

# **Operational Psychology: The Experiment**

## *Round 1*



**Robert Howard Kroepel**

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**Lakeside Studios  
New Durham, New Hampshire, USA 03855-2107  
603-859-7873  
rkroepel@worldpath.net  
www.bobkwebsite.com**



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You are invited to take a journey through a theory of psychology called **Operational Psychology**.

Operational Psychology (OpPsych or OP) was created to show what the human *mind* is and how it works.

As you traverse this theory, you will learn what *your* mind is and how it works.

If your mind is normal, then your mind is like any other normal person's mind, and as you learn what *your* mind is and how it works you will learn what *other people's* minds are and how their minds work.

You will also find out what are your *feelings*, and how they are caused.

You will find ways of causing good feelings.

You will find ways of dealing effectively with bad feelings.

You will learn what is *peace-of-mind*. [Mental Health]

You will learn what is *un-peace-of-mind*. [Mental Problems]

You will be asked to read through five "rounds" of Operational Psychology: each new round is a learning experience more detailed than the previous round:

Round 1: Operational Psychology: The Experiment. [*Discovering your mind.*]

Round 2: Operational Psychology: Human Nature I. [*A first reading of OpPsych.*]

Round 3: Operational Psychology: Human Nature II. [*A second reading of OpPsych.*]

Round 4: Operational Psychology: The Basic Theory. [*A reading of the basics of OpPsych.*]

Round 5: Operational Psychology: The Complete Theory. [*A detailed reading of OpPsych.*]

By these five "rounds" you will have five *learning trials* (opportunities to learn) to learn the concepts and principles of Operational Psychology.

The first step on the journey to learning and understanding what is your mind and what are your feelings is to complete the following *introspective experiment*.

*Introspection* is defined as perceiving and analyzing physical and mental processes within oneself.

By contrast, *extrospection* is perceiving and analyzing physical and mental processes within someone or something else, such as another person, or an animal.

An *introspective experiment* is simply engaging a physical or mental process within oneself and reporting one's analysis of one's physical and mental processes in terms of one's thoughts and feelings.

There is nothing "tricky" about what you will be asked to do or the questions you will be asked to answer.

You cannot hurt yourself or someone else by doing the experiment.

There are no "trick" questions.

There are no "trick" answers.

When asked a question, write your answers on a separate piece of paper.

Get yourself a piece of paper and a pen/pencil you can use to write answers to the questions.

The odd number pages will contain instructions.

The even number pages will be blank or will offer explanations and information.

Do not skip a page.

Follow the instructions on the following page.



Make a fist with your right hand.

Turn to the next page.



Relax your hand (unmake your fist).

Turn to the next page.



Answer this question: Why did you make a fist?

Turn to the next page.

Most people answer this question this way: “Because you asked me to make a fist.”

Go to the next page.

Think of the difference between “voluntary” and “involuntary.”

Answer this question: Was your making a fist voluntary or involuntary?

Turn to the next page.

Most people will answer the question this way: “Voluntary.”

If you have answered “Voluntary,” then you have experienced a simple connection between your brain and your hand.

To make a fist, a signal came out of your brain and traveled down your spinal cord, down your arm, and out to your hand.

This signal caused your hand muscles to make a fist.

While holding your fist, you sent another signal out of your brain down your spinal cord down your arm and out to your hand.

This signal caused your hand muscles to relax.

The signal you sent out of your brain is a *desire*.

You made a fist because you had a desire to make a fist, and you sent this desire as a signal down to your hand, and your hand made a fist.

You relaxed your fist because you had a desire to relax your fist, and you sent this desire as a signal down to your hand and your hand relaxed.

We see herein a simple idea: You move because you have desires to move; you will not move if you have no desires to move.

Desires cause you to move.

Desires cause your motivation.

Go to the next page and follow the directions.

Make a fist and relax your hand several times  
and pay attention to how you feel,  
to your feelings.

Turn to the next page.



Question: Did you experience any clear and obvious *physical feelings—sensations*  
—of *pleasure* or *pain* when you made a fist and relaxed your hand?

Question: Did you experience any clear and obvious *mental feelings—emotions*  
—of *happiness* or *unhappiness as sadness, anger and/or fear*  
when you made your fist and relaxed your hand?

Turn to the next page.

Most people will answer these questions in one of these two ways:

- A. “I did not experience any clear and obvious physical feelings—sensations—of pleasure or pain.”
- B. “I did not experience any clear and obvious mental feelings—emotions—of happiness or unhappiness as sadness, anger and/or fear.”

These answers indicate that your feelings did not motivate you.

This experiment shows that you are motivated by your desires, not your feelings.

A *desire* is wanting a person/thing/event.

In this experiment, you had a desire for the event of making a fist, and another desire for relaxing your hand.

This experiment shows that your *behavior*—your actions/reactions—is caused by your desires.

The opposite of a desire is a *fear*.

A *fear* is not wanting a person/thing/event.

We did not do any experiments involving fears, for safety reasons.

But we could say that you are motivated by your desires and your fears.

When you made a fist you may have had another desire to eat, drink some water, or go to the restroom, but you made a fist because your desire to make a fist had a higher *priority* than (was stronger than) the priority of your desire to eat/drink/go to the restroom.

A *priority* is the importance of each desire and/or fear compared to all other desires and fears.

We see, then, that you have within you (within your nervous system) desires, fears and priorities.

Your *mind* is your personal system (neural network) of desires, fears and priorities.

Your mind—your desires/fears/priorities—caused you to make a fist, relax your hand, and answer the questions.

In this experiment you have experienced your mind in action.

Your mind-in-action causes the actions and reactions which together are your *behavior*.

Your mind-in-action is your *personality*—your consistent actions and reactions (behavior) in similar circumstances and situations.

There is much more to Operational Psychology.

You can discover more of Operational Psychology and your self by going on to the next Round in this series, Round Two: Operational Psychology: Human Nature I.