

# Thought and Emotion: Idea One

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# Chapter 1

## Preface

This book is not meant to be a psychological in-depth view of the function of thought and emotion. This book is simply a compilation of my thoughts regarding the processes of thought and emotion. I have classified this book as "Idea One," as my brain is still young, and my thoughts here will change over time. When motivated again to write, I will rewrite everything here.

Throughout this book I use terminology in a specific way. When I refer to thought, I refer implicitly to both conscious and subconscious thought. When I refer to emotion, I refer to the physiological process of emotion that one feels.

Feeling, in the English language, is nebulous and not well-defined. Often, one can hear it used to describe one's thoughts: for example, "I feel that nothing matters at all." This statement does not describe any emotion, even though the speaker says they "feel" this sentiment.

When a speaker chooses to use "feel" to summarize one's thoughts, it is usually because the sentiment provided in the statement generates emotions, whether it be by the thought itself, or by thoughts that are associated with it. In the statement before, it is possible that the speaker, when thinking about how nothing matters at all, feels sad. The speaker is trying to both describe emotion, sadness, and describe why they feel this emotion in one sentence.

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## Chapter 2

# The Emotional Thinking Machine

Emotion is an interesting beast. Often, it is difficult to identify the emotions one is feeling at any one point, which signals to a property of emotion that is integral to understanding the interaction between emotion and thought. Emotion is a separate process to thought, however both interact closely enough for this to be confusing.

Thoughts are generated from stimuli. These thoughts are generated from the pattern-seeking portion of our brain, which associate different stimuli with past thoughts. For example, when one sees a dog, subconsciously an association is reached that the dog is a dog. These stimuli include the senses, which also include emotion. As well, the stimuli that can generate thought includes thought itself. Certain thoughts can be associated with other thoughts.

Thought can create emotion – however, it cannot be said that emotion directly creates thoughts. When the mind interprets the emotion the body is feeling, the mind can make associations to the emotion to different thoughts.

It is often that one comes to the realization of a thought that summarizes both how he feels and why he feels that. A statement such as "I am worthless" demonstrates this double-meaning well. A listener can empathetically realize the emotion behind the statement, which could be emotions such as depression or anger.

However, the speaker may find that the statement itself does not incite emotion, but instead the associations made to the statement. The collection of associations behind the statement are from pervasive patterns of thought that continually incited emotions that the speaker attempts to portray in the statement.

These patterns of thought can be something like one's self-image. The speaker may have a low self-esteem, and because of it, feel depressed. The statement "I am worthless" combines and attempts to portray both the pattern of thought behind the low self-esteem and the emotions that low self-esteem generates.

This is the integral difference between *feeling* and *belief* in most contexts. Usually, when a speaker describes feeling, it is the double-meaning portraying the patterns of thought behind the statement.