the

difference between sadness and a depression, a depression lowers your mood and affects all your feelings and emotions, but sadness is just that individual feeling. So the reason that the depression affects all your other feelings is because you can no longer recognize the individual sad emotions that caused it. The feelings become mixed. If someone can identify the reason they are sad then they become no longer depressed, just sad. Once they forget that that was the reason they are depressed however, they will become depressed again. That is why an initial event might make someone sad, and then that sadness would later lead into a depression, is because you forget why you originally got sad. You might not consciously forget, but unconsciously you do. That is, it feels like you forget, the desire to get revenge on whatever caused the sadness fades away. When that happens it is like you forgetting what caused it. You may also consciously forget but what matters is how much you care about that sadness. It might be that consciously understanding why you are depressed or sad changes how much you care about your sadness, however. That would therefore change the emotion/feeling of sadness. The more you care about the sadness/depression, the more like a feeling it becomes and less like an emotion. That is because the difference between feelings and emotions is that feelings are easier to identify (because you can feel them easier). The following is a good example of the transition from caring about a feeling to not caring about a feeling. Anger as an emotion takes more energy to maintain, so if someone is punched or something, they are only likely to be mad for a brief period of time, but the sadness that it incurred might last for a much longer time. That sadness is only going to be recognizable to the person punched for a brief period of time as attributable to the person who did the punching, after that the sadness would sink into their system like a miniature depression. Affecting the other parts of their system like a depression. Available for free at Connexions 25 In review, both feelings and emotions are composed of unconscious thoughts, but feelings are easier to identify than emotions. Feelings are faster than emotions in terms of response (the response time of the feeling, how fast it responds to real world stimulation) and it takes someone less time to recognize feelings because they are faster. Feelings are closer to sensory stimulation, if you touch something, you feel it and that is a fast reaction. You care about the feeling so you can separate it out in your head from the other feelings. You care in that sentence could be translated into, the feeling is intense, so you feel it and can identify it easily. That is different from consciously understanding why you are depressed or sad. You can consciously understand why you are depressed or sad, but that might or might not affect the intensity of that sadness. If the intensity of the sadness is brought up enough, then you can feel that sadness and it isn't like a depression anymore, it is more like an individual feeling then something that affects your mood and brings your system down (aka a depression). Also, if you clearly enough understand what the sadness is then it is going to remain a sadness and not affect the rest of your system. That is because the feeling would get mixed in with the other feelings and start selecting them. The period of this more clear understanding of the sadness mostly occurs right after the event that caused the sadness. That is because it is clear to you what it is. Afterwards the sadness might emerge (or translate from a depression, to sadness) occasionally if you think about what caused it or just think about it in general. The difference between emotion and feeling is that feelings are easier to

identify because they are faster, a feeling is something you are feeling right then. An emotion might be a deeper experience because it might affect more of you, but that is only because it is mixed into the rest of your system. That is, a depression affects more of you than just an isolated feeling of sadness. In other words, people can only have a few feelings at a time, but they can have many emotions at the same time. Emotions are mixed in, but to feel something you have to be able to identify what it is, or it is going to be so intense that you would be able to identify what it is. Emotions just feel deeper because it is all your feelings being affected at once. Since emotion is all your feelings being affected at once, emotions are stronger than feelings. Feelings however are a more directed focus. When you feel something you can always identify what that one thing is. When you have an emotion, the emotion is more distant, but stronger. All your feelings must feel a certain way about whatever is causing the emotion. So that one thing is affecting your entire system. Feelings can then be defined as immediate unconscious thought, and emotions as unconscious thought.

- When you care about an emotion, you could say that you have a higher attention for emotion or that emotional event during that time. You are probably going to be in a higher state of action readiness, that is, you are probably more alert and going to be able to respond faster to whatever it is you are focusing on, or just respond faster in general. You also are going to have a better understanding of the emotion if you care about it more - you make an assessment of the emotion's strength and its nature when Available for free at [Connexions 26](#) CHAPTER 4. EMOTIONS AND FEELINGS AND HOW TO CHANGE THEM you think about the emotion (or the event that generated the emotion).
- Feelings are more direct than emotions and thought because they are more sensory when you touch something you get a feeling. That shows further how emotions are really about things in the real world, only it more like you are thinking about them instead of feeling them in real time. Things that come from memory are going to be emotions and/or thoughts, not feelings because feelings are things which are more tangible, those memories might result in new feelings, but the memories themselves are not feelings because they are just thoughts. That shows how you can feel some things more than others, that thought and feeling are indeed separate and intelligence is sometimes driven by feelings and emotions, and sometimes it isn't. You can think about things and not have feelings guiding those thoughts Or your feelings could be assisting your thoughts.
- If you care about a feeling then it becomes easier to identify it that shows how your feelings can help you to identify other feelings, so your emotions contribute to your emotional intelligence.
- If a certain emotion is larger than others then to your intellect it is going to be easier to recognize, and easier to think about (that is why a depression feels like it does, because you don't know the individual emotions contributing to it so you cannot feel a specific emotion of sadness from it. An explanation for this chapter: So feelings are easier to "feel" than emotions, that is probably why they are called feelings, because you "feel" them better. Maybe someone else thinks you can feel emotions easier, I don't know, the point is you can feel emotions and feelings with different levels of intensity and in more than one way, a feeling could be not intense but clear to you. So how conscious you are of the feeling or emotion influences the intensity of it and your conscious experience of it. A feeling could be more intense than an emotion if it is the only thing you are feeling as well. That makes sense, if

an emotion is very complicated, then you probably couldn't feel the entire thing as clearly in a brief period of time. So my theory is that feelings are more simple, and therefore there are more shallow but possibly more intense than emotion because you can focus on a simple thing easier. If you are having a deep emotional experience (experiencing an emotion) then it makes sense that you aren't as in touch with all of those feelings that are occurring. When you touch something you get the feeling "cold" - that is simple to understand. When you are in a depression you don't understand all the complicated emotions that you are experiencing. You could experience sadness all day. When you can say "oh, I really "felt" that", then you know you feel it and it is a feeling. When you feel something, it is a feeling. When you are emotional about something, those are feelings too, but it is more powerful and deeper, you aren't as in touch with all of it because it is more complex. You could be in touch with something complex and feel that too, I guess. Though I would argue that a feeling is easier to focus on if it is simple and clear to understand and feel to your conscious mind. Available for free at [Connexions 27](#)

The significance of this chapter: If someone is emotional, then they are feeling a lot. I could say that the emotions someone is experiencing could be brought up at different times and felt more - translated from somewhere in your strong emotions to something you feel more closely. So you can feel some things but that doesn't mean that the feeling is intense or clear - those things might become clear however at some point. When those emotions become clear and you 'bring them up' - either by caring about the emotion or the thought that represents it or it just emerges by some other method (such as by doing an evaluation of your emotional state) - then they become feelings because you can feel them easier. These feelings are more clear, similar to when you touch something you get a feeling that is simple and tactile. That is why feelings are called the result of emotions, because emotions are like the basis for feelings (at least non-tactile ones). You might have a feeling that has a shallow source however as well I would say. It doesn't have to be that a feeling is first felt deeply, and then you feel it more clearly later on (the feeling being the result of an emotion). Maybe the feeling is simple at first and then it becomes more complex later. What role does attention have to play? Being emotional or feeling something can make you pay more or less attention to things, including other feelings. Your attention can naturally rise just because of your emotional state. People feel emotions, and they can feel feelings. Emotions are strong and the powerful source of human behavior, and while feelings are also powerful they are also diverse, curious, and unique - 'old feelings returning'.

#### 4.1 How to Change Emotions and Feelings

An appraisal is when you assess something. People make appraisals or assessments of emotion all of the time, however they aren't aware most of the time that they are doing this. How much someone cares about an emotional stimulus is something that is probably thought about frequently during the experience. If you think about it people frequently are going to naturally analyze what is going on in every situation they are in and think about what the emotions occurring are. I said in the previous paragraph that people make appraisals of emotional things but they aren't aware of themselves doing that. How is that possible or what does that mean exactly? If people care about emotion, which they clearly do, then they are going to want to know what is going on in the situations they encounter in life. So clearly people make assessments of how much emotion the things around them are

generating, the only question is can they do this in a way that is beneath their awareness. Available for free at Connexions 28 CHAPTER 4. EMOTIONS AND FEELINGS AND HOW TO CHANGE THEM People surely must make assessments since they often work on inducing or inhibiting feelings in order to make them "appropriate" to a situation. If you are going to be changing feeling, then obviously you are going to need to measure and assess it first. Sometimes people think this process through consciously, and sometimes they don't. It makes sense to me that people are going to "know" how valuable certain things in their environment are. This is clear when you realize that people focus on some things very quickly - such a thing would clearly be something of interest to that person or something that generates emotion - which would make it interesting. So you could say that a person whose attention gets alerted to something around them made an assessment about the stimulus or responded to it, the stimulus (the thing in their environment they paid sharp attention to) was clearly emotional for them. It could have generated any feeling - disgust, surprise, happiness, - or maybe an intellectual reaction such as 'that person has a bright coat'. Does that mean that the person assessed if the bright coat generated emotion for them? What would it mean if it generated emotion? Could they respond in a fast way without being interested? Someone could respond quickly to something and not be in a mood that is very caring at that time, in which case maybe little emotion was involved. However if someone was interested in something then it makes sense that it is going to cause them to have feelings. Is something someone is interested in going to cause them to have deep emotions or shallow feelings? What types of stimuli result in deep or shallow feelings? Just because something generates more emotion for you doesn't necessarily mean that it is going to cause you to respond to it faster or you would be more interested in it. Maybe your interest is more intellectual or maybe you are interested or responding to it quickly because you have to. Under what circumstances do people care more about feelings? This relates to appraisals - if you care about something then you are going to make more assessments during the experience about how much emotion is being generated probably. People can care more about feelings but that doesn't mean that they are aware that they care more during that time. This is similar to people going into modes where they are seeking pleasure. My theory here is that people have levels of desire and need that fluctuate constantly. This means that there are many different levels someone can experience an emotion or feeling. It is more complicated than simply saying that the feeling has a certain strength - each feeling or emotion is going to have a unique nature, represent unique ideas and objects, and have a unique significance on your psyche. Maybe you can say that there are shallow feelings and deep emotions, and that there are certain properties that shallow feelings have and certain properties that deep feelings have. For instance you probably care more about deep feelings (unless the feeling is negative) and therefore they probably cause you to have a faster reaction time. However if the feeling is Available for free at Connexions 29 deep, sappy, and emotional then maybe your reaction time is slower because the emotion is weighing you down. This relates to the 'emotions and feelings and the difference between them' section above because I am outlining further that deep feelings/emotions or shallow feelings/emotions are different and things happen to humans differently with each one. It shows that clearly



emotion can make someone be different physically, as when you are motivated by emotion you often move faster. This is just bringing up ideas of depth - some feelings are simple and some are complex - that is obvious, however I think people could notice a lot more if they grouped their emotions into a categories of strength and shallowness or depth and how they responded differently to each different category. - Also the person should note what the interest was, the reaction time, the negative or positive valence of the emotion. Goman suggests that we spend a good deal of effort on managing impressions - that is, acting. Your impression of other people makes you feel in different ways, and you try to manage this in a social situation. So therefore all of your strong feelings you try to influence by thinking about what caused those feelings - such as your impressions - and how you can change them. So people are basically "emotion-managers", constantly thinking about their feelings and what caused them and how they can change them. Whenever you change an impression of someone, you are also changing your feelings. When you think about your own feelings you are changing them because you are changing how much you care about them. You set goals for yourself about your own feelings - 'if I do this I am going to become happy'. When you think about your feelings you can make insignificant feelings large or large feelings small. When a feeling is small, you could say that it is more unconscious or beneath your awareness. Something (including yourself) could trigger this small feeling and it could emerge into something you feel more closely and more consciously. So the question is, what circumstances and what type of thinking warrant that feeling of 'that sort'. We assess the 'appropriateness' of a feeling by making a comparison between the feeling and the situation. We also have goals for how we want to feel that we don't know we are thinking, and we have goals for how we want to act as well. Is there a 'natural attitude' or a natural way of behaving and thinking? Not really - especially when you consider that you are unconsciously constantly creating goals, drives, thoughts and behaviors that are not fully under your control. • In secondary reactive emotions, the person reacts against his or her initial primary adaptive emotion, so that it is replaced with a secondary emotion. This "reaction to the reaction" obscures or transforms the original emotion and leads to actions that are Available for free at Connexions 30 CHAPTER 4. EMOTIONS AND FEELINGS AND HOW TO CHANGE THEM not entirely appropriate to the current situation. For example, a man that encounters danger and begins to feel fear may feel that fear is not "manly." He may then either become angry at the danger (externally focused reaction) or angry with himself for being afraid (self-focused reaction), even when the angry behavior actually increases the danger. Listening to this reaction, someone is likely to have the sense that "something else is going on here" or "there's more to this than just anger." The experience is something like hearing two different melodies being played at the same time in a piece of music, one the main melody and the other the background or counterpart. • Secondary emotions often arise from attempts to judge and control primary responses. • Thus, anxiety may come from trying to avoid feeling angry or sexually excited, or it may arise from guilt about having felt these emotions. When someone rejects what they are truly feeling, they are likely to feel bad about themselves. Feeling or expressing one emotion to mask the primary emotion is a metaemotional process. Feelings about emotions need to be acknowledged and then

explored to get at the underlying primary emotion. Experiential therapists see clients emotional processing as occurring on a continuum with five phases (Kennedy-Moore + Watson, 1992): 1. prereflective reaction to an emotion-eliciting stimulus entailing perception of the stimulus, preconscious cognitive and emotional processing, and accompanying physiological changes 2. conscious awareness and perception of the reaction 3. labeling and interpretation of the affective response; people typically draw upon internal as well as situational cues to label their responses 4. evaluation of whether the response is acceptable or not 5. evaluation of the current context in terms of whether it is possible or desirable to reveal one's feelings. What role does the emotion 'interest' play in emotional responses? It is a baseline emotion of great importance - the action tendency of interest involves intending, orienting, and exploring. Interest is felt very frequently, probably without being noticed. If you think about it, to some degree interest is going to be present with each reaction to stimuli. With every response someone has, they are interested to some degree. You can look at interest further when you consider secondary emotional responses - what was the interest that came from the response that had some other type of interest? Through each stage of evaluation of a response, or simple evaluations that aren't a response to things, there is interest involved as well. This 'interest' induces caring, and the interest and caring is going to change your emotions - emotions are going to be brought up, intensified, changed based on your interest or caring or evaluations. When you think and make 2 Kennedy-Moore, E., + Watson, J.C. (1999). *Expressing emotion: Myths, realities and therapeutic strategies*. New York: Guilford Press. Available for free at Connexions 31 evaluations, you change the nature and intensity of the emotions that are related to what you are doing or processing. Are people going to be more interested in clear, primary emotions or feelings that they aren't in touch with? When someone is interested in a feeling, how is that different from being interested in the source of the feeling? If someone is feeling sad, they might not care about the sadness if the feeling is unclear to them or they don't know they are sad. If someone is going to try to change a feeling of sadness, it clearly would be beneficial if they knew when the feeling is occurring. Is it possible to experience deep emotions without being aware at all that these emotions are occurring? Yes it is, but there are times when people are conscious of those emotions - say when they are recalling them - that the deep emotions are more clear. There could be a deep emotion that occurs over a long period of time - say anger at someone, this anger could be in your body for a long time, during being the person, or while away from the person; the point is the anger is directed upon or it occurs more deeply at certain points - and then you are going to be aware of the emotion. That anger is a significant, primary feeling. The feeling is significant because it shows how large the emotion is that is behind it. People can feel feelings that are shallow or intense at the time, but these feelings don't necessarily mean more than that or are deeper than that because they aren't deep or primary - they don't mean anything else or occur at other times you aren't aware of (indicating that this feeling is significant). The feeling of shallow feelings is still potent (because you are feeling them in real time), but they aren't as powerful as feelings that have a special meaning or significance for you (which would make you feel deeper in real time and feel more affected). If you think about it, people change their feelings by thinking all of the time. The way they

could help manage this is probably by making assessments of their emotional state. If people think about what just made them happy or sad, then they might be able to do something or think something to change that. Some emotional responses are going to be more noticeable, and that is when people might try to figure out what went on. There are subtleties of emotion as well. People probably respond in many ways that they aren't aware of consciously, but they might have responded because something beneath their notice occurred emotionally. You could say that the emotional world beneath your notice is the "unconscious" mind or the unconscious world. Your emotions change all of the time, only sometimes are you going to notice when an emotion changes or when you are experiencing one. Furthermore, you might want or expect to experience one emotion but you are actually experiencing a different one because unconsciously that is how you are responding. For instance, maybe you have an unconscious bias against a group of people so you feel hate when you interact with them, but you consciously think that you like those people and feel like you should be happy and positive towards them. A feeling might be important to your unconscious mind, or a feeling might be important to your conscious mind - in which case you would probably 'care' about it. Your attention is constantly divided between various things in your environment, your own internal thinking and your own emotions. Your emotions are going to determine and assist what you pay attention to. For instance, if something is emotional in your environment for you, then more of your attention is probably going to be spent thinking about or focusing on that thing. Or maybe something in your environment is just more interesting than something else, the point is something in your environment or something in your head (emotions, thoughts) caused an intellectual or emotional reaction in you, and that then caused you to pay more attention to it. That doesn't mean that you notice it more after you pay attention - this type of paying attention might be unconscious - i.e. - more of your attentional resources or just more of the focus that people have (not all of which they are aware of) is going to be directed at it. References Emotion-Focused Therapy: Coaching Clients to Work Through Their Feelings. Leslie Greenberg. Amer Psychological Assn; 1 edition (January 2002)

Some Notes  
By  
Mark Pettinelli

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So I am trying to think. How exactly does the mind work? I think I need to understand how the mind functions in order to think clearly. There is cognition, which is how people think, and there are emotions, which determine how people feel.

But is that all I need to know about the mind in order to function? The mind must be more complicated than just the experience of feelings and thoughts.

So I did a lot of research, they're books in my room about cognitive psychology and cognitive science and related topics in psychology. Like cognition and emotion, concepts etc.

Is that all I need to know? Is there any more research I can do? Do I need to know anything else? That's an excellent question.

I did a lot of research. I read books on cognitive science and cognitive psychology. I did a ton of research, what did I figure out again. There were books on cognitive psychology, and books on emotion and cognition. There were also books about logic and clear thinking, or critical thinking. There was one book on concepts that I liked.

So I don't know what exactly I learned or figured out, how the mind works maybe? I mean now I understand logic and emotions or psychology and clear thinking. What else do I need to learn in order to progress myself. I did the research by myself, only now am I being guided. But those articles written by me were written before I started to be guided. I mean they just figured out the rest of the academics, some of it was academics I was trying to teach. I think their logic was sort of like, well we have all the information, having fun is more important than information anyway so we can try to have now and increase that and change that, so it doesn't really matter if the stupid information is over. That seems to be what they're thinking, that's also what I am thinking right now.

On the other hand, maybe the information could also continue. Concepts are complicated, I can continue to develop the intellectual aspect. The question is, do I need to become more intelligent? Maybe I could just develop the physical aspect, I don't know.

So do I need to become more intelligent. How have I become intelligent so far, I've become more conscious of myself and my mind. I am aware of what I am thinking and what I am feeling. I mean as a kid I didn't even know what the definition of 'emotion regulation' was, I did have emotions, but wasn't aware that I was having those emotions. Now I am aware of my emotions and my thoughts and try to change them, understand them and experience them.

That's mostly how I've become more intelligent over the years. I don't know if I could be even more aware of my emotions and thoughts, or if that's necessary. How else could I become more intelligent then?

Um so maybe the research is over, I mean I've already said that they seem to think having fun is more important, and that can increase and improve over the future years. It doesn't matter that the new information is over, that's what I'm used to, I was providing all (or most of) the new info. Now I think it's more fun to just increase the amount of fun and change that up.

Now that all the academics have finished my life has improved, they use to keep asking me to make money. What a bunch of dumbasses. Now the academics are over. They think they can copy me by putting other people in a lot of pain, but they forgot that I was born at the beginning of time so my birth was unique. They won't be able to get anyone else from the beginning of time because I was the only one who survived.

I don't know if i need to become more intelligent, i've already mastered most of the stuff i need to know.

Once again, I've already become intelligent, I don't know if I need to learn anything else.

Um so once again they think they can copy me by torturing someone else, however my birth was completely different, so was most of the experience that happened in ancient history. It was a lot of pain and anxiety.

I'm trying to think, I think because my birth was different they won't be able to copy me. Tons of people go through lots of pain however my birth and most of the experience was done at the beginning of time, or a really long time ago, I think that seems to be the case.

Um so that means they have to keep me alive. I'm the only one from the beginning of time.

I don't know if i need to become more intelligent. I don't know if I need to do anymore research. I've already become more conscious and am aware of my emotions. I told you before when I was a child I didn't even know what the word 'emotion regulation' meant. Now I have a really good understanding of emotion regulation and what it means.

Um, so I said that they won't be able to copy me because I'm from the beginning of time, so my birth and most of the experience was before anyone else was alive. I'm kind of excited about that because it means they have to keep me. I mean, I am from a really long time ago, my experience

is also very old. In order to copy me they would have needed to start a long time ago, and i've been through a lot. It's too late for them to copy me, I beat the competition a long time ago I think.

Um so, do I need to become more intelligent? That's a good question.

Like what else do I need to learn or understand. I had to learn a lot about emotion and cognition and the mental processes - for instance cognitive psychology and cognitive science. I learned that stuff in order to think clearly, I mean i've always been a logical thinker however i'm a lot smarter than I was say when I was a child.

Um so what else do I need to learn. What have I learned up to this point anyway, I don't even really remember. I know that i have emotions and thoughts. Thoughts can be simple, and feelings can also be simple.

Um so do i need to know anything else. I understand logic and clear thinking, that's kind of important. I also understand the difference between emotions and feelings. Feelings are simple and clear, while emotions are deep and complicated. A strong feeling can be an emotion. If its not strong it might be more clear and simple and easy to understand. That's kind of like how feeling can feel easier and be sensory. I mean, sensory feelings like the feeling of cold are also easy to feel and simple and clear. That's why they are called feelings, because you can "feel" them easier.

SO i think that finally makes sense. Feelings are more sensory, or some feelings can be sensory feelings while other feelings could just be shallow emotions or other feelings. FEelings are simple and clear, while emotions are deep and complicated. FEelings can also be sensory, like the 5 senses of touch, taste, sound sight and smell. The relationship between the sensory feelings and the non-sensory feelings is that both are simple to feel and clear. While emotions are supposed to be strong feelings, I mean a strong sensory feeling like cold would just be a feeling and not an emotion, but a strong feeling of love or happiness would be an emotion and not a feeling. You could also feel it as a feeling i suppose because you could feel the emotion or feeling.

But to the extent that its shallow and clear is the extent to which its a feeling, the emotion of happy could be a feeling and an emotion then. I suppose then feelings are just things that you feel that are simple and clear, so all the emotions could also be felt as feelings because you can feel them in a simple and clear way. The extent to which something is felt in a simple and clear way is the extent to which its a feeling. And if something is felt deeply, i mean if a feeling is felt deeply, then it is felt as an emotion.

So I'm trying to describe how i feel. The question is, how do i feel? What is going on in my mind. I know that there are feelings and emotions. The difference between feelings and emotions is that feelings are more simple and more clear, while emotions are deeper and more intellectual. That means that I can feel things, and think about things at the same time. I'm trying to keep track on what is going on in my mind. I'm currently thinking about stuff and feeling things at the same time. That seems to be all that is going on.

That is like consciousness studies, consciousness is a complicated topic, like what is going on in the mind, and what about it leads to consciousness. There is also losing consciousness, that's also complicated by itself. I guess that's just going to sleep though, that isn't too complicated. If you think about it, feelings and thoughts are also fairly simple. What is complicated about feeling then? Thought would seem to be simple, at least now it's simple for me. There is also just thinking, you could be thinking clearly and logically or unclearly and illogically, or stupidly. That seems like that's all there is to thinking and the thought processes.

What could be complicated about feeling then? There are the primary emotions of happy, sad, anger, fear, surprise and disgust. Those feelings work with the mental processes of thought, feeling, language, memory, perception and attention.

That seems like a pretty good description of how the mind works. There's the mental processes and those involve feeling and thinking. There's also how feelings feel, like the difference between emotions and feelings.

So this looks like I have a new book in the making here, I can explore the rest of the concepts that I need to understand. Like what else would I need to learn about. I understand that there is a thought process and an emotion



process, and that emotions are different from feelings. There are many mental processes - they are emotion, thought, language, perception, memory and attention. Those are key mental processes that I have already studied.

There's also a difference between feelings and emotions. I've been trying to explain the difference for a long time now, like feelings could be more simple and easier to feel because they are more direct. Emotions could be deeper and more powerful in an intellectual way, while feelings could also be intense but they won't be as intellectual though. I mean it's hard to describe the difference between feelings and emotions. Emotions are supposed to be stronger right, but if it's a sensory feeling like the feeling of cold then the sensory feeling would be stronger than an emotion like anger or happy. Feelings would then be more simple and more intense in a simple way, while emotions would be more deep and powerful in an intellectual way. SO then feelings would just be more stupid than emotions. I mean physical sensations are more stupid than intellectual feelings, so feelings could be more sensory while emotions are more intellectual and deep. So what am I trying to learn here, I already know a lot of stuff about how the mind works and its processes. I don't know what else I need to explore, I think perfectly clearly and stuff.

What is the difference between feelings and emotions again, I think that feelings are more simple and can be sensory like touch or taste. The feeling of cold is a sensory feeling, while the emotion of happy is an emotion that is not like a sensory feeling. Emotions are deep and powerful. So what is an emotion again, a strong feeling right. Why is cold a feeling, because it's sensory. So what is an emotion, a strong feeling? A strong sensory feeling like cold is just a strong feeling, and not an emotion. HOWEVER a strong emotion of happiness is a deep experience that is also intellectual. I suppose you could label feelings as emotions, the words can be used interchangeably. What about what occurs first, does an emotion always come first? Are feelings first powerful and then become more clear later on, the feeling being the result of an emotion?

So that is all a feeling is, a clear feeling. FEeling can be clear and simple, but does that mean that an emotion is always first? First you can feel an emotion, say maybe one of the primary emotions, like happy or sad, anger

or fear, surprise or disgust, and then you could feel a simple feeling that is clear as a result of one of those emotions. That's what I read as the definition of feelings and emotions anyway, that feelings are the result or conscious experience of the primary emotions.

Ok so does that make sense, what if I feel a different feeling first, is that possible? If it's a bodily or sensory feeling then it's possible to feel it first. But the other feelings are all secondary to the primary emotions i think.

Those primary emotions must be really important then. Like I said, it seems like all the other feelings, at least all the non-sensory or non-bodily feelings, are secondary to the primary emotions. That is why you feel the primary emotion first, at least briefly, and then you feel one of the other feelings as a reaction or the conscious experience of the primary emotion. That's what I read anyway and it seems to be correct.

For instance Depressed is secondary to the emotion of sad. Scared is secondary to the emotion of fear. Ecstatic is secondary to the emotion of happy. Looking at the list of feelings, it seems like all of the feelings are secondary to the primary emotions of anger, fear, happy, sad, surprise or disgust. That's also what I read about feelings and emotions.

So how does that work, first you feel a primary emotion briefly and then you can feel the secondary feeling? Something like that I think.

The primary emotions also are physiological, they have facial expressions. So I need to think, the primary emotions are more important than the secondary feelings, which are all of the other feelings. Someone could be experiencing a mix of the secondary feelings, or a mix of the primary emotions, or both.

The primary emotions would normally come before their secondary feelings, however and then the secondary feeling would just be secondary to those primary emotions. In other words, the primary emotions are more important. That's why the primary emotions are described as the 'main' emotions.

I mean, it makes sense that one of the main emotions would normally be felt first, but which feelings are the main ones could be argued about. I mean maybe for me I feel caring first, and then feel the emotion of happy. So love would be an emotion for me, instead of the main emotion of happy.

I mean, there's a lot of different feelings. It's kind of subjective to decide which ones are the main emotions, or which ones are felt first.

So what is the difference between emotions and feelings then? Emotions are supposed to be stronger, does that mean that you first feel a stronger feeling as an emotion, and then feel more detailed, clearer feelings after? That's kind of subjective, but what I do know is there is a mix of feelings people can experience, and sometimes there are deeper feelings that can lead to a mix of secondary feelings. How you would define an emotion versus a feeling is subjective. An emotion would normally be stronger and more main or primary, and would be felt first, or it could be felt after a feeling, like I said it's all kind of subjective.

I mean, is a strong feeling felt first, or does it become strong after you initially feel it? Or is it clear first, and then becomes more complicated later. I suppose feelings could feel clear or strong first or in any order. That's all I know, also the main emotions or feelings are supposed to be more important, but that is also subjective.

I mean, are emotions all more intellectual than sensory feelings? Is a feeling first felt clearly and simply, and then becomes more complicated and deep after?

There are a ton of ways to feel feelings and emotions. Feelings can be sensory or non-sensory. They can be complicated or simple, deep or shallow, intellectual or stupid. They can also be mixed with other feelings, or felt by themselves, or lead to other feelings.

What else is going on in the mind. In addition to feeling things, humans also think about things. What's interesting about that is how many things they can think about, how fast they can think about those things, and how complicated are the things that they think about are. Those topics can be pretty complicated, however it's also fairly simple to understand. I mean when a concept is thought about, how complicated could it be? Most concepts are simple to understand in order to achieve basic functioning for the person. For instance as a child I was functioning fine even with a basic understanding of concepts, that was how I developed myself, now basically I just have a more complex understanding of concepts and stuff.

I mean, what needs to be understood, concepts are fairly simple in order for the person to function on a basic level. However, that is also how animals function, they seem to have a basic grasp of concepts also since they know how to survive. Their survival requires a basic grasp of concepts like how to get food and find shelter.

That ties back into how humans feel emotions and feelings. DO they need to understand what they are feeling, or is it complicated what they are feeling at any given time? I pointed out that feelings could be complicated or simple, deep or shallow, unconscious or conscious, sensory or intellectual, stupid or intelligent, and they can be mixed in with other feelings.

I mean, intelligence is also fairly simple, humans can perform perfectly fine even with a low level of intelligence. For instance I was functioning fine as a child even though I didn't understand much.