

Mental Notes of Mark
Pettinelli

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CONTENTS |

1 | 1

2 | 5

3 | 23

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These are my mental notes. I'm going to discuss my mental notes in this document.

So what else do I need to figure out? That is an excellent question lol.

I already know the 21 mental processes, they are emotion, thought, judgment, reasoning, choice, memory, learning, language, perception, creativity, problem solving, decision making, categories, mental representations, knowledge, concepts, awareness, attention, automaticity, insight and self-knowledge (which is the beliefs people have about themselves).

So I know all of those processes, it's kind of important to know those because they form a picture of how the mind functions.

Um so what else would I need to know or understand?

What is my current understanding anyway, like what do I already know?

I know a lot of stuff actually, i mean i know how to function, think and feel, those are kind of important things to know. Feelings are different from thoughts anyway. Feelings are experiences of feeling or emotion, while thoughts are ideas or concepts that someone can think about.

Then there's just basic functioning but that just involves using your thoughts and feelings in a practical manner, which I can do without a problem.

Um so if i can function then what else would i need to understand, that's an excellent question.

I mean, what is behind my actions? As a child I did not have a lot of knowledge of the world but was functioning perfectly fine. I'm still mostly the same i would say except i understand feelings and thoughts and consciousness.

For instance, as a child I did not understand what the word 'emotion regulation' meant. When I came across it I was confused. Now I understand that it's about managing and maintaining your own emotions, as a child I did not influence my emotions very much. I mean, I had feelings but it was a fairly simple process.

Um, so that seems like a pretty good run down or explanation of how the mind works. I don't know what else I would need to explain. There's feelings and thoughts, and emotion regulation. There is practical functioning and different kinds of feelings.

So what else do I need to know? I know that I have feelings and thoughts, that's pretty much all i need to know i think, what else would i need to know or understand?

So that's really interesting. I can experience feelings all the time and think about stuff all of the time.

Thoughts can be verbal or non-verbal. Thoughts can direct actions or be used to think about things.

I don't know what else I might need to know then. I think clearly and feel stuff, what else is there to living and being conscious anyway?

Ok so i can just go back to my baseline, what are those feelings and thoughts like anyway, i mean, I have a steady stream of feelings and thoughts all of the time, seems pretty simple if you think about it, I mean, what would i need to know or understand in order to function and think and feel anyway?

So what else would I have to say about emotions, or how emotions function in the mind? It seems like a pretty simple process anyway, I don't know what else I would need to explain about it anyway. I mean, emotions are pretty simple if you think about it.

Thoughts are also simple if you think about it. What about thought is simple anyway?

So what else do I need to know or figure out or understand anyway? I mean, I have a good understanding of how emotions and thoughts work, that's a good explanation of how the mind works in general. I mean, mostly it's just thoughts and feelings, though there is also attention, memory, language, learning, judgment, reasoning, choice, deciding, problem solving, mental representations, concepts, categories, knowledge, automaticity, insight, self-knowledge, awareness, creativity, perception,

So what else would I need to learn or understand? It seems like I have a good enough understanding of how the mind works and how feelings and emotions function anyway. What else would there be for my analysis or explanation anyway? I mean I understand how the mind works and I understand what the mental processes are anyway.

So what else would I need to understand about emotions and how emotions function anyway? Emotions are pretty simple if you

think about it. I don't know what could be complicated about emotions anyway.

So I need to do an overview of the information, like what exactly do I need to learn about how the mind works anyway, I feel like I have a good understanding of how the mind works, for instance there are feelings and thoughts in the mind that runs through a person's consciousness all of the time. That's important to understand, I think. What else could be going on in the mind? There's the other mental processes like attention, learning and language and memory and awareness, judgment, reasoning and choice, problem solving and decision making, there's mental representations, concepts, categories and knowledge, creativity and perception, and automaticity, insight and self knowledge.

Those are all important to understand, I think.

I mean, what am I going to learn if I do more reading anyway? I already know that there are feelings and thoughts in the mind,

There's feeling 'states' and logical 'states'. For instance someone could be thinking clearly and logically about something or in a logical thinking type of state.

Emotions are feelings.

An emotion is a mental mode.

Cognitive, evaluative and motivational

So what else would I need to understand about how emotion works in the mind anyway? Seems pretty simple anyway. I mean, there's different emotional states and different emotions and feelings someone can experience.

So someone could go into different emotional states or something. People can feel a ton of different things and experience lots of different feelings and even thoughts which are more intellectual.

Mental Notes (continued) of Mark Pettinelli

So I'm going to talk about my new mental notes in this document. I don't know what else I can learn, I mean, I understand stuff about how feelings work in the mind and how thoughts work also. I don't know what else would be considered to be important research, these notes aren't even going to be put in my selected writings article.

What else would I need to understand anyway? I know that there are feelings and thoughts in the mind, there's also attention and perception as mental processes.

What else have I learned anyway? I mean, if i understand that there are feelings and thoughts and other mental processes like attention and perception and memory and language then what else would i need to understand anyway?

I mean, I understand that there are emotional states, and that emotions are feelings. What are some of the other mental processes, let's see there is decision making and reasoning and problem solving, those all fall under the category of thinking though. So there is thinking, feeling, attention, perception, memory and language. There's also awareness, learning, automaticity, insight, knowledge, concepts, categories, and mental representations.

I mean, what else do I need to understand about how emotion and thought functions? It's a fairly simple process I think, there isn't really very much to understand about it. I'll write down here what I learn about what I need to understand about it anyway.

I mean, what is there behind how feeling and thought works in the mind anyway? It doesn't seem like it is that complicated.

The 21 mental processes are emotion, thought, attention, awareness, perception, creativity, judgment, reasoning, choice, memory, learning, language, concepts, categories, knowledge, mental representations, automaticity, insight, self-knowledge, problem solving, and decision making.

Um so what else would I need to know or learn anyway, i already wrote a lot about feelings and thoughts. Emotion isn't even complicated. I mean I can function fine with the knowledge that I have about emotions. I memorized the mental processes, that's all that seems complicated about emotion and thinking.

So I'll just post the results of my research here, anything I find to be important I'll post about.

What am I going to do, try to describe emotion and feeling or something? Emotion could be hard to describe I think.

On the other hand, describing emotion could be important, i mean what else would be important other than someone describing their own feelings? I already listed the mental processes, that helps describe feeling.

So what else would be important other than describing feeling? Listing the mental processes helps to describe feelings.

What else would be important to analyze? There are sensations and emotions. Sensations are from external sources, while feelings are internal feelings that are felt within the mind. The 5 senses of taste, touch, sight, sound and smell are all the senses, and the mind feels these senses after they get processed from the external world.

Feelings are then felt within the mind such as the different feelings and emotions that someone can experience. Some of those feelings come from external inputs, while others are created by the mind.

I said that feeling and thought were the minds 2 major mental processes. There is also perception, that is another major mental process, what else does the mind do that is significant or important, I mean what takes up most of its resources anyway. I have already listed the mental

processes. I would think that attention is a major mental process, that is kind of similar to perception however, because most of someone's attention is spent on their perception, but is that external or internal perception? I mean they pay attention to external senses and internal thoughts and cognitive processes.

There are the different kinds of thinking like judgements and decision making and problem solving, then there are different kinds of feelings someone can experience like any of the feelings. There are also many different types of thoughts. Then there is the perception mental process and the attention mental process, I already pointed out that those 2 mental processes are significant. So that is 4 significant mental processes - thinking, feeling, attention and perception. What else could the mind be doing that could be considered important? I've already listed the 21 or however many mental processes there are, and I just pointed out the 4 most significant of those mental processes. Thinking, feeling, attention and perception. Awareness is a type of attention, and problem solving and decision making are types of thoughts. Knowledge is also made up of thoughts. Judgment and reasoning are also kinds of thoughts. Concepts, categories and language are also kinds of thoughts. Automaticity is an unconscious process, and insight is also a kind of thought.

So what else would I need to point out, almost everything the mind does could fall under those 4 different types of mental processes of thinking, feeling, attention and perception. Awareness is similar to attention I would say. And perception is connected to attention and awareness.

So is that a complete analysis? I'm trying to describe how the mind functions. I listed 21 mental processes and then pointed out the significant mental processes and that the mind has sensory inputs and internal mental processes. The mind's internal mental processes are connected to its sensory inputs. For instance vision is used by the perception process, however people can pay attention to or perceive their own external or internal perceptions.

So what else would I need to analyze to do a complete analysis of how the mind functions anyway? I already discussed the mental processes and how there are external and internal inputs. I listed the mental processes and pointed out that there are only 4 major mental processes, thought, feeling, perception and attention.

So um, what else would I need to figure out? Try to describe my emotions or something?

What could those books on emotion have to say anyway? I don't know if they have anything good in them. What could they have to say about feelings anyway?

I mean, what could those books on emotion have to say anyway? There really isn't that much to say about emotion i think.

I already wrote some basic stuff about emotions and feelings. Like what all the mental processes are and other stuff like that there are external inputs and internal thinking and processing.

What else did I write about the mind and its feelings? What could those books have to say about emotion anyway? I'll write down my notes here about what I discover.

Is an evaluation needed for an emotion to be experienced? I mean, there's a cognitive aspect to experiencing emotions. And does language need to be used in order to experience an emotion?

Um so what else would I need to know or understand or figure out anyway? I mean, I know that there are feelings and thoughts, and that people can make evaluations or appraisals of their emotions, that's also important to understand. There's also the mental processes like thinking, feeling, attention, perception, memory and language.

Do sensations feel the same way each time you experience them?

Maybe that is all that I need to learn. The selected writings of Mark Pettinelli's article has enough information in it. I don't know if there is anything else I would need to learn or figure out. I'll try to continue to add to it and post new info I discover here.

Is philosophy a science or is it more conceptual? It could be conceptual and scientific I suppose.

Are emotions bodily changes? A physiological change could be an emotion I suppose. Feelings are psychological or mental though not physical. Some feelings could be physical I suppose.

Are emotions short lived? How long do emotions last anyway?

I already knew what emotions are, I know when I'm experiencing an emotion and what it feels like, what else would I need to know about emotions? Knowing when I'm having one, when it starts and stops, what it feels like, what caused it and so on, are all important things to know about my own feelings.

I mean I know what emotions are, they function in a fairly simple fashion. What would I need to know about emotions anyway, it seems pretty simple how they function and what they are.

I mean, i know what I am feeling all of the time, so i'm conscious of my own feelings all of the time, that means emotion isn't that complicated anyway. I mean, if I can feel my emotions all of the time, then what else is there to know?

I mean, what else would I need to know anyway? I know what an emotion is and what a feeling is, they're basically the same thing. Feelings are experiences of feeling, and so are emotions.

Um, so what else would I need to know? This article covers most of the basic information about feelings and emotions and thoughts. I mean, I know what a feeling is and what a thought is, I am aware of what i am feeling all of the time, it's kind of obvious actually.

These are my new mental notes, I'm going to discuss anything new I figure out or discover here. I've already finished my book, the Selected Writings of Mark Pettinelli article, but I'm still reading.

So are emotions reactions to stimuli? Or are they action tendencies?

So what else would I have to learn, maybe stuff about emotion or feeling, whatever it's called.

So what else do I need to learn? I know that there are external inputs that are processed internally by the mind, I know that there are many mental processes, I know that there is an unconscious mind, and that feelings can be conscious or unconscious.

The mental processes are emotion, thought, attention, awareness, judgment, reasoning, choice, memory, learning, language, automaticity, insight, self-knowledge, mental representations, concepts, categories, knowledge, problem solving, decision making, creativity and perception

Those are important to know. So all of that is in my “the selected writings of Mark Pettinelli” article.

So seriously what would there be to know about emotions and how they function in the mind? It seems pretty simple if you think about it.

I’m trying to figure out what else I might need to learn about feelings and the mind. I’ll post my discoveries here.

Seems like all there is to understand is appraisal theory, that the mind makes evaluations of different sorts and those help determine the feelings that the person would feel.

There might be other stuff I could learn about emotion and how it works in the mind, or about how people think and how that is related to their feelings, like evaluations are thoughts but they influence a person’s feelings.

Are emotions rational? Or is there a rational part of a person or brain and an irrational part?

What kind of question is that? Emotions make us feel things, so that must be positive for our mental health and how we feel all the time.

I need to come up with a new analysis here, I mean, I’ve already outlined a lot of stuff about cognitive psychology, how the mind works with its mental processes and stuff. What else would I need to figure out anyway? I have a good understanding, that shows how the mind works and functions and such.

I mean I know how to function in a practical way, I know that much about how emotions work. I mean, there’s a stimulus, then the mind responds to that stimulus, it’s kind of interesting.

Experiencing emotion can be complicated for the mind to figure out. There’s multiple factors involved, what are those factors involved with experiencing emotions anyway?

I mean, what is complicated about an emotional response? It doesn't seem like anything complicated is going on.

I mean, there are a lot of emotions, and each works differently. I'm trying to figure out everything someone could feel or experience. Most of our experience is emotional, I think. I mean, there are different emotions someone can experience.

So what are all the feelings a person could go through anyway?

I mean, each emotion or feeling would need to be analyzed, each feeling is different and works differently from other feelings.

There's a lot of feelings and each feeling is experienced differently, and functions differently from the other feelings.

Each feeling works differently I think. It's mostly obvious I suppose.

Emotion can be short lived, physical, based on an appraisal or evaluation, can accompany thoughts and occur at the same time as thoughts. It could be conscious or unconscious, physical or psychological.

Is a feeling cognitive or is it emotional? Or I mean, is the experience of feeling and thought intellectual or emotional?

So what is the difference between emotions and moods then? Moods seem like they are long lasting and in the background, while emotions are short lived. So what is an emotion then? It could be a period of feeling. Emotions are stronger than moods then, but don't last as long.

So an emotion is a strong feeling, while there can be many different feelings experienced at any one time, an emotion is more powerful. So how would I describe how I am feeling then? Like what are all the feelings that contribute to my current state of feeling? There's a mood I could be having, and there are feelings and emotions I could be experiencing while I am having that mood. What would be an example of that, the mood I'm in could be relaxed or happy, while the feeling or emotion I have could be short-lived.

So how would I describe a complete state of feeling then? There are moods in the background, and feelings or emotions that come and pass. That seems like all there is to how feelings work I would think.

I'm trying to organize my thoughts about emotions. Feelings can be rational or irrational. How could an emotion be rational? What does that mean exactly anyway? I guess someone could think about a feeling, that could make the feeling rational I suppose. How does that work exactly anyway?

I mean, I'm reading all of this stuff about emotions and feelings. What is complicated about experiencing feelings? I think the only thing about it is if it is cognitive or emotional. People can think about their feelings, basically. I mean, it seems like that is all that is happening anyway with feelings and how they are experienced. The feeling can be thought about.

I Think that's all I need to know, there is a stimulus, then you feel the emotion, then you can think about the feeling. You can think about the feelings you experience.

Are emotions cognitive evaluations or are they perceptions? A perception is more direct, while a cognitive evaluation means you would have to think something before an emotion is produced.

I wonder, is an emotion a perception, an impulse, or a belief? It is kind of confusing, it could be cognitive, which would make it a belief, or it could be emotional and more automatic, which would make it an impulse or a perception I think.

I mean, emotions are fast and automatic, there isn't really time to think about them. I guess they are thought about, but that is after most of the emotion is experienced i think. I mean, what happens immediately after a stimulus triggers the person to feel stuff. Is there a perception, or some sort of impulsive reaction? Or the person could think about the cause of the feeling.

How is emotion produced? Does it just come from the stimulus? Something causes feeling to be generated, the feeling can be thought about at various times after the first feeling the person feels. The initial feeling I suppose could be called an impulse, because it is a fast reaction, however if the initial feeling is cognitive it could be a perception that

could also be fast. The emotion could then be thought about after the fast immediate reaction, which could be like a belief or a cognition.

So my big insight was that although cognitive science might understand how the mind works, that is, understand everything about how the mind works, it might not understand all of the concepts that the mind could think with.

I previously pointed out that there is a stream of thought that has various different concepts or ideas, and that a stream of ideas runs through a person's mind all of the time. However, there might be some ideas or concepts that a person does not know or understands. In that way maybe they could figure out everything, or all of the possible ideas or concepts that someone could think about.

So again, although the field of cognitive science understands how the mind thinks, and everything about how it works, it might not understand all of the ideas that someone could think.

I mean, there's all the ideas and concepts in the world that could be understood by the human mind. In other words, everything could be figured out. Although cognitive science and cognitive psychology have everything about how the mind works figured out, they might not understand all of the ideas that someone could think with.

Obviously people have thoughts, the only question is, do they know all the possible thoughts that they could think?

Furthermore, do they even know all the thoughts they currently have in their mind, that might make them logical because they would know all the things they are thinking and if those things make sense. They might need help on that, however. Or could benefit by help, i mean, they might not know how to think clearly or logically about some of their thoughts.

So what other points would i have to make about how emotion works, there is a stimulus, then the person feels stuff, and they can think about things at the same time. They can think about what caused the emotion and what the emotion is like. That seems like a good

understanding of how emotion functions. What else would be involved in any emotional process?

So um, it isn't really that big of a deal, there's the external inputs, then the mind processes those inputs and feels what they cause it to feel. They can also think about what those inputs cause the person to think. Some of the resulting feelings and thoughts are automatic, while other feelings and thoughts are optional.

That's a good description of how the mind works I would say.

There is actually more to how emotion functions, there is motivation and action tendencies, for instance. Motivation powers thoughts and is always there. So motivation is kind of like an action tendency then, i mean, what exactly is an action tendency then. It seems like a tendency to action would be powered by a motivation. So is that all there is to how emotion functions then? People have constantly changing motivations and tendencies for action. They also have constantly changing emotions. Emotion can be a motivation actually. I mean, if motivation is always there, then it's important to point out that it exists and what it does.

I'm trying to do an analysis, I mean, how does the mind work when there is a feeling or an emotion? It doesn't seem that complicated, on the other hand there is motivation and impulses, but those are just both feelings. There are logical feelings and irrational feelings. There is motivation, how does that work exactly? Motivation is a feeling or an impulse. It seems like some type of motivation is always present. Feelings interact with a person's motivation.

I mean, adding motivation makes things more complicated, like what is motivation anyway? Is it an action tendency or an impulse or something? Motivation is the drive, while feelings are temporary and can be independent of a motivation. So let's try and break down everything a mind might be doing. There is a stimulus or trigger, then the person has a feeling that was caused by the stimulus. Some of the feelings might motivate the person, while other feelings could be independent from the person's motivation.

Motivation is complicated, like how does that work with the mind anyway. Motivation is a drive, some feelings might cause the person to be less motivated, while other feelings could cause them to be more motivated.

So what is the difference between drives and feelings then? Some feelings are impulses, which is like a drive, while other feelings might not be as emotional.

So is that everything that is happening in the mind during any event or action? The person can feel things and think about things at the same time. They have feelings, and they can have thoughts. That is pretty much all that is going on I would say. So is that everything that is going on anyway? It seems pretty simple I would think then.

That is an excellent point, I mean, what else goes on in the mind other than experiencing feelings and thoughts?

Feelings are different from moods. Feelings are also different from thoughts. So what else is there, i mean, you can experience a mood or a feeling or a thought, it isn't that complicated.

So I have these notes, what else could I make mental notes about anyway? I mean i can function and think and feel, what else would i need to be able to do? Also there might be more details involved with experiencing emotions and feelings. So what are all of those details? I don't know actually, it seems like the process is pretty simple. There are the 21 mental processes that I already pointed out. Judgment, reasoning and choice, memory, learning and language, automaticity, insight and self knowledge, mental representations, concepts and categories, knowledge, emotion and thought, attention and awareness, problem solving and decision making, creativity and perception. That also seems pretty simple. I mean, that's how the mind works, it's mental processes that make it work.

What else could be complicated about emotion then?

There are evaluations and perceptions, both help to determine what someone might feel. But what then is exactly a perception then? Something someone can see I guess, or something someone can visualize in

their own mind. That is like making an assessment except it is visual instead of a type of thought like an evaluation would be.

Both of those, evaluations and perceptions, influence the emotions and feelings that people feel in response to stimulation or various stimuli.

Emotion and motivation

Changes in emotion

Differences between each emotion

Emotion and bodily changes

Awareness and emotion

So what is motivation then? Is it a feeling or a drive or how can I describe it? If someone feels motivated then it's their feelings that feel that way, or feel oriented that way. I could feel happy and motivated, or sad and unmotivated. What is motivation then, a component of feeling? Feelings could make the person more or less motivated then. Positive feelings like happiness could make the person more motivated, and the motivated feeling would be a component of the happy or other positive feeling. It could work the same way with negative feelings except they would probably make the person be less motivated, for instance when I'm depressed I sometimes feel unmotivated.

The definition of motivation is "the desire or willingness to act", so what does that mean exactly, that motivation is a type of desire or orientation to act? It is an action tendency or intention or something. It is a drive I guess. Drives are like action tendencies, a desire to act is like a tendency to act.

Motivation is a tendency to act. A tendency is a type of feeling of action that orients or prepares the person for action. It is felt as a feeling of action or movement or involvement. "I feel motivated and like I want to act" could describe positive feelings of motivation. Or just "I want to act" describes a motivational feeling. There are also lack of motivation feelings that would be "I don't want to act because I feel sad".

How are emotions integrated into choice?

Conscious awareness and emotion.

How and why are emotions communicated?

How are emotions embodied in the social world?

What develops in emotional development?

What is the role of conscious awareness in emotion?

Emotions can bias decision making processes by promoting specific behavioral tendencies.

How can affect influence choice?

Affect is the foundation of value.

Emotions are more than their subjective feelings.

Emotions are functional states that cause feelings and behavior.

Affect is essential to emotion.

What are emotional states, and what are their functions?

Active inference and emotion.

Personality as lasting individual differences in emotion.

Connections between emotions and the social world: numerous and complex.

Effects of emotion on interpersonal behavior: A motivational perspective.

The affective nature of social interactions.

What is the role of unconscious emotions and of conscious awareness in emotion?

Emotion and attention

The role of appraisal in emotion

Goals and emotion

Emotion regulation and cognition

So I don't know what else I need to figure out here, there's feelings and thoughts. I have feelings all of the time, it's interesting to figure out what those feelings are and what they feel like. That's pretty important anyway.

I think I know everything I need to understand. I understand that I have feelings, and that I can influence my feelings. What else is there to basic functioning anyway? It seems pretty simple if you think about it.

I also have thoughts. My thoughts can influence my feelings and my behaviors, it's a cycle of thoughts, feelings and behaviors.

So what else is there to figuring out how I think and feel all of the time? Seems pretty simple, i mean, i don't need to know very much about how feeling works in order to experience feelings.

So what else is there to figure out about feelings? Feelings are pretty simple if you think about it. I mean, what am I supposed to figure out? What could be complicated about how feelings work? It seems like it's pretty simple. I'll try to figure out anything complicated about it. I'm trying to think. What could be complicated about feelings? It doesn't seem complicated anyway.

I mean if I read anymore what am i going to figure out? What emotions are like maybe? So just more about what emotions are like then? I already know what feelings are like, I feel them all of the time. How else would I need to describe what feelings are like then? I already know what life feels like, I don't need to analyze it. I don't think I need to analyze it anyway. I mean, what would I need to understand anyway? I think I'm following along with everything that is going on, all the feelings and thoughts and such.

I mean, what would I need to know about feelings? I know what I'm feeling all of the time, I think that's all I need to know.

I notice there is a steady stream of feelings, and sometimes I think about things with thoughts. What else could be going on anyway?

There's the experience of feelings that is happening anyway.

And there's the experience of thinking with thoughts.

What am I supposed to learn about emotional experience? The relation between emotion, belief and desire? Or the relation between perception and evaluation?

Emotions are experiences of feeling and thought. They involve perceptions and evaluations.

What am I trying to make sense of, in terms of experiencing emotions, it seems like nothing complicated is going on. There's a trigger, then feelings are experienced, then there is some sort of external behavior. That's all that happens, I don't know what else would need to be analyzed.

So I don't know what else to add to my notes here. Emotions fit the person's understanding of the world, in other words, they understand something about the world, then that causes them to have an emotion. That is different from having a feeling that comes directly from some stimulus. Sometimes our perceptions, evaluations, or understanding of something influences the feelings that thing causes us to have. That is different from directly feeling a feeling, say from a sensory feeling of cold is pretty direct, it doesn't matter what you think about the feeling, it feels cold because of a direct sensory type of stimulation.

There's the valence of the emotion, whether it is negative or positive - pleasurable or unpleasant (painful).

There are also connections between emotions and desires, or motivation.

Thoughts are different from judgements.

Emotions can be unconscious. Emotions are also felt, can you feel an emotion if it is unconscious though? Or does it manifest itself in other ways?

An emotional experience involves:

- A perception
- Valence (positive or negative feeling)
- 1st person point of view or perspective
- An Evaluation
- Thoughts about the emotion or judgements
- Motivational feelings (whether positive or negative motivation)
- Unconscious or conscious thoughts, feelings or behaviors

There's secondary emotions, which are emotions about another, first order emotion. The first order emotion is about something and it's the first emotion you feel, while the secondary emotion is about the first order emotion and helps regulate it. For instance, you could be angry at the fear you experience.

I mean, is fear cognitive or is it emotional? IF you see a snake, that is emotional, if you think you are afraid, however, that is cognitive or intellectual.

That's a good point, either the stimulus is emotional or it is cognitive. People can feel things emotionally or intellectually. An idea can also be either emotional or intellectual.

Apparently there's an unconscious mind, and there's also emotional stuff and cognitive stuff. The cognitive stuff has to do with thinking, while emotional stuff has to do with feelings.

So a stimulus or trigger can be felt emotionally or intellectually. It can be felt with thoughts, or be felt by experiencing feelings.

So if there is a stimulus or trigger, the person then experiences feelings, and they can also think about those feelings with thoughts.

So is there a trigger, then a feeling or a thought, or is there an intellectual experience and an emotional experience? The emotional experience would involve feelings, while the intellectual experience would involve thoughts.

I mean, what is going on in any emotional experience? It could be intellectual and involve thoughts, or it could be emotional and involve feelings, or it could be both intellectual and emotional at the same time, and involve the experience of feelings and thoughts at the same time.

But I mean, what then is the difference between an intellectual experience and an emotional experience? SO what is going on then. In any experience, there are thoughts and feelings, but it's more complicated than that I suppose. I mean, what is going on with an intellectual experience and an emotional experience then? I suppose it's pretty simple, it's mostly just the person experiencing feelings and having thoughts.

I don't know what else to add to that, an experience is an experience, it involves both feelings and thoughts, but is there anything more to add to that explanation?

One of the questions is what constitutes an emotion, I think it's a motivation, a memory, an imagination, and thought. Attending and thinking could be considered to be thoughts. Beliefs and desires can also be considered to be emotions.

So what makes up an emotion then? There's beliefs, desires, motivation, thoughts, imagination and memory. How could an emotion have a thought or a belief anyway? Emotion can be intellectual, in that way it could have thoughts, and it can have desires, desires have thoughts involved and also motivational feelings. I mean, if a feeling is intellectual then it could be an emotion then right. If someone is having an emotion, they could have thoughts as part of the experience. Or I guess the thoughts would separate from the emotional feelings. Beliefs and desires are like thoughts, except they are mostly feelings. They're kind

MARK PETTINELLI

of the combination between feelings and thoughts because they involve feelings but are also considered to be thoughts.

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