

Operational Psychology: Human Nature II

Round 3



Robert Howard Kroepel

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Operational Psychology: Human Nature II

Introduction

An **individual** consists of his body and his mind.

His **body** is his *physiology*—his physical being, his physics, chemistry, biology, etc.

His **mind** is his *psychology*—his personal system of desires, fears and priorities which creates and defines his behavior, his feelings, his personality, his mental problems, and his mental health.

I. The Mind

The **mind** is an *individual's 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 relative 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; a priority is also a fear of the nonachievement of a desire or the nonavoidance of a fear. Some desires and fears are more important than other desires and fears. Some desires are more desirable than other desires; these desires have a higher priority. For some people, desires for health and love may be more important than desires for work and leisure. For other people, desires for work may be just as important as desires for health and love. Some fears are more fearful than other fears; these fears have a higher priority than less fearful fears. The fear of being embarrassed by making a speech might be more powerful and therefore higher in priority than the desire for the rewards the speech might create. The fear of a rejection by a romantic interest might be more powerful than a desire for a possible acceptance. A priority is a higher-level desire or fear, a desire for an achievement of a specific desire or a fear of a non-avoidance of a specific fear, or a fear of a nonachievement of a desire or a nonavoidance of a fear.

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 *general desire* is a desire for a generic [nonparticular] person/object/event.

A *specific desire* is a desire for a specific [particular] person/object/event.

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. [Pro-Action = For Action]

A *reactive desire* is a desire for a reaction to a realization of a proactive desire. [Reactive = For Reaction]

The Concept of a Problem

What is a **problem**?

A **problem** is learning/determining how to achieve a desire or avoid a fear.

Problem-Solving

What is **problem-solving**?

Problem-solving is finding a way to achieve a desire or to avoid a fear: finding a way to make an object or an event happen.

The Problem-Solving Process

The **problem-solving process** is a six-step sequence which can be used for solving problems. [1]

1. **Specify the problem.** Determine which desire is to be achieved.
2. **Look for solutions.** How can the desire be achieved or the fear avoided?
 1. Try “What if ...?” propositions.
 2. Try “Worst Case” propositions.
3. **Evaluate the imagined consequences** of each solution.

How well will each solution achieve the desire or avoid the fear?

 1. Imagine/determine the good features and benefits—the “Pro’s”—of each solution.
 2. Imagine/determine the bad features and detriments—the “Con’s”—of each solution.
4. **Choose the better/best solution.** Make a decision. [Decision-Making]
 1. For each solution, add the Pro’s and Con’s.
 1. Add the Total Pro’s for each solution.
 2. Add the Total Con’s for each solution.
 2. For each solution, from the Pro’s subtract the Con’s to get a Total Pro’s-Con’s.
 3. The better/best solution is the solution with the better/best Total Pro’s-Con’s.

The decision-making process for two or more solutions consists of steps 3 and 4.
5. **Try the better/best solution.**
6. **Determine/Evaluate the actual consequences** of the better/best solution.

How well did the better/best solution achieve the desire or avoid the fear?

Decision-Making

Decision-making is choosing between or among two or more alternative solutions to a problem; finding two or more alternative ways to achieve a desire and/or avoid a fear.

Problem-solving often is decision-making. When you have a problem—how to achieve a desire or avoid a fear—you look for at least one solution to the problem—one way to solve the problem, to achieve a desire or avoid a fear, to work it out, to make things and events happen the way you want. Often you find two or more alternative solutions to the problem. Decision-making is choosing between or among alternative solutions for solving a problem.

The Components of a Desire

A desire has **two components**:

1. A **Proactive Desire** for a Person/Object/Event.
2. A **Reactive Desire** for reacting to a Realization of the Proactive Desire.

Most individuals are familiar with sequences in which their proactive desires have been realized and their reactive desires have been triggered by the realizations of the proactive desires. When an individual 1. has a desire for a liquid to slake his thirst, and 2. he finds liquids—water, milk or sodas (Coke™, Pepsi™, Seven-Up™, etc.)—which can slake his thirst, then 3. his reactive desire for reacting to the realization of the proactive desire for a liquid with feelings of satisfaction—feelings of pleasure—is triggered and he reacts with a feeling of satisfaction. When an individual 1. has a desire for a romantic interest, and 2. he finds a suitable romantic interest, then 3. his reactive desire for reacting to the realization of the proactive desire for a romantic interest with a feeling of happiness is triggered and he reacts with a feeling of happiness.

Proactive and reactive desires are linked. A proactive desire is a desire for a person, an object, or an event; and a reactive desire is a desire for a reaction to a realization of a proactive desire.

The Proactive Desire

A **proactive desire** is a desire for a person, an object or an event. A proactive desire is a desire for action to achieve a person, an object or an event. [**Pro-Active = For Action.**]

A **general proactive desire** is a desire for a **generic** person/object/event. The subject of a general proactive desire is any person/object/event, not a specific person/object/event.

A **specific proactive desire** is a desire for a **specific** person/object/event. The subject of a specific proactive desire is a particular person/object/event, not any person/object/event.

The general and specific proactive desires are desires for the **general** and **specific characteristics** of people, things and events.

The General Characteristics of People, Objects and Events

The **general characteristics** of a person, an object or an event are his/her/its **existence, location, identity, achievability** and **appropriateness**.

E/Existence is the property of being real as opposed to being an idea (being the content of an idea). For a person/object/event to have value, it must have the property of existence, of being real.

L/Location is the position (given by space-time coordinates) of a person/object/event.

I/Identity is the duration in time of an object or an event. Where a concept usually retains its identity over a longer duration of time, an event usually has shorter duration in time. Identity also relates to the specific characteristics of an object or an event, but, as a general characteristic, identity relates to and is defined by the duration in time of an object or an event.

Achievability is the characteristic of a person, an object or an event of being achievable (positively realizable) to an individual who desires that person, object or event. The individual must be able to achieve his desire for a person, an object or an event, or his desire will become a liability, and the general characteristic of achievability is a characteristic the subject of a desire must have for that desire to be an asset. The opposite of achievability is **unachievability**: *not being achievable*.

Appropriateness is the characteristic of a person, an object or an event of being able to achieve an individual's proactive desires. The individual must have his proactive desires fulfilled by the subject of a desire or that desire will become a liability, and the general characteristic of appropriateness is a characteristic the subject of a desire must have for that desire to become an asset.

The opposite of appropriateness is **inappropriateness**: *not being able to achieve proactive desires*.

Peace-of-mind is achieved by holding desires that are assets because they are achievable and appropriate and getting rid of those desires that are liabilities because they are unachievable and inappropriate. For understanding an individual's peace-of-mind, an asset or liability is defined by the individual according to *his* sense of achievability and appropriateness, not someone else's.

Un-peace-of-mind is achieved by holding desires that are liabilities because they are not achievable and inappropriate and by letting go of desires that are assets because they are achievable and appropriate.

The Specific Characteristics of People, Objects and Events

The **specific characteristics** of a person, an object or an event are his/her/its **A/Appearance, B/Behavior** and **C/Connections**—his/her/its **ABC's**.

A/Appearance is the set of specific physical features of a person, an object or an event. The A's are dimensions such as height, width, weight, length, etc. Physical beauty is a combination of physical dimensions, and physical dimensions are A/Appearance.

B/Behavior is the specific actions and reactions of a person, an object or an event. The B's are what is said or done. Each individual has a mind, his mind consists of his personal system of desires, fears and priorities, and that personal system of desires, fears and priorities causes and therefore controls his actions and reactions which are his behavior, his B/Behavior characteristics, including his feelings as reactions to realizations of his desires, and his personality as his desires, fears and priorities in action and reaction, as his mind in action and reaction. What a person, an object or an event says or does is his B/Behavior.

C/Connection is a specific feature of a person, an object or an event which is a link between an individual and the achievement of the individual's desires. C/Connections include formal education, artistic talent, athletic ability, technical, political, social, business, and economic knowledge, wealth, relationships, possessions, interests, work, hobbies, etc. Beyond A/Appearance and B/Behavior, the specific characteristics an individual might desire in a person, an object or an event are the C/Connections that link the individual to the achievement of a desire. A specific person (Louie) may have the athletic ability and interest in golf, and political, social, business, and economic interests which might be the C/Connections that link him to an individual (Sam) who seeks the achievement of his (Sam's) general proactive psychological desire for playing golf with a generic person who is good at playing golf and who has similar political, social, business, and economic interests. What a person, an object, or an event is, can do or knows that can help an individual achieve his desires is a C/Connection.

The Realization of a Proactive Desire

A **realization** is an achievement or a nonachievement of a desire or an avoidance or a nonavoidance of a fear.

A **positive realization** is an achievement of a desire or an avoidance of a fear. In a positive realization, an individual achieves the person/object/event who/which is the subject of a proactive desire or avoids the person/object/event who/which is the subject of a proactive fear.

A **negative realization** is a nonachievement of a desire or a nonavoidance of a fear. In a negative realization, an individual does not achieve the person/object/event who/which is the subject of a proactive desire or does not avoid the person/object/event who/which is the subject of a proactive fear.

An **actual realization** is a "real" realization, the actual, real person, object or event desired or feared—a reality instead of a dream or a fantasy.

An **imagined realization** is a fantasized realization, the dream of a desired or feared person, object or event—a fantasy instead of a reality.

The Reaction to a Realization

A reaction to a realization consists of **two components**:

1. A **affect** (feeling linked to a realization of a desire): an **affective reaction**.
2. An **impulse** (desire to act or react linked to a feeling): an **impulsive reaction**.

The term **affect** is a psychological term used for any kind of feeling. [**Affect = Feeling.**] [2]

An **affect** (feeling) is a reaction to a realization of a desire; an affect is a feeling linked to a realization of a desire. [**Affect = Feeling linked to a realization of a desire.**]

An **impulse** is a desire for an action or a reaction for reacting to a realization of a proactive desire; a desire linked to a realization of a desire. [**Impulse = Desire linked to a realization of a desire.**]

When an individual develops a feeling as a reaction to a realization of a proactive desire he also develops an impulse that is linked to the feeling. When an individual develops a toothache as an affect (feeling) that develops as a reaction to a negative realization of a desire to avoid the pain of a toothache he develops an impulse to take action to relieve the pain of the toothache. When an individual develops a feeling of happiness in reacting to a positive realization of a proactive desire for a romantic interest he develops an impulse to take action to celebrate; but if he should suffer a negative realization of his proactive desire for a romantic interest he will develop a feeling of unhappiness as sadness, anger or/and fear and he will develop an impulse to give up hope, to attack himself or someone else, or to run away from himself or someone else.

Thus, affects and impulses are linked: An affect is a feeling linked to an impulse; an impulse is a desire linked to an affect. Both affects and impulses are linked to realizations of desires.

The Reactive Desire

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

[**Re-Active = For Reaction.**]

A reactive desire consists of **two components**:

1. A **reactive desire** for an **affective reaction**; for a **feeling**.
2. A **reactive desire** for an **impulsive reaction**; for an **action/reaction**.

Here is a comparison of the concepts and principles of proactive desires and reactive desires.

Proactive Desire

For Action

For Achieving a Person/Object/Event

1. Specific Proactive Desire
2. General Proactive Desire

Reactive Desire

For Reaction

For Reacting to Achieving a Person/Object/Event

1. Affective Reaction
2. Impulsive Reaction

The Choices for Affective Reactions [Feelings]

A **feeling** is a reaction to a realization of a desire or fear. Feelings are affective and impulsive reactions to realizations of proactive desires and fears. [See **II. Feelings**, p. 16.]

Because proactive desires, fears and priorities can be physiological (unlearned) or psychological (learned), the individual experiences **physiological affective reactions**, or feelings which are often called **sensations** and which originate in the organs of the individual's body, and **psychological affective reactions**, or feelings which are often called **emotions** and which originate in the brain.

Physiological feelings—*sensations*—are affective reactions to realizations of proactive physiological (unlearned) desires and fears:

Continuum of Sensations (Physiological Affective Reactions/Feelings)
Pain --- **Pleasure** --- **Pain**
(From a Deficiency) **(From a Satiation)** **(From an Excess)**

Psychological feelings—*emotions*—are affective reactions to realizations of proactive psychological (learned) desires and fears.

Continuum of Emotions (Psychological Affective Reactions/Feelings)

Happiness (Achieving a Desire)	---	Unhappiness: (Not Achieving a Desire)
		Sadness: Perception of a loss or of no hope.
		Anger: Perception of a frustration.
		Fear: Perception of a threat.

The Choices for Impulsive Reactions

The **choices for impulsive reactions** are *constructive or destructive physiological impulsive reactions* or *constructive or destructive psychological impulsive reactions*.

Physiological impulsive reactions will not be discussed herein.

Constructive psychological impulsive reactions include cooperating with oneself, to resolve conflicts among competing desires within oneself, or cooperating with someone else to resolve conflicts among competing desires with someone else, negotiating acceptable desires within oneself, negotiating acceptable desires with someone else, and initiating problem-solving and decision-making to achieve acceptable desires within oneself or with someone else.

Destructive psychological impulsive reactions include giving up hope (becoming depressed), which is linked to the emotion of sadness; attacking oneself or/and someone or something else, which is linked to the emotion of anger; or running away from oneself or/and someone or something else, which is linked to the emotion of fear.

Affective reactions and impulsive reactions are linked in pairs. A specific affective reaction is linked to a specific impulsive reaction.

The Choices for Reactive Desires

Reactive desires are desires for *self-control* or *no self-control* of affective and impulsive reactions to realizations of proactive desires.

Control means limiting the effect of an affective reaction or an impulsive reaction.

Self-control means controlling affective reactions and impulsive reactions. The affective reactions may occur, but the individual with self-control will limit their effects on his thinking and his desires, fears and priorities; and the impulsive reactions may occur, but the individual with self-control will limit their effects on his actions.

No self-control means not controlling affective reactions and impulsive reactions. The affective reactions occur and the individual without self-control will not limit their effects on his thinking and his desires, fears and priorities; and the impulsive reactions occur and the individual without self-control will not limit their effects on his actions.

The individual has two choices for reacting to realizations of proactive desires:

1. The *subjective reactive desire* [for no self-control]:
 - A. Uncontrolled affective reaction.
 - B. Uncontrolled impulsive reaction.
2. The *objective reactive desire* [for self-control]:
 - A. Controlled affective reaction.
 - B. Controlled impulsive reaction.

The subjective reactive desire includes no control of affective reactions or impulsive reactions—the individual reacts to positive realizations of his proactive desires with no control of the emotion of happiness and with no control of the impulsive reaction to celebrate; and he reacts to negative realizations

of his proactive desires with no control of the negative emotion of unhappiness as sadness, anger and/or fear, and he reacts with no control of the negative impulsive reactions of giving up/becoming depressed (sadness), attacking someone else or himself (anger), and/or running away from someone else or himself (fear).

The objective reactive desire includes control (self-control) of affective reactions and impulsive reactions—the individual reacts to positive realizations of his proactive desires with control of the positive emotion of happiness and with control of the positive impulsive reaction to celebrate; and he reacts to negative realizations of his proactive desires with control of his negative emotions of unhappiness as sadness, anger or fear, and with control of his negative (destructive) impulsive reactions of giving up/becoming depressed (sadness), attacking someone else or himself (anger), and/or running away from someone else or himself (fear), and with positive (constructive) impulsive reactions to cooperate with another person or with himself to negotiate achievable and appropriate (realistic) proactive desires and to initiate the problem-solving and decision-making processes to look for new choices who or which could lead to the achievement of the negotiated desires. [See the problem-solving and decision-making processes in **The Concept of a Problem**, p. 8.]

We see in the objective reactive desire a new impulsive reaction to cooperate with other people or with oneself by negotiating conflicting proactive desires to create acceptable proactive desires and to initiate the problem-solving and decision-making processes which could lead to looking for new choices who or which could achieve the negotiated proactive desires.

If a realization is positive and the individual achieves a proactive desire or avoids a proactive fear, then he will react with the emotion of happiness which he can either control (self-control) or not control (no-self-control), and with an impulse to celebrate which he can either control or not control. If he controls his emotion of happiness and his impulse to celebrate, then he has an objective reactive desire. For example, an individual who wins a promotion may not want to irritate another person who wanted the promotion but did not get it. The individual may then have an objective reactive desire to control—to limit—his emotion of happiness and his impulse to celebrate. If an individual does not control his emotion of happiness and his impulse to celebrate, then he has a subjective reactive desire. The case wherein an individual has a positive realization is a case in which a subjective reactive desire may be appropriate and therefore okay. Few people would have a problem with achieving a proactive desire and reacting with a positive affective reaction of the emotion of happiness and a positive impulsive reaction to celebrate, which means a subjective reactive desire for reacting to positive realizations is, in most cases, appropriate and therefore okay.

The key difference between the subjective reactive desire and the objective reactive desire for reacting to negative realizations (of proactive desire) is self-control and the additional impulsive reaction found in the objective reactive desire to cooperate, to negotiate achievable and appropriate desires, and to initiate the problem-solving and decision-making processes for looking for new choices who or which could lead to the achievement of the negotiated desires. This key difference is learnable and learned by fortunate men and women. By learning the objective reactive desire people can free themselves to a great extent from their negative passions—the emotions of sadness, anger and fear, and their negative impulsive reactions—the desires to give up/become depressed, to attack someone or oneself, or to run away from someone or oneself.

“If ..., then ...!” Mental Sentence Structures

Reactive desires are created in an individual’s mind as “**If ..., then ...!**” sentence structures.

In an “**If ..., then ...!**” sentence structure, the “**If ...,**” is a **condition** and the “**then ...!**” is a **consequence**.

The **condition** (“**If ...,**”) is a proactive desire: “**If I achieve/do not achieve my proactive desire, ...**”

The **consequence** (“**..., then ...!**”) is a reactive desire: “**..., then I will react with a specific affective reaction and a specific impulsive reaction!**”

When the condition and the consequence are joined in a sentence, the result is as follows:

Condition: “**If I achieve/do not achieve my proactive desire ...,**”

Consequence: “**..., then I will react with a specific affective reaction and a specific impulsive reaction!**”

For a Positive Realization of a Psychological Proactive Desire: The Positive Psychological Subjective Reactive Desire

For a **positive psychological subjective reactive desire** for reacting to **positive realizations** of psychological proactive desires, the Condition is “**If I achieve my proactive desire, ...**” and the Consequence is “**..., then I will react with a positive emotional affective reaction of happiness and a constructive voluntary impulsive reaction to celebrate!**”

Condition: *If I achieve my proactive desire* for a person/object/event,

Consequence: *then I will react* with a **positive affective reaction** of happiness and a **positive impulsive reaction** to celebrate!

Condition: **If** Realization = Positive: Achieve desired Person/Object/Event,

Consequence: **then** Affective Reaction = Positive: Happiness!

Impulsive Reaction = Positive: Celebrate!

For a Negative Realization of a Proactive Desire: The Negative Subjective Reactive Desire

For a **negative subjective reactive desire** for reacting to **negative realizations** of proactive desires, the Condition is “**If I do not achieve my proactive desire, ...**” and the Consequence is “**..., then I will react with a negative emotional affective reaction of sadness/anger/fear and a destructive voluntary impulsive reaction to give up/attack/run away!**”

Condition: *If I do not achieve my proactive desire* for a person/object/event,

Consequence: *then I will react* with a **negative affective reaction** of sadness/anger/fear and a **negative impulsive reaction** to give up/attack/run away!

Condition: **If** Realization = Negative: Do not achieve desired Person/Object/Event,

Consequence: **then** Affective Reaction = Negative: Unhappiness as Sadness/Anger/Fear!

Sadness. [Perceive a Loss/No Hope.]

Anger. [Perceive a Violation/Frustration.]

Fear. [Perceive a Threat.]

Impulsive Reaction = Negative: Sadness: Give up hope!

Anger: Attack Self/Other(s)!

Fear: Run away from Self/Other(s)!

Exception: When an individual is attacked by a criminal or otherwise perceives an attack by a criminal upon someone else, he [the individual] is justified in reacting subjectively with negative emotions of anger and destructive impulsive reactions to attack the criminal and thereby prevent him from committing the crime. Natural law says that an individual has a right to defend himself and someone else from a criminal attack; but man-made laws specify the extent to which an individual can use force, particularly deadly force, to control the actions of a criminal and thereby defend himself and/or someone else from a criminal attack.

A criminal attack is considered by most people to be a negative realization of a proactive desire, and therefore the negative subjective reactive desire to develop the negative affective reaction of anger and the negative impulsive reaction to attack the criminal is justified. No one in his right mind would try to prevent an innocent person who is a victim from defending himself from an attack by a criminal. And no one in his right mind would try to prevent an innocent person who is a potential rescuer from defending a victim from an attack by a criminal.

For a Negative Realization of a Proactive Desire: The Objective Reactive Desire

For a **objective reactive desire** for reacting to **negative realizations** of proactive desires, the Condition is “**If** I do not achieve my proactive desire, ...” and the Consequence is “..., **then** I will react with a negative emotional affective reaction of sadness/anger/fear and a constructive voluntary impulsive reaction to cooperate/negotiate/initiate problem-solving and decision-making!”

Condition: *If I do not achieve my proactive desire* for a person/object/event,

Consequence: *then I will react* with a **negative affective reaction** of sadness/anger/fear and a **positive impulsive reaction** to cooperate/negotiate/initiate problem-solving and decision-making!

Condition:	If	Realization	=	Negative:	Do not achieve desired Person/Object/Event,
Consequence:	then	Affective Reaction	=	Negative:	Unhappiness as Sadness/Anger/Fear!
		Impulsive Reaction	=	Positive:	Cooperate with Self/Other(s). Negotiate Differences of Desires (Conflicts) with Self/Other(s). Initiate Problem-Solving and Decision-Making.

II. Feelings

A **feeling** is *a reaction to the realization of a desire or a fear*. When a person wants a person, an object or an event, or does not want a person, an object or an event, he will react to the achievement or non-achievement of his desire or the avoidance or non-avoidance of his fear, and part of that reaction is a feeling—a sensation of pleasure or pain or an emotion of happiness, sadness, anger and/or fear. To the person who desires to earn \$1000.00 per week, if his realization is that he earns \$1000.00 per week, then he will react to the realization with emotions of happiness; but if his realization is that he earns less than \$1000.00, or if he loses money, then he will react to this negative realization with emotions of unhappiness, which could be sadness, anger and/or fear.

A **realization** is *an achievement or non-achievement of a desire or the avoidance or non-avoidance of a fear*.

A **positive realization** is *an achievement of a desire or an avoidance of a fear*.

A **negative realization** is *a non-achievement of a desire or a non-avoidance of a fear*.

An **actual realization** is *a real achievement or non-achievement of a desire*.

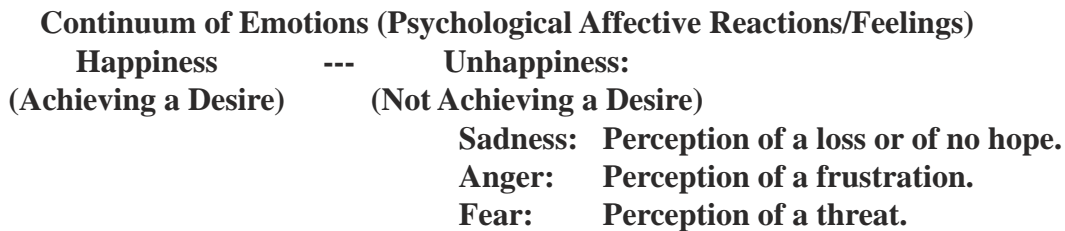
An **imagined realization** is *a fantasized achievement or non-achievement of a desire*.

Because proactive desires, fears and priorities can be physiological (unlearned) or psychological (learned), the individual experiences **physiological affective reactions**, or feelings which are often called **sensations** and which originate in the organs of the individual's body, and **psychological affective reactions**, or feelings which are often called **emotions** and which originate in the brain.

Physiological feelings—*sensations*—are affective reactions to realizations of proactive physiological (unlearned) desires and fears:



Psychological feelings—*emotions*—are affective reactions to realizations of proactive psychological (learned) desires and fears.



Feelings are affective and impulsive reactions to realizations of proactive desires and fears. Thus every feeling has a component which is an affective reaction as a sensation or an emotion and a component which is an impulsive reaction linked to the affective reaction.

III. The Developmental Sequence of Feelings: The D/R/F Sequence

A **feeling develops** in a sequence of **Desire/Realization/Feeling**—the Developmental Sequence of Feelings, or the **D/R/F** sequence.

1. **Desire:** _____ (?)
2. **Realization:** _____ (?)
3. **Feeling:** Happiness/Unhappiness: Sadness; Anger; Fear.

The D/R/F sequence is the most **basic description of the developmental sequence of feelings**.

The D/R/F sequence proves that **desires and feelings are linked**. Under normal conditions—defined as being free from an accident, an injury, an illness, or a genetic defect which could cause feelings, an individual's feeling is linked to a preceding desire. *Once a realization and a related feeling are known, the preceding desire can be determined; once a desire and its realization are known, the resulting feeling can be predicted.*

The D/R/F sequence proves that under normal conditions **a desire must precede a feeling**.

The D/R/F sequence proves that **feelings are controlled by desires**. No desires, no feelings.

The D/R/F sequence proves that under normal conditions **a feeling cannot develop without a preceding desire**—no desire, no feeling.

The D/R/F sequence shows **how to control/improve feelings**:

1. **Decrease the Desire.** [Want less.]
2. **Increase the Realization.** [Get more.]
3. **Decrease the Desire and Increase the Realization.** [Want less and get more.]

The D/R/F sequence **helps to understand mental problems**: the individual who wants more than he can have will develop mental problems, and mental problems are wanting more than what can be achieved.

Feelings are complicated, but so are the desires and realizations that cause them. These complications can be added to the D/R/F sequence to form a more complete description of the causes of feelings.

1. **Desire:** _____ (?) [Person/Object/Event Wanted.]
 1. **Proactive Desire:** _____ (?) [Person/Object/Event Wanted.]
 1. **Specific Proactive Desire:** _____ (?) [Specific Person/Object/Event Wanted.]
 2. **General Proactive Desire:** _____ (?) [Generic Person/Object/Event Wanted.]
 2. **Reactive Desire:** _____ (?) [For reacting to the Realization of the Proactive Desire.]
 1. **Affective Reaction:** _____ (?) [Feeling as a Reaction to a Realization of the Proactive Desire.]
 2. **Impulsive Reaction:** _____ (?) [Impulse as a Reaction to a Realization of the Proactive Desire.]
2. **Realization:** _____ (?) [Person/Object/Event Achieved/Not Achieved.]
3. **Feeling:** _____ (?) [Reaction to the Realization of the Proactive Desire.]
 1. **Affective Reaction:** _____ (?) [Feeling as a Reaction to the Realization of the Proactive Desire.]
 2. **Impulsive Reaction:** _____ (?) [Impulse as a Reaction to the Realization of the Proactive Desire.]

The Perception, Recognition and Evaluation of a Realization

Critical to the development of a feeling as a reaction to the realization is a process of **perception** of the realization, **recognition** of the desire(s) realized by the realization, and **evaluation** of the extent to which the realization realizes the desire. This process is called the **Perception:Recognition:Evaluation** or **P:R:E** process.

Perception is seeing/hearing/touching/smelling/tasting the person/object/event who/which is the realization of the proactive desire.

Recognition is determining the proactive desire(s) and/or proactive fear(s) which are realized by the person/object/event who/which is the realization.

Evaluation is determining the extent (degree) to which a person/object/event who/which is a realization achieves/does not achieve a proactive desire or avoids/does not avoid a proactive fear.

For an individual to react to a realization of a proactive desire or fear, he must perceive the person/object/event who/which is the realization, he must recognize which proactive desire(s) or fear(s) are realized by the person/object/event, and he must evaluate the extent to which the person/object/event realizes the proactive desire(s). If an individual does not perceive a person/object/event, does not recognize the desire(s) or/and fear(s) the person/object/event realizes, or/and does not evaluate the extent (degree) to which the person/object/event realizes the proactive desire(s) or fear(s), then that person/object/event cannot be a realization of a proactive desire or fear.

Within the P:R:E process there are three possibilities for errors: **misperceptions**, **misrecognitions**, and **misevaluations**.

Misperceptions are not seeing/hearing/touching/smelling/tasting persons/things/events who/which could be or otherwise are realizations of proactive desires or/and proactive fears.

Misrecognitions are not determining which proactive desire(s) and/or fear(s) is/are being realized by the persons/things/events who/which are the realizations of proactive desires or/and proactive fears.

Misevaluations are not determining the extent (degree) to which the persons/things/events who/which are realizations achieve/do not achieve the proactive desire(s) or/and avoid/do not avoid the proactive fear(s).

Thus, when an individual experiences a realization, he perceives a person/object/event, recognizes which proactive desire(s) or fear(s) are being realized, and evaluates the extent of the realization.

The P:R:E process can be added to an extended D/R/F sequence:

D/R[P:R:E]/F

- | | |
|---|--|
| 1. Desire: _____ (?) | [Person/Object/Event Wanted.] |
| 1. Proactive Desire: _____ (?) | [Person/Object/Event Wanted.] |
| 1. Specific Proactive Desire: _____ (?) | [Specific Person/Object/Event Wanted.] |
| 2. General Proactive Desire: _____ (?) | [Generic Person/Object/Event Wanted.] |
| 2. Reactive Desire: _____ (?) | |
| 1. Affective Reaction. _____ (?) | [Feeling as a Reaction to a Realization of the Proactive Desire.] |
| 2. Impulsive Reaction: _____ (?) | [Impulse as a Reaction to a Realization of the Proactive Desire.] |
| 2. Realization: _____ (?) | [Person/Object/Event Achieved/Not Achieved.] |
| 1. Perception | [Perceive the Person/Object/Event Who/Which is the Realization of the Proactive Desire.] |
| 2. Recognition. | [Determine which Proactive Desire the Person/Object/Event Realizes.] |
| 3. Evaluation. | [Determine the Extent to which the Person/Object/Event Realizes the Proactive Desire.] |
| 3. Feeling: _____ (?) | [Reaction to the Realization of the Proactive Desire.] |
| 1. Affective Reaction: _____ (?) | [Feeling as a Reaction to the Realization of the Proactive Desire.] |
| 2. Impulsive Reaction: _____ (?) | [Impulse as a Reaction to the Realization of the Proactive Desire.] |

NOTE: The P:R:E process can be omitted from the basic D/R/F sequences; it is to be understood that because feelings are reactions to the perceptions, recognitions and evaluations of realizations then the P:R:E process is a part of the development of a feeling in any D/R/F sequence.

The Subversion of the Natural Developmental Sequence of Feelings.

The natural developmental sequence of feelings (the D/R/F sequence) can be subverted or bypassed by drugs, medical experimentation and human imagination.

The D/R/F sequence proves that there are neural systems in the brain which naturally control the development of good and bad feelings. If an individual has a desire and he achieves that desire, then his natural neural systems are connected in such a way that he will develop good feelings of happiness; but if he does not achieve that desire, then those neural systems will develop bad feelings of unhappiness as sadness, anger, and/or fear. These neural systems are genetic. They are within us when we are born. They are the natural systems by which the natural developmental sequence of Desire/Realization/Feeling can occur and the individual can experience feelings.

The D/R/F sequence proves how an individual can develop a system of values based upon his good and bad feelings. A person/object/event experienced with good feelings is valued as “good”; a person/object/event experienced with bad feelings is valued as “bad.”

We have within us a physical neural structure that provides a natural sequence in which good and bad feelings can develop.

Drugs

Drugs can induce good feelings without the natural Desire/Realization/Feeling sequence. The good feelings produced by drugs are not connected with any goal-setting or goal-achievement except, of course, for the goal-setting of obtaining and using drugs to develop an artificial “high.” This must be viewed as an artificial developmental sequence of feelings. By regarding it as artificial we show how dangerous it really is, for it disconnects the individual from his natural developmental sequence and, consequently, from the natural reality of life and successful living. Through drugs there is no need for normal goal-setting for health, love, work, and leisure. Drugs, then, prove that there is an unnatural, artificial sequence in which feelings can be developed.

Medical Experiments

Medical experiments in which electrodes were inserted into subjects’ brains have revealed that memories, impressions, sensations, and emotions can be stimulated artificially. This is another artificial developmental sequence in which feelings can be developed. Triggering the electrodes to stimulate neural structures within the brain produces, among other reactions, the emotions of happiness and unhappiness as sadness, anger and/or fear. This proves that medical experiments are another artificial method of developing feelings.

Human Imagination

But we also have human imagination. We have developed good feelings when we have imagined and anticipated achieving a desire or avoiding a fear. If we have desired a wonderful bicycle, and we have imagined riding it, then we have reacted to this imagining with good feelings of happiness. We have developed bad feelings of sadness when we have desired a wonderful relationship with a wonderful person and we have imagined that we have no hope of achieving that relationship. We have developed bad feelings of anger and fear when we have desired to avoid problems with a bully and we have imagined the bully attacking us or threatening to attack us. We thus see that imagination can cause a temporary artificial developmental sequence of feelings. We are, for the most part, aware that these imaginings are anticipatory and therefore somewhat artificial. We are, to be sure, also aware that this anticipatory process is natural because it motivates us to achieve our desires and avoid our fears according to our priorities. But, overall, we are aware that there is a difference between an actual realization and an imagined realization, that there is a difference between an actual person/object/event and an imagined person/object/event, and whether or not the resulting feelings are based upon reality or imagination.

We thus see that imagination is another way of developing feelings, both good and bad feelings.

The most important points for us to examine herein are the twin facts that 1. within us we have neural structures that cause the development of feelings and 2. these neural structures can be stimulated naturally, through actual realization of desires, and unnaturally, artificially, through drugs, experimental stimulation, or through imagination. Of particular importance is the possibility of developing feelings artificially through imagination and anticipation. Imagination and anticipation are ideational processes—processes involving ideas. It is then clear that ideas through imagination and anticipation can cause feelings, both good and bad feelings.

IV. Behavior

Behavior is an individual's actions and reactions caused by his desires, fears and priorities.

Without desires, fears and priorities, the individual would not act or react—he would not move.

His actions and reactions, caused by his desires, fears and priorities, are his behavior.

Behavior is caused by an individual's internal causes, by his internal desires, fears and priorities. Behavior is not caused by someone or something else. An individual may react to someone or something else by developing a desire, fear and/or a priority that would thus become his internal cause of his actions towards and reactions to that someone or something else.

What is important concerning behavior is the principle that the causes of the actions and reactions which are behavior are the individual's desires, fears and priorities which together are his mind.

V. Personality

Personality is an individual's desires, fears and priorities in action and reaction. An individual's personality is caused by his desires, fears and priorities. An individual is his desires, fears and priorities.

If a person did not move, he would not act or react, and his personality thus would not be revealed, or, it is possible, he might not have a personality. When he moves, when he acts and reacts, his actions and reactions are caused by and are therefore evidence of his desires, fears and priorities. Rocks do not have desires, fears and priorities, therefore they can have no personalities. Dead people do not move, therefore we assume that because they do not act or react that they have no internal desires, fears and priorities and, therefore, that they have no personalities. We know that people have desires, fears and priorities, that these desires, fears and priorities are the internal causes of actions and reactions, and we require that some person or object move (act/react) in order for us to judge that he/she/it has desires, fears and priorities and what are the contents of those desires, fears and priorities, therefore we are justified in asserting that personality is an individual's desires, fears and priorities in action and reaction.

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].

If a person has a consistent objective reactive desire for reacting to negative realizations of his proactive desires, then we could say, with good reason, that he has an objective personality trait. That is, he has a personality trait of reacting objectively because he has a consistent objective reactive desire. If a person has a consistent subjective reactive desire for reacting to negative realizations of his proactive desires, then we could say, with good reason, that he has a subjective personality trait. That is, he has a personality trait of reacting subjectively because he has a consistent subjective reactive desire.

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].

Personality type is characterized by personality traits. Personality traits are caused by consistent desires, fears and priorities. The objective personality type has an objective personality trait which is caused by a consistent objective reactive desire. The subjective personality type has a subjective personality trait which is caused by a consistent subjective reactive desire.

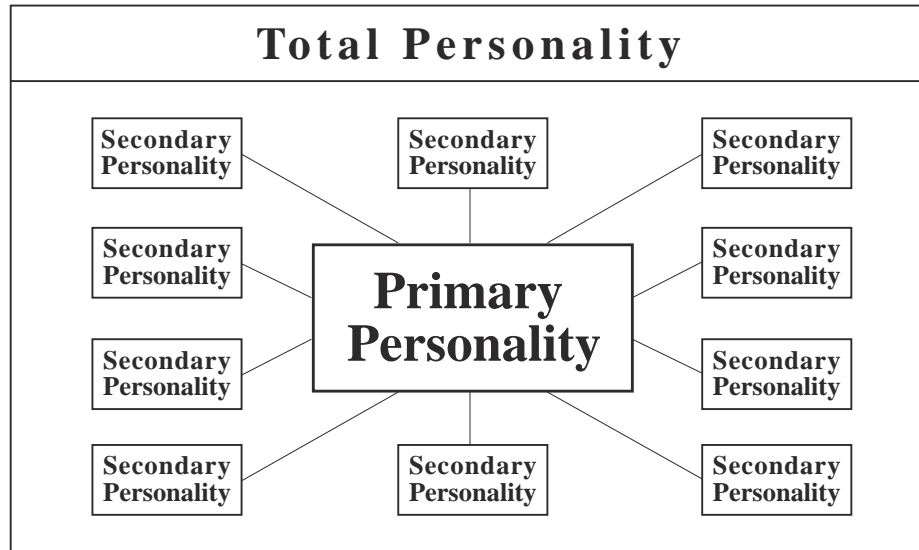
Personality Structure = 1. Primary Personality, 2. Secondary Personalities, 3. Total Personality.

The **primary personality** is the part of an individual's mind 1. that gathers information concerning A. his internal world—his physiological desires and his psychological desires—the demands of his nature and of other people, and B. his external world—the people/things/events available for realizing his desires, 2. that always seeks the truth—the accurate description of reality, 3. that always knows what's going on in the mind, even when the mind is badly disturbed, 4. that links all desires, fears and priorities as secondary personalities to each other, and 5. that makes decisions concerning what actions or reactions to take according to its priorities and thereby creates the resulting total personality.

The **secondary personality** is a cluster of desires, fears and priorities within an individual's mind that functions as if it were a personality within a personality, or a second personality.

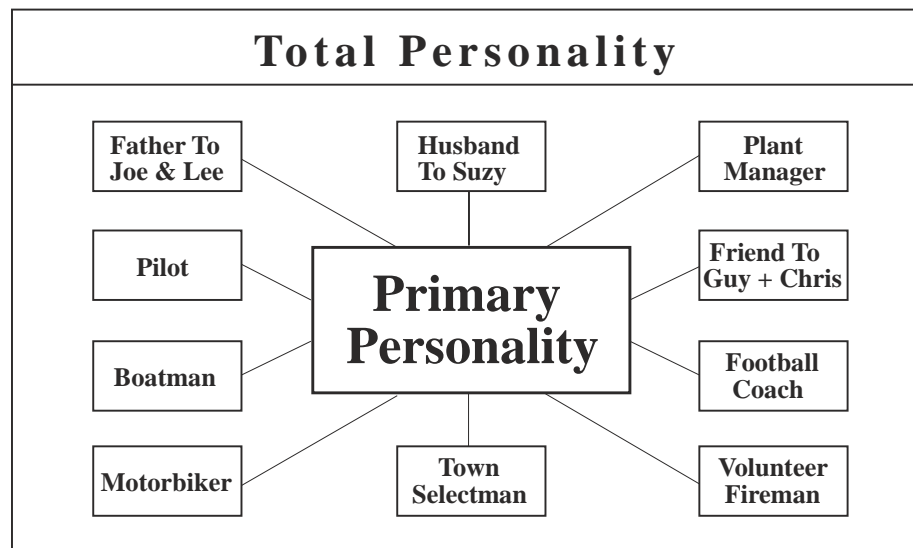
The **total personality** an individual's actions and reactions as caused by the desires, fears and priorities that come out of the decisions of the primary personality in resolving the differences of desires (conflicts) among the secondary personalities. The total personality is an individual's mind in action and reaction, what a person says and does, the person as others see him.

Here is an illustration of the relationships among the secondary, primary and total personalities.



Example: Sam has multiple secondary personalities in being a husband to Suzy, a father to his children—son Joe, and daughter Lee, a friend to Guy and Chris, a pilot, a boater, a motorbiker, a coach of one of the local football teams, a manager at the ACME Ladder Company, a volunteer fireman in his hometown, and a Town Selectman.

“Sam”



As Sam’s primary personality assesses the true and false concepts and principles resulting from accurate or inaccurate perceptions of his internal and external realities and the differences of desires, fears and priorities (conflicts) among his secondary personalities, according to its own set of desires, fears and priorities it makes decisions concerning which actions to take and which reactions to make, and the resulting actions and reactions become Sam’s total personality—that part of Sam he himself and other people can observe in action and in reaction, which is evidence of the existence of and the content of Sam’s desires, fears and priorities.

VI. Conflicts

A **conflict** is a difference of desires (or fears).

A conflict as a difference of desires (or fears) can occur within oneself or with someone else. You can have a difference of desires within yourself, but you can also have a difference of desires with another person, or with other persons.

An **internal conflict** is a difference of desires within oneself (You):

You: Desire A: _____ (?) vs. You: Desire B: _____ (?)

An **external conflict** is a difference of desires with someone else (Other):

You: Desire A: _____ (?) vs. Other: Desire B: _____ (?)

A conflict by itself is not necessarily a problem. There is nothing wrong with the presence of competing desires within yourself or with someone else. A difference of desires is natural. People are people, and part of their being people is uniqueness, defined simply as the property of being different in some ways than other people. We certainly can expect people to have different desires; we certainly cannot expect people to not have different desires. Of course, because we are all human beings, we have certain similar desires for survival, for food, water, elimination, shelter, companionship, reproduction, sex, and we react in similar ways, feeling happy when we get what we want or we don't get what we don't want, and feeling unhappy when we do not get what we want, or we get what we don't want.

Of course, when there is a conflict then there is the problem of achieving desires, but if an individual has a non-challenging approach to solving/resolving the problems, then more serious conflicts can be avoided. If you have a desire to negotiate differences of desires within yourself, then you can avoid a war within yourself; and if you have a desire to negotiate differences of desires with other people, then you can avoid wars with those other people.

You can initiate the problem-solving process within yourself to resolve internal conflicts as differences of desires within yourself. Of course, if the priorities of the competing desires are high, then the internal conflict becomes intense, but the problem-solving process is the same for all intensities of desires. You list the pro's (imagined positive consequences) and con's (imagined negative consequences) for each desire, decide the importance of each desire, choose the desire with the greater/greatest priority, act to achieve it, and then evaluate the actual consequences.

You can initiate the problem-solving process with another person to resolve external conflicts as differences of desires with someone else. Negotiating differences of desires with someone else is often difficult because you often must compromise your desires, but the other person has the same problem, and, with mutual respect, you often can negotiate the differences gracefully.

Types of Conflicts

Conflicts are *differences of desires*.

Desire: _____ (?) vs. Desire: _____ (?)

Internal conflicts are *differences of desires within oneself*.

You: Desire: _____ (?) vs. **You:** Desire: _____ (?)

External conflicts are *differences of desires with another person*.

You: Desire: _____ (?) vs. **Other:** Desire: _____ (?)

Secondary conflicts are *differences of proactive desires*.

Proactive Desire: _____ (?) vs. Proactive Desire: _____ (?)

Primary conflicts are *differences of reactive desires*.

Reactive Desire: _____ (?) vs. Reactive Desire: _____ (?)

Internal secondary conflicts are *differences of proactive desires within oneself*.

You: Proactive Desire: _____ (?) vs. **You:** Proactive Desire: _____ (?)

Internal primary conflicts are *differences of reactive desires within oneself*.

You: Reactive Desire: Objective Reactive Desire: To Control Self
vs.

You: Reactive Desire: Subjective Reactive Desire: To Not Control Self

External secondary conflicts are *differences of proactive desires with another person*.

You: Proactive Desire: _____ (?) vs. **Other:** Proactive Desire: _____ (?)

External primary conflicts are *differences of reactive desires with another person*.

You: Reactive Desire: Subjective Reactive Desire: To Control Other
vs.

Other: Reactive Desire: Subjective Reactive Desire: To Control You

One type of conflict which is personally dangerous for the individual is the internal primary conflict between his objective reactive desire (for self-control) and his subjective reactive desire (for no-self-control). If the individual does not control his negative affective reactions and negative (destructive) impulsive reactions to negative realizations of proactive desires, then the individual is likely to harm himself by giving up hope/becoming depressed (sadness), attacking himself (anger) by self-destructive actions such as inappropriate decisions, self-mutilation, or suicide, or/and running away from himself (fear) by such actions as excessive self-denial of previously pleasurable pursuits, and withdrawal from intimate relationships. These internal primary conflicts often lead to cycles of internal conflicts which will not stop until the individual deals with the competition between his objective reactive desire and his subjective reactive desire by focusing upon the damage caused by his subjective reactive desire and the potential benefits which could be caused by his objective reactive desire.

One type of conflict that is dangerous for two or more individuals is the external primary conflict between one person's subjective reactive desire and another person's subjective reactive desire. Subjective reactive desires include a desire for an affective reaction that could include anger and a desire for an impulsive reaction that could include a destructive desire to attack someone else. External primary conflicts could degenerate into wars between individuals. These external primary conflicts often lead to cycles of external conflicts which will continue until the individuals deal with their competing subjective reactive desires by focusing upon the damage caused by their subjective reactive desires and the potential benefits which could be caused by their objective reactive desires.

Conflicts as differences of desires can be resolved by negotiating common desires.

VII. Mental Problems

Mental problems are and are caused by unachievable and/or inappropriate proactive desires or/and inappropriate reactive desires.

Minor mental problems are unachievable and/or inappropriate proactive desires.

Proactive desires are desires for people/things/events.

Unachievable proactive desires are desires for people/things/events who/which cannot be achieved. A romantic interest who is not willing to be a romantic interest cannot be achieved and therefore a proactive desire for that romantic interest an unachievable proactive desire.

Inappropriate proactive desires are desires for people/things/events who/which cannot or will not achieve proactive desires. A person/object/event may seem beneficial and therefore desirable but may actually be detrimental and undesirable and therefore inappropriate. Many romantic interests may at first appear to be appropriate but later turn out to be inappropriate.

Major mental problems are combinations of unachievable and/or inappropriate proactive desires and inappropriate reactive desires.

Where proactive desires are desires for people/things/events, reactive desires are desires for reacting to achieving or not achieving proactive desires.

The reactive desires include —

1. The objective reactive desire:
 - A. To control negative affective reactions (particularly emotional reactions of sadness, anger and fear).
 - B. To control negative/destructive impulsive reactions/to develop positive/constructive impulsive reactions (to find new choices for achieving proactive desires).
2. The subjective reactive desire:
 - A. To not control negative affective reactions (particularly emotional reactions of sadness, anger and fear).
 - B. To not control negative/destructive impulsive reactions/to not develop positive/constructive impulsive reactions (to not attempt to find new choices for achieving proactive desires).

A proactive desire for a romantic interest may be an unachievable or/and inappropriate proactive desire, which would cause minor mental problems; but if an individual has an appropriate objective reactive desire to control his negative affective reaction which is the emotion of unhappiness as sadness, anger and/or fear and to develop a positive/constructive impulsive reaction to find an achievable and appropriate romantic interest, then he will avoid developing a major mental problem and, instead, will develop mental health.

A proactive desire for a romantic interest may be an unachievable or/and inappropriate proactive desire, which would cause minor mental problems; but if an individual has an inappropriate subjective reactive desire to not control his negative affective reaction (the emotion of unhappiness as sadness, anger and/or fear) and to not develop a positive/constructive impulsive reaction to find an achievable and appropriate romantic interest, then he will develop a major mental problem. He may develop emotions of sadness, anger, or/and fear, and from the emotion of sadness he may develop impulses to give up hope, from the emotion of anger he may develop impulses to attack someone (the disinterested unachievable and/or inappropriate romantic interest, someone else, or himself), or from the emotion of fear he may develop impulses to run away from someone (the disinterested unachievable and/or inappropriate romantic interest, someone else, or himself).

Under normal (noncriminal) circumstances, a desire to live is an achievable and appropriate proactive desire, but under a threat of a physical attack by a criminal a proactive desire to live may be unachievable, and an objective reactive desire to understand the criminal's intentions and past psychological history,

to sympathize with him, and to negotiate and seek to achieve common desires with him may be an inappropriate reactive desire whereas a subjective reactive desire to kill the #*&##*&#*##*# may be an appropriate reactive desire. The criminal attack is an exception to the general rule that for most negative realizations the objective reactive desire is the appropriate reactive desire.

Un-peace-of-mind is a state of being in which an individual does not get rid of desires which are liabilities because he cannot achieve them or they are inappropriate and he does not keep those desires which are assets because he can achieve them and they are appropriate, to which state of mind the individual reacts with bad feelings of unhappiness as sadness/anger/fear.

VIII. Mental Health

Mental health is and is caused by achievable and appropriate proactive desires and appropriate reactive desires.

A proactive desire for a romantic interest may be an unachievable or/and inappropriate proactive desire, which would cause minor mental problems; but if an individual has an appropriate objective reactive desire to control his negative affective reaction which is the emotion of unhappiness as sadness, anger and/or fear and to develop a positive/constructive impulsive reaction to find an achievable and appropriate romantic interest, then he will avoid developing a major mental problem and, instead, will develop mental health.

Peace-of-mind is a state of being in which an individual gets rid of desires which are liabilities because he cannot achieve them or they are inappropriate and he keeps those desires which are assets because he can achieve them and they are appropriate; to which state of mind the individual reacts with bad feelings of unhappiness as sadness/anger/fear.

IX. The Functioning of the Human Mind

The human mind functions according to its priorities to achieve its desires and avoid its fears and to experience good feelings as reactions to achieving desires and avoiding fears (positive realizations) and to not experience bad feelings as reactions to not achieving desires and not avoiding fears (negative realizations). Thus, an individual seeks to achieve his desires and avoid his fears according to his priorities and to experience good feelings and to not experience bad feelings.

A concept called **self-esteem** can help us to understand how the human mind works.

Self-Esteem

Self-esteem is an individual's perception of himself and a reaction to his perception of himself.

An individual's **self-esteem** is caused by two components:

1. A *perception of himself* as a realization of his desires, fears and priorities.
2. A *reaction to himself* as a realization of his desires, fears and priorities.

Self-esteem, therefore, is both a perception *of* oneself and a reaction *to* oneself. The self is at all times a realization of its desires, fears and priorities. As a realization, an individual can have a perception of himself and a reaction to that perception. That is, he can have a perception of himself as a realization of his desires, fears and priorities and a feeling (emotion) as a reaction to himself as a realization of his desires, fears and priorities. Self-esteem is a perception and a judgement of oneself.

Self-esteem is another concept of happiness and unhappiness (as sadness, anger and/or fear).

Happiness increases with the increase in the realization of a desire; and happiness increases with the decrease of a desire. In theory, we ought to be able to describe an individual's happiness and self-esteem by means of **mathematical expressions**.

The Mathematical Expression for Self-Esteem

A **mathematical expression** describes self-esteem as the interaction of desires, realizations, and feelings [3]:

$$SE_i = \frac{R_i}{D_i} \times 100\%$$

Where **SE** = Self-Esteem

R = Realization

D = Desire

i = identification number

Example: If Sam has a D_1 /Desire to earn \$1000 and an R_1 /Realization of \$750, then what is his SE_1 ?

$$SE_1 = R_1/D_1 \times 100\% = \$750/\$1000 \times 100\% = .75 \times 100\% = 75\%$$

There will be many desires within each person, and each desire will have its own priority.

A priority could be represented by the letter **P** (**P** = Priority).

We need to find a mathematical expression that could be used for **P**.

First, we could modify the SE_i expression to include a priority, P_i , for the desire, D_i .

$$SE_i = \frac{R_i}{D_i} \times P_i \times 100\%$$

A person's SE_i for D_i and R_i would be modified by P_i . We need to see how.

The total number of desires could be represented by the number **n** (**n** being the last number, **n**, of a series), meaning there would be a total of **n** desires.

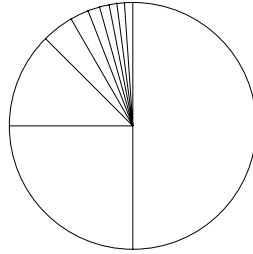
The number 1 can be divided by decimals (such as .005) and yield any number of divisions. The smaller the decimal, the larger the total number of divisions.

If we were to divide the number 1 by **n**, the total **n**-number of desires as person has, and if all priorities were equal, then each desire would have a priority or quality or importance of 1/**n**.

All priorities, $\sum (P_n)$, would sum to 1.00.

The number 1 could be represented visually by a circle.

Theoretically, and mathematically, a circle can be divided into an infinite number of pieces. Infinity inside a circle.



No matter how many desires a person might have, they all could fit into a circle.

Each division of the circle, each piece or slice, represents a desire/fear, and the area of each slice represents the priority of the desire/fear. The higher the priority, the larger the slice. The larger the slice, the higher the priority.

A circle can be represented by the number one, 1.00. All priorities, **P**'s, must sum to 1.00 since all slices of a circle must sum to the circle. $\sum (P_n) = 1.00$.

The SE_i expression can now be modified to include the **n**-number of desires, realizations, and priorities a person might have: The SE_i expression becomes the SE_T expression.

$$SE_T = \left(\frac{R_1}{D_1} \times P_1 \times 100\% \right) + \left(\frac{R_2}{D_2} \times P_2 \times 100\% \right) + \dots + \left(\frac{R_n}{D_n} \times P_n \times 100\% \right)$$

Where **SE** = Self-Esteem

T = Total

R = Realization

D = Desire

P = Priority

n = last number, **n**, in a series

This expression shows that for a large number of desires, **n**-desires, a person will have **n**-realizations, **n**-priorities, and his total self-esteem, SE_T , at any given moment will consist of the sum total of all $SE_i = R_i/D_i \times P_i \times 100\%$. [$SE_T = \sum (SE_i)$.]

The SE_T expression accounts for all desires, fears and priorities an individual may have at any given moment. It shows how he functions, what makes him operate, what motivates him. The changes of physiological realizations will be caused by natural bodily processes and create increases of the priorities of physiological desires and fears, such as the desires for food, liquid, elimination, sleep, etc. The presence of environmental choices for realizing those desires will shape the individual's actions and reactions as he perceives them, as he recognizes which desires and fears they realize, and as he evaluates the extent to which they realize those desires and fears.

To illustrate we can create **Sam**, who has only these three desires: D_1 : To love and be loved by Suzy, his wife; D_2 : To earn \$40,000 a year playing piano; D_3 : To fly his airplane at least 4 hours per month.

- | | |
|---|------------------------------|
| D_1 = To love and be loved by Suzy. | [D_1 = Suzy.] |
| D_2 = To make \$40,000 per year playing the piano for a living. | [D_2 = \$40,000/Yr.] |
| D_3 = To fly his airplane at least 4 hours per month. | [D_3 = Flying 4 Hrs./Mo.] |

Sam loves Suzy very much. She is the most important Person/Object/Event in his life. But she is not the only Person/Object/Event in his life. If she were, his priority for her would be 1.00. Sam also has a desire to make \$40,000 a year playing the piano, and another desire to fly his plane at least four hours a month. Suzy is more important than either making money or flying. Making money is more important than flying. Sam's priorities are:

- P_1 = .50 To love and be loved by Suzy.
 P_2 = .35 To make \$40,000 per year playing the piano for a living.
 P_3 = .15 To fly his airplane 4 hours per month.

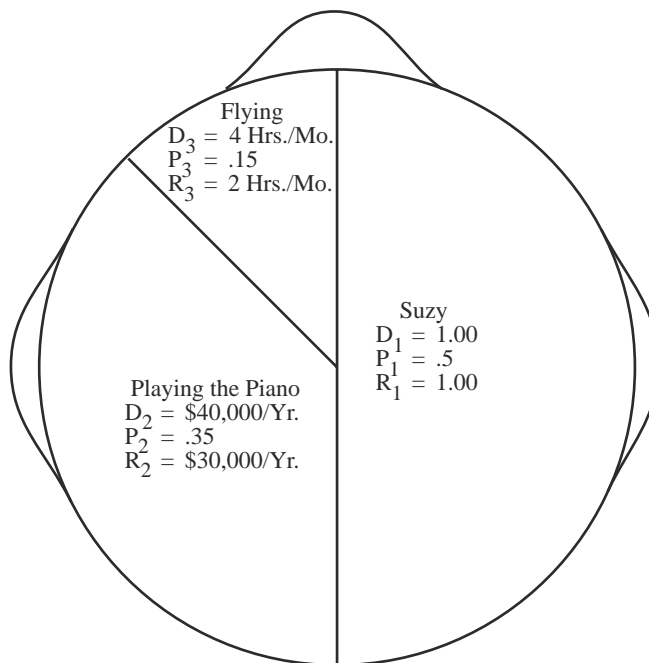
The three priorities would have to sum to 1.00:

0.50
0.35
<u>0.15</u>
1.00

Suzy loves Sam. And he is lucky, because she loves him exactly as he wants her to love him. And he is able to love her exactly as he wants, and, fortunately, as she wants to be loved. For his desire to love and be loved by Suzy, Sam's life seems to be 100%. But life is rarely perfect. Sam makes \$30,000 a year playing piano, not \$40,000. He flies his plane two hours a month, not four hours a month. Sam's realizations are:

- | | |
|---|-------------------------|
| R_1 = 1, Suzy loves Sam. | [R_1 = 1.0: Suzy.] |
| R_2 = \$30,000 per year playing the piano for a living. | [R_2 = \$30,000/Yr.] |
| R_3 = 2 hours per month flying his airplane. | [R_3 = 2 Hrs./Mo.] |

Here is Sam, with his three sets of desires, priorities, and realizations.



If a person has an SE_T of 51%, then he is happy, but if he is only he has an SE_T of 49%, then he is unhappy. Therefore, an SE_T of 50% would represent neutral psychological feelings or emotions.

Happiness and Unhappiness on the Self-Esteem Scale		
Self-Esteem	= 100%	= Strong Feelings of Happiness
Self-Esteem	= 75%	= Weak Feelings of Happiness
Self-Esteem	= 50%	= Neutral Feelings
Self-Esteem	= 25%	= Weak Feelings of Unhappiness
Self-Esteem	= 0%	= Strong Feelings of Unhappiness

If the mathematical expression for the functioning of the mind is ... ,

$$SE_T = (R_1/D_1 \times P_1 \times 100\%) + (R_2/D_2 \times P_2 \times 100\%) + (R_3/D_3 \times P_3 \times 100\%),$$

... then all we need to do is to plug in the numbers to see how well Sam is doing.

$$SE_T = (1/1 \times .5 \times 100\%) + (\$30,000/\$40,000 \times .35 \times 100\%) + (2/4 \times .15 \times 100\%) \\ = 50\% + 26.5\% + 7.5\% = 84\%$$

This means Sam is 84% as happy as he might be if he were to realize all his desires at 100%. If SE_T at 50% is neutral feelings, 49% or less is unhappiness, and 51% or more is happiness, then Sam at 84% is doing all right.

Suzy is important to Sam. His priority for Suzy is high at .50. A change in R_1 would show how devastated he would be and how unhappy he would feel if she left him and his $R_1 = 0.00$.

$$SE_T = (0.00/1 \times .5 \times 100\%) + (\$30,000/\$40,000 \times .35 \times 100\%) + (2/4 \times .15 \times 100\%) \\ = 0.00\% + 26.5\% + 7.5\% = 34\%$$

If an SE_T of less than 50% means unhappiness, then, at $SE_T = 34\%$, Sam is really hurting because Suzy left him.

The expression for total self-esteem (SE_T) shows —

1. That it is not likely a person would ever be 100% happy, but, at the same time,
2. That it is not likely a person would ever be 100% unhappy.

The expression for total self-esteem reveals the secrets to happiness and peace-of-mind:

1. Want what you can have; Do not want what you cannot have.
2. Go where you are wanted; Do not go where you are not wanted.
3. Love those who love you; Do not love those who hate you.
4. Change what you can, accept what you cannot change,
and have the wisdom to know the difference. (Paraphrase of Reinhold Niebuhr.) [7]

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 his 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: Human Nature II

- 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 proactive desires or inappropriate subjective reactive desires.
- VIII. *Mental health* is caused by achievable and appropriate proactive desires and appropriate objective and subjective reactive 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.

