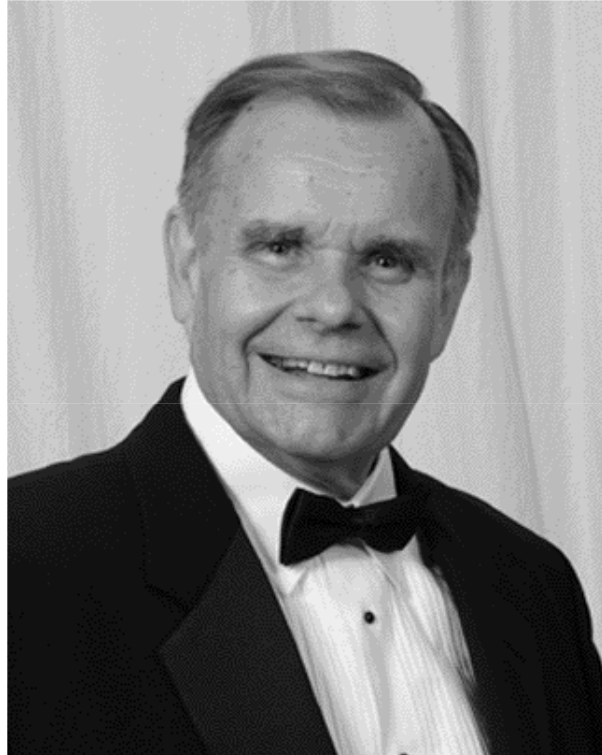


Operational Psychology: Human Nature I

Round 2



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Operational Psychology: Human Nature I

Human nature is the combination of a *body* and a *mind* each individual person has which is similar to the body/mind combination all other people have.

Each individual has a *body* within which he has a *mind*.

An individual's *body* is his physiology—the physics, chemistry and biology which produce the combination of atoms, molecules, cells, and organs which is the organism which *is* him.

I. The Mind

An individual's *mind* is his personal system of desires, fears and priorities.

A *desire* is wanting a person, object and/or event [person/object/event]. A desirable person/object/event is a person/object/event to be achieved. Desires include wishes, wants and needs. Desirable persons/things/events have more benefits than detriments for the individual.

A *fear* is not-wanting a person/object/event. A feared person/object/event is a person/object/event to be avoided. Fears include aversions. Feared (undesirable) persons/things/events have more detriments than benefits for the individual.

Thus each individual seeks to achieve his desires and avoid his fears. And thus each person/object/event is desirable or undesirable. And thus each person/object/event is approachable or avoidable.

A *realization* is the achievement of a desire, a nonachievement of a desire, the avoidance of a fear, or the nonavoidance of a fear. A realization is what you get of what you want. A realization is the actualization of a desire or a fear.

A realization could be real or imagined, fact or fantasy.

And a realization could be positive when a desire is achieved or a fear is avoided, or negative when a desire is not achieved or a fear is not avoided.

Desires and fears are interrelated by being opposites. A desire is the opposite of a fear, and, likewise, a fear is the opposite of a desire. The desire to live is the opposite of the fear of dying. The desire to make money is the opposite of the fear of not making money, or of losing money. The desire for finding someone to love and to be loved by is the opposite of the fear of not finding someone to love and to be loved by.

A *priority* is the importance of each desire or fear compared to all other desires and fears. A priority is a desire for the achievement of a desire or the avoidance of a fear. Some desires are more desirable than other desires; those desires have higher priorities. Some fears are more undesirable than other fears; those fears have a higher priority.

The term *desire(s)* can be used to represent desires, fears and priorities for convenience.

Summary: An individual's *mind* is his personal system of desires, fears and priorities.

This definition of *mind* is a basic definition. A more complete definition of *mind* is needed.

Desires, fears and priorities are *physiological* or *psychological*.

Physiological desires are unlearned, involuntary, bodily, physical, organic, inherent in the organs of the body. They include desires for survival, food, water, elimination of wastes, heat, cooling, shelter, companionship, reproduction, and sex.

Psychological desires are learned, voluntary, mental, nonorganic, not inherent in the organs of the body. They are learned in an individual's personal experiences of the interaction of his desires, fears and priorities with his environmental choices, and, later, with his mental choices, which are his learned choices, choices learned in his life experiences.

Example: An individual is born with a physiological or unlearned and involuntary desire for water; if he experiments with water, white and chocolate milk, and Pepsi™, Coke™ and Seven-Up™, he will learn which he likes in preference to others. He may learn that he likes--in order--Seven-Up™, Pepsi™, Coke™, chocolate milk, white milk, and water and thus develop psychological desires for Seven-Up™, Pepsi™, Coke™, chocolate milk, and white milk, as well as water. Where he was not born with physiological desires for Seven-Up™, Pepsi™, Coke™, chocolate milk, and white milk, through his life experiences he learns which environmental choices for achieving physiological desires and avoiding physiological fears he likes and dislikes and therefore develops psychological desires and fears.

A *conscious desire* is a desire of which an individual is immediately aware.

A *subconscious desire* is a desire of which an individual is not immediately aware but can become aware with a modest effort.

An *unconscious desire* is a desire of which an individual is not immediately aware but can become aware only with an extraordinary effort.

A *realistic desire* is an achievable desire or/an appropriate desire.

An *unrealistic desire* is an unachievable and/or inappropriate desire.

A *achievable desire* is a desire which can be achieved, which can be positively realized, which can be actualized.

An *unachievable desire* is a desire which cannot be achieved, which cannot be positively realized, which cannot be actualized, which can only be the content of an idea, a fantasy.

An *appropriate desire* is a desire which achieves other desires. An appropriate desire is most often a psychological/learned desire which achieves other psychological desires or physiological/unlearned desires. For example, a specific psychological desire for a Seven-Up™ is an appropriate desire which can achieve the general psychological desire for a soda which can achieve the physiological desire for a liquid to slake thirst. The general psychological desire for a soda is an appropriate desire which can achieve a physiological desire for a liquid to slake thirst.

An *inappropriate desire* is a desire which does not achieve other desires. For example, a diabetic may have an inappropriate psychological desire for food that could trigger an insulin reaction that could kill him and thereby not achieve his physiological desire to live. Sam may have an inappropriate specific psychological desire for Shirley who is not loyal and therefore will not achieve his general psychological desire for a trustworthy mate, and who may not achieve his physiological desire for reproduction (if she is impregnated by another man and fools Sam into thinking the child is his).

A *proactive desire* is a desire for an action to achieve a person/object/event.

A *reactive desire* is a desire for a reaction to a realization of a proactive desire.

Here is a more complete definition of *mind*:

An individual's *mind* is his personal system of conscious, subconscious and unconscious physiological and psychological proactive and reactive desires, fears and priorities which are his internal causes of his *behavior* which is his actions and his reactions, including his *feelings* as his reactions to realizations of his desires, fears and priorities, his *sensations* as his physiological reactions to his realizations of his proactive physiological desires, and his *emotions* as his hedonic reactions to his realizations of his proactive psychological desires, his *personality* which is his actions and reactions in similar situations and circumstances which are caused by his desires, fears and priorities, his *mental problems* which are his unachievable and inappropriate desires, fears and priorities which cause his *un-peace-of-mind*, and his *mental health* which is his achievable and appropriate desires, fears and priorities which cause his *peace-of-mind*.

II. Feelings

An individual's *feelings* are his reactions to positive or negative actual or imagined realizations of his desires and/or fears.

An individual's *sensations* are his organic reactions to realizations of his physiological (unlearned/involuntary) desires.

Continuum of Sensations (Physiological Feelings) Pain (Deficiency)---Pleasure (Satiation)---Pain (Excess)

An individual's *emotions* are his hedonic reactions to realizations of his psychological (learned/voluntary) desires.

Continuum of Emotions (Psychological Feelings) Happiness---Unhappiness as Sadness/Anger/Fear

Happiness = Reaction to the perception of the achievement of a desire.

Unhappiness = Reaction to the perception of the nonachievement of a desire, experienced as sadness, anger, and/or fear.

Sadness = Reaction to the perception of no hope of achieving a desire; with an impulse to give up, become depressed.

Anger = Reaction to the perception of a violation of a desire that is an expectancy, promise, contract, law, or an ethic; with an impulse to attack oneself or someone else.

Fear = Reaction to the perception of a threat of an accident, injury, illness, genetic defect, or a verbal or physical attack; with an impulse to run away from oneself or someone else.

III. Feelings Develop in a Desire/Realization/Feeling Sequence

Feelings develop in a sequence:

1. **Desire:** _____ (?) [Wanting a person/object/event.]
2. **Realization:** _____ (?) [Person/object/event achieved or avoided, or not achieved or not avoided.]
3. **Feeling:** _____ (?) [Reaction to the Realization of the Desire.]

The *Desire/Realization/Feeling Sequence* [*D/R/F Sequence*] shows —

1. Feelings are caused by desires.
2. Feelings are caused by perceptions of the realization (achievement/nonachievement) of desires.
3. Desires [and fears and priorities], not feelings, motivate people.
4. Bad feelings can be decreased if not eliminated by achieving more and/or desiring less.

IV. Behavior

Behavior is an individual's internally caused actions and reactions. The internal causes of a person's behavior (actions and reactions) is his personal system of desires, fears and priorities, his mind.

V. Personality

Personality is an individual's desires, fears and priorities as revealed by his actions and reactions.

A *personality trait* is a consistent pattern of behavior [actions and reactions] in similar situations; and this consistent pattern of behavior is caused by an individual's personal system of desires, fears and priorities [his mind].

A *personality type* is a consistent system of personality traits within an individual; this consistent system of personality traits causes a consistent pattern of behavior [actions and reactions] in similar situations, and this consistent system of personality traits is caused by an individual's personal system of desires, fears and priorities [his mind].

VI. Conflicts

Conflicts are differences of desires.

Conflicts as differences of desires can occur either within oneself or with someone else.

VII. Mental Problems

Mental problems (pure mental problems, problems not having physiological components) are and are caused by unachievable and inappropriate desires, fears and priorities.

Mental problems cause *un-peace-of-mind*, a state of being in which an individual does not get rid of desires which are liabilities because they are unachievable and inappropriate and he does not keep those desires which are assets because they are achievable and appropriate; to which state of being of having un-peace-of-mind the individual reacts with bad feelings of unhappiness as sadness, anger or/and fear.

VIII. Mental Health

Mental health is and is caused by achievable and appropriate desires, fears and priorities.

Mental health causes *peace-of-mind*, a state of being in which an individual gets rid of desires which are liabilities because they are unachievable and inappropriate and he keeps those desires which are assets because they are achievable and appropriate; to which state of being of having peace-of-mind the individual reacts with good feelings of happiness.

IX. Self-Esteem and the Functioning of the Human Mind

Self-esteem (SE) is 1. an individual's perception of himself and 2. his reaction to himself.

Self-esteem thus is a perception of the realization of oneself and a reaction to the perception of the realization of oneself.

An individual's realization of himself *is his perception of his achievement and/or nonachievement of his desires and his avoidance and/or nonavoidance of his fears.*

An individual's reaction to his perception of himself as his realization of his desires, fears and priorities *is a feeling he has towards himself: Of happiness if he achieves most of his desires and/or avoids most of his fears, or of unhappiness as sadness, anger, and/or fear if he does not achieve most of his desires and/or does not avoid most of his fears.*

An individual's self-esteem can be described by the following *mathematical expression for self-esteem:*

$$SE_T = (R_1/D_1 \times P_1 \times 100\%) + (R_2/D_2 \times P_2 \times 100\%) + \dots + (R_n/D_n \times P_n \times 100\%)$$

Where:

SE_T = Self-Esteem Total (Total Self-Esteem)

R = Realization

D = Desire

P = Priority

n = The last number, n, of a series (of numbers)

The mathematical expression for self-esteem shows *how the human mind functions:*

The human mind functions to achieve its desires and to avoid its fears according to its priorities and thus achieve good feelings of happiness and avoid bad feelings of unhappiness as sadness, anger and/or fear.

X. Selfishness

We are all selfish.

Selfishness is seeking to achieve one's desires and to maximize one's happiness.

Personal selfishness is seeking to achieve one's desires and to maximize one's happiness without regard for the desires and happiness of other people.

Social selfishness is seeking to achieve one's desires and to maximize one's happiness by cooperating with other people to negotiate and to achieve common desires.

There is a sequence of the development of social selfishness:

1. *Personal Selfishness:* Seeking to achieve only one's desires and to maximize one's happiness without regard for the desires and happiness of other people.
2. *Experience:* Learning that other people are needed to help achieve one's desires and to maximize one's happiness.
3. *Social Selfishness:* Seeking to achieve one's desires and to maximize one's happiness by cooperating with other people to negotiate and to achieve common desires.

Civilization is renewed in every generation when individuals realize that to achieve most of their desires and to maximize their happiness they need the ready, willing and able cooperation of other people for which they need to be ready, willing and able to cooperate with those people to negotiate and to achieve common desires.

Summary: Operational Psychology

- I. An individual's *mind* is his personal system of desires, fears and priorities.
- II. *Feelings* are reactions to realizations of desires and/or fears.
- III. *Feelings develop in a sequence*:
 1. Desire: ___ (?) [Wanting a person/object/event.]
 2. Realization: ___ (?) [Person/object/event achieved/not achieved.]
 3. Feeling: ___ (?) [The reaction to the realization of the desire.]
- IV. *Behavior* is an individual's actions/reactions which are caused by his desires/fears/priorities.
- V. *Personality* is an individual's consistent actions/reactions caused by his desires/fears/priorities.
- VI. *Conflicts* are differences of desires within oneself or with someone else.
- VII. *Mental problems* are caused by unachievable and/or inappropriate desires.
- VIII. *Mental health* is caused by achievable and appropriate desires.
- IX. The *mind functions* according to its priorities to achieve desires and avoid fears, and to react to achieving desires/avoiding fears with good feelings of happiness and to react to not achieving desires/not avoiding fears with bad feelings of unhappiness as sadness, anger and/or fear.
- X. *Selfishness* is seeking to achieve one's desires and to maximize one's happiness:
 - Personal selfishness* is seeking to achieve *only* one's personal desires and to maximize *only* one's personal happiness without regard for the desires and happiness of other people.
 - Social selfishness* is seeking to achieve one's personal desires and to maximize one's personal happiness by seeking the ready, willing and able cooperation of other people for which one must be ready, willing and able to cooperate with those other people to negotiate and to achieve common desires and thereby help them achieve their personal desires and maximize their personal happiness.

Now you have finished Round Two.

There are three more Rounds to go.

Go on to Round Three: Operational Psychology: Human Nature II.

