

My Final Analysis of Everything - including
Emotions, Feelings and Thoughts - By
Mark Rozen Pettinelli

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Chapter 1

My Final Analysis of Everything - including Emotions, Feelings and Thoughts - By Mark Rozen Pettinelli¹

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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 to 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.

¹This content is available online at <<http://cnx.org/content/m79843/1.12/>>.

²This media object is a video file. Please view or download it at
<[MarkXiornikRozenPettinellivideoshowingartworkbooks2.mp4](#)>

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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.

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 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.

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?

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 'final' 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 final 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 final book, so it would be more practical for people. I've already made my artwork, and the old writing and this final 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 final 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.

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 stuff 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.

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.

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.

Chapter 2

A Further Analysis of Life, Emotions and Everything else! - By Mark Rozen Pettinelli¹

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.

¹This content is available online at <<http://cnx.org/content/m79927/1.5/>>.

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 defined 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 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 quesiton then is what else needs to be described about life? I mean there is internal actitivity in the brain like what somenoe is feeilng, and there are external actions and activities and events that occur in th world that might cause the person to experience feelings and thoughts and brain activity.

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 peoples 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.

*CHAPTER 2. A FURTHER ANALYSIS OF LIFE, EMOTIONS
AND EVERYTHING ELSE! - BY MARK ROZEN PETTINELLI*

Chapter 3

Mark Xiornik Rozen Pettinelli Reviews Cognitive Psychology Research Articles¹

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

¹This content is available online at <<http://cnx.org/content/m64072/1.31/>>.

²<https://drive.google.com/file/d/1kgRB91q7lfOd3Q0A0keJir2sz11QaXGp/view?usp=drivesdk>

³<https://drive.google.com/folderview?id=1kiGfJRhyz8CreqJR6lkCSSXhxiKR4-gm>

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 definitions, and they also can change when a person thinks about them, because they become ideas in the persons head.

Objects and ideas are important for definitions

This means that objects and ideas are important for a person's understanding of a word's definition. Also, not only do words have definitions, but since objects can be words, then objects also have definitions. I already said that an object in real life can be altered in a person's 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 person's 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 it's 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 stuff.

My Digital Artwork Printed Book⁴

Collected Art Works⁵

Consciousness and Cognition Volume 52, Pages 1-124, July 2017

[MEDIA OBJECT]⁶

That month's articles discuss 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 define 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

⁴<https://www.createspace.com/7335958>

⁵<http://cnx.org/content/col10729/1.21>

⁶This media object is a downloadable file. Please view or download it at
<Gmail - Consciousness and Cognition _ Alert 09 June-16 June.pdf>

to describe that category (the material, stuff 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 stuff about consciousness

– called ‘phenomenology’ and the non-material stuff 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 figure out how the mind sorts through different types of information. If knowledge is scientific then does the mind figure out knowledge and information in a scientific fashion? The book talks about different ways to understand and figure 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 persons 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 it 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-

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.

⁷This media object is a downloadable file. Please view or download it at
<XiornikPsychologyArticles.pdf>

⁸This media object is a downloadable file. Please view or download it at
<finalartworkpart1.pdf>

⁹This media object is a downloadable file. Please view or download it at
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<finalartworkpart3.pdf>

¹¹This media object is a downloadable file. Please view or download it at
<finalartworkpart4.pdf>

Information can be understood, that is what could be understood - one could say that there is 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 puddy.

That is 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 applies 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 persons 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? Off 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.

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 off of how I think a persons 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 off of 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 off of 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.

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, its about input and output, and a central processor. The central processor is the mind, the input in the environment, and the output is their behavior and thoughts.

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

Chapter 4

Emotions and Feelings and How to Change Them¹

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

¹This content is available online at <<http://cnx.org/content/m14334/1.33/>>.

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.

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 affecting 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 emotions strength and its nature when

- 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.

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.

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

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.

Goffman 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

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, 1999²):

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 off of your interest or caring or evaluations. When you think and make

²Kennedy-Moore, E., + Watson, J.C. (1999). *Expressing emotion: Myths, realities and therapeutic strategies*. New York: Guilford Press.

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 reflected 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 effected).

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 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

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E emotion, § 4(23)

F feeling, § 4(23)

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