

Operational Psychology: The Basic Theory

Round 4



Robert Howard Kroepel

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Operational Psychology: The Basic Theory

Operational Psychology (OpPsych or OP) is a theory of psychology (the science of the mind, or the science of human behavior [1]) which offers **operational definitions** of important psychological concepts including **mind, behavior, feelings, personality, mental problems, and mental health.**

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.

An **operational definition** defines words which refer to natural phenomena by describing the observations and measurements of the people/things/events who/which are natural phenomena. [2] Children often offer operational definitions when they use sentences such as “_____ (term being defined operationally) is when _____ (descriptions of observations and/or measurements of people/things/events).” For example, a child may define **love** thus: “Love is when someone says they like you and they do nice things for you.” To a child, observing a person saying they like someone and doing nice things for that someone are together a sign of love. Operational definitions can help people understand abstract words in terms of everyday observations and measurements of people/things/events by the five perceptual senses of sight/hearing/touch/smell/taste.

Operational definitions are also defined as definitions which are functional, which work well, which define well the abstract or concrete words used to refer to simple or complex people/things/events.

Operational Psychology is based upon ten basic concepts and principles:

- 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.

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, hedonic/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. [3]

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 2, 3 and 4.
5. **Try the better/best solution.**
6. **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. No alternative solutions, no choices; no choices, no decision. If you have only one solution, then you have no choices, and, therefore, you have no decision.

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.

Decision-making consists of Steps 2, 3 and 4 of The Problem-Solving Process.

The Decision-Making Process

In its most basic form, The Decision-Making Process consists of the following steps:

1. **Look for solutions.** How can the desire be achieved or the fear avoided?
 1. Try “What if ...?” propositions.
 2. Try “Worst Case” propositions.
2. **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.
3. **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 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 proactive desire for a liquid to slake his thirst, and 2. he finds liquids—water, milk or sodas—which can slake his thirst and which are therefore realizations of his proactive desire for a liquid, 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 proactive desire for a romantic interest, and 2. he realizes his proactive desire for a romantic interest by finding an appropriate 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. [Feelings are reactions to realizations of desires and are discussed in detail in the section of **II. Feelings**.]

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* or *particular* 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 (Ach) 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 (nAch)**.

Appropriateness (App) 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 (InApp)**.

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/her/its 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 his 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. John's athletic ability, interest in golf, and political, social, business, and economic interests might be the C/Connections that link him to Jerry's achievement of his [Jerry's] general proactive psychological desire for playing golf with a person who is good at playing golf and who has similar political, social, business, and economic interests.

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 of a Proactive Desire

A **reaction** is an action linked to a realization of a desire or fear. **If** a desire is realized, **then** the individual acts, and this action-linked-to-a-realization is called a reaction. Reactive desires most often are structured as **If ... , then ...!** sentences:

“**If** I achieve my proactive desire, **then** I will take this action/have this reaction!”

“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!”

The Components of a Reaction to a Realization of a Proactive Desire

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

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

Affects

The term **affect** or **affection** is a psychological term used for any kind of feeling. [**Affect/Affection = Feeling.**] [4]

Affective Reactions

An **affective reaction** is a feeling; and a feeling is a reaction to a realization of a desire or a fear. An affective reaction produces an affect, which is a feeling. [Feelings are presented in **II. Feelings.**]

Impulses

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

An **impulse** is a desire linked to a feeling; a desire linked, therefore, to an affection, or to an affective reaction to a realization of a proactive desire. [**Impulse = Desire linked to a feeling.**]

Impulsive Reactions

An **impulsive reaction** is a reaction to a realization of a desire or a fear with an action; an affective reaction and an impulsive reaction are linked to each other by being reactions to realizations of desires or fears.

When an individual develops a feeling as a reaction to a realization of a proactive desire he also develops an impulse as a reaction that is linked to the feeling. When an individual develops a toothache as a 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 and thereby not achieve 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 relieve the feeling of unhappiness.

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

Physiological and Psychological Desires

Desires/fears can be categorized as **physiological desires** and **psychological desires**.

NOTE: Thanks to personal friend and Psychiatric Social Worker (PSW) Oliver Michael (Mike) Siems, Jr., for reminding me of the difference between physiological and psychological desires.

Physiological Desires

Physiological desires are genetic desires, inborn desires, inherited desires, desires inherent in the body, desires which are present at birth, bodily desires, physical desires, organic desires, unlearned desires, involuntary desires, uncontrollable desires.

Physiological desires are unlearned/involuntary/organic wantings for people/things/events an individual can see/hear/touch/smell/taste; physiological fears are unlearned/involuntary not-wantings for people/things/events an individual can see/hear/touch/smell/taste.

What is important concerning physiological desires is that they are unlearned, they are organic (originating in organs) and they are involuntary.

Physiological desires include the following:

1. The desire to survive.
2. The desire for food.
3. The desire for liquids to slake thirst.
4. The desire to eliminate wastes (urination and defecation).
5. The desire for shelter and safety.
6. The desire for warmth against cold.
7. The desire for cooling against heat.
8. The desire for sleep.
9. The desire for companionship.
10. The desire for reproduction.
11. The desire for sex.

The Components of Physiological Desires

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

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

There is no sequence in which physiological desires are developed. Physiological desires are inherent in the organs in which their physiology is located, they are automatic, organic, and therefore have no developmental sequence. The desire to avoid a toothache, nausea from contaminated food or the flu, or pain from a broken arm or leg are all desires inherent in the organs of their physiology—the teeth, the stomach/intestines, the arms and the legs. Physiological desires and fears are the individual's original desires and fears; all other desires and fears—the psychological desires and fears—are learned.

Physiological Proactive Desires

A **physiological proactive desire** is an unlearned desire for a person, object or an event.

Each person, object or event has **general and specific characteristics** which are his/her/its **features that produce benefits** to a person who perceives and desires those characteristics. When an individual desires a person, an object or an event, he desires the features (E/Existence; L/Location; I/Identity; Achievability; Appropriateness; A/Appearance; B/Behavior; C/Connections) of that person, object or event and the benefits he expects to derive from those features.

Physiological proactive desires are unlearned. They are inherent in the physiology of the organs in which they are found.

Physiological General and Specific Proactive Desires

A proactive physiological desire can be **general** or **specific**.

A **general physiological proactive desire** is an unlearned desire for a *generic* person/object/event. Water, milk and sodas are all generic liquids (things) which could satisfy a physiological desire for a liquid.

A **specific physiological proactive desire** is a desire for a *specific* person/object/event. A specific proactive physiological desire is for a one-of-a-kind person/object/event who/which can produce specific physiological benefits to an individual. A cure for a physiological disease may be a specific person/object/event (a specific medical doctor/medicine/medical procedure). A surgical procedure for a heart problem may require the specific doctor who developed the procedure; a cure for malaria may require a specific drug: quinine; a cure for appendicitis may require a specific medical procedure: an appendectomy.

The Realization of a Physiological Proactive Desire

A **realization of a physiological proactive desire** is a person/object/event who/which achieves/does not achieve the proactive physiological desire.

A **positive realization of a physiological proactive desire** is a person/object/event who/which achieves the physiological proactive desire (or avoids a proactive physiological fear).

A **negative realization of a physiological proactive desire** is a person/object/event who/which does not achieve the physiological proactive desire (or does not avoid a proactive physiological fear).

The Reaction to a Realization of a Physiological Proactive Desire

A reaction to a realization of a physiological proactive desire consists of **two components**:

1. A **physiological feeling (affection)**: a **physiological affective reaction**.
2. A **physiological impulse** to react: a **physiological impulsive reaction**.

Physiological Affects

Physiological affects/affections are physical, organic, involuntary, unlearned feelings, often called sensations. Each organ has its own distinctive affects/feelings/sensations for pain from a deficiency, pleasure from satiation, and pain from excess. This is necessary for the purpose of enabling an individual to determine what organs are involved in the sensations resulting from deficiencies, satiations, and excesses; otherwise, an individual would experience sensations without knowing which organs are involved and therefore might not be able to determine what he/she could do to get rid of physical/organic pain or to obtain physical/organic pleasure.

Physiological Affective Reactions

Physiological affective reactions are physical, organic, involuntary, unlearned reactions/sensations to realizations of physiological desires. Physiological affective reactions/sensations are organ specific.

Physiological Impulses

A **physiological impulse** is a physical, organic, involuntary, unlearned, reactive desire for a reaction for reacting to a realization of a physiological (unlearned) desire. If an individual eats contaminated food he will develop a negative physiological affect/feeling/sensation of pain (most likely nausea) and a physiological impulse to react to get rid of the bad food by vomiting and/or getting medical help.

Physiological Impulsive Reactions

A **physiological impulsive reaction** to a realization of a physiological desire is a physical, organic, involuntary, unlearned reaction involving actions to take to get rid of physiological pain or to enjoy physiological pleasure. If an individual eats contaminated food and develops a negative physiological affect/feeling/sensation of pain (most likely nausea) then he will develop a physiological impulsive reaction to get rid of the bad food by vomiting and/or getting medical help.

The Physiological Reactive Desire

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

The Components of a Physiological Reactive Desire

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

1. A **physiological desire** for an **affective reaction**: a physiological feeling or *sensation*.
2. A **physiological desire** for an **impulsive reaction**: a physiological impulse to act or react to a realization.

Physiological desires and fears are the basic desires and fears from which the psychological desires develop in the individual's experience of the interaction of his physiological desires and fears with environmental choices (persons/things/event) who/which could realize (achieve/not achieve) his physiological desires or realize (avoid/not avoid) his physiological fears. Ultimately, all psychological desires must achieve physiological desires and all psychological fears must avoid physiological fears. Thus the people/things/event who/which are the subjects of psychological desires and fears must achieve or avoid the persons/things/events who/which are the subjects of physiological desires and fears.

Here is a summary of the components of a physiological desire:

1. A **Physiological Proactive Desire** for a **Person/Object/Event**:
 1. A **Specific Physiological Proactive Desire** for a **Specific Person/Object/Event**.
 2. A **General Physiological Proactive Desire** for a **Generic Person/Object/Event**.
2. A **Physiological Reactive Desire** for a Reaction to a Realization of a Physiological Proactive Desire:
 1. A **Physiological Reactive Desire for a Physiological Affective Reaction**.
 2. A **Physiological Reactive Desire for a Physiological Impulsive Reaction**.

Physiological proactive desires and physiological reactive desires are linked in pairs. Once a **physiological proactive desire** is realized, its **physiological reactive desire** will be activated.

Physiological Proactive Desire

Proactive = *For Action.*

Proactive Desire = *For Acting to Achieve.*

For Acting to Achieve a Person/Object/Event.

Involuntary, Uncontrollable, Automatic.

Physiological Proactive Desire:

1. **Physiological Specific Proactive Desire.**
2. **Physiological General Proactive Desire.**

Physiological Reactive Desire

Reactive = *For Reaction.*

Reactive Desire = *For Reacting to Achievement.*

For Reacting to Achieving a Person/Object/Event.

Involuntary, Uncontrollable, Automatic.

Physiological Reactive Desire:

1. **Physiological Affective Reaction.**
2. **Physiological Impulsive Reaction.**

Psychological Desires

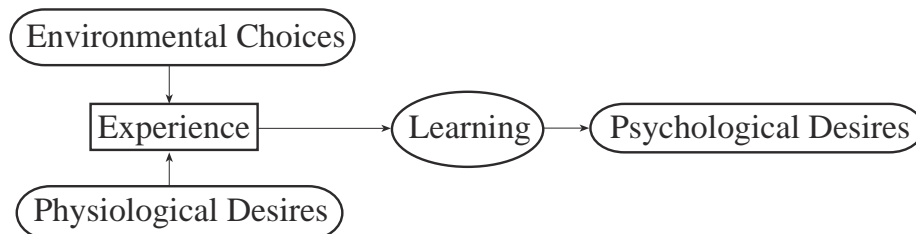
Psychological desires are nongenetic desires, desires not inherent in the body, desires not present at birth, nonphysical desires, mental desires, hedonic desires, learned desires, voluntary desires, controllable desires.

General psychological desires are desires for generic people/things/events who/which achieve physiological desires and avoid physiological fears.

Specific psychological desires are wantings for specific people/things/events who/which can achieve general psychological desires for generic people/things/events who/which can achieve physiological desires and avoid physiological fears.

What is important concerning psychological desires is that they are learned, they are mental (hedonic) and they are voluntary (the individual has considerable control over them).

Psychological desires and fears are learned/develop in the experience of the interaction of physiological desires with environmental choices.



III. **Specific Psychological Desires:** Seven-Up™

II. **General Psychological Desires:** Sodas

<i>Environmental Choices:</i>	<u>Water</u>	<u>Milk</u>	<u>Sodas</u>
		White	Seven-Up™
		Chocolate	Coke™
			Pepsi™

I. **Physiological Desire(s):** To slake thirst.

For example, imagine an individual experiences a physiological desire to slake his thirst. This desire is thus unlearned, involuntary and uncontrollable: he must have liquids to survive.

He experiments with water, milk including white milk and chocolate milk, and sodas including Seven-Up™, Coke™ and Pepsi™.

He learns that he likes sodas in preference to milk, and milk in preference to water. He thus develops a general psychological desire for sodas in preference to milk or water. This general psychological desire for sodas is thus a learned desire, a desire which is voluntary and controllable: he was not born with a desire for sodas and could consume other liquids to slake his thirst and to survive.

He then learns that among the sodas he likes Seven-Up™ in preference to Coke™ or Pepsi™. He thus develops a specific psychological desire for Seven-Up™ among sodas and in preference to milk or water. This specific psychological desire for Seven-Up™ is thus a learned desire, a desire which is voluntary and controllable: he was not born with a desire for Seven-Up™ and could consume other liquids to slake his thirst and to survive.

The development of psychological desires from experiments with environmental choices who/which could satisfy physiological desires suggests an **hierarchy of Proactive desires**:

The Hierarchy of Proactive Desires

- III. **Specific Psychological Desires:** For Specific People/Things/Events.
- II. **General Psychological Desires:** For Generic People/Things/Events.
Environmental Choices: People/Things/Events who/which satisfy Physiological Desires.
- I. **Physiological Desires:** For necessary People/Things/Events.

The Components of a Psychological Desire

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

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

When an individual develops a learned, psychological specific or general proactive desire for a person, an object or an event at the same time he assigns a psychological reactive desire which is to control how he will react to achieving or not achieving the proactive desire. When an individual develops a desire for earning \$1000 next week he assigns to it a reactive desire that will control how he will react to earning \$1000, which would be a positive realization of his proactive desire, and another reactive desire that will control how he will react to earning less than \$1000, which would be a negative realization of his proactive desire. We thus see that a realization could be positive if the individual achieves his proactive desire or negative if he does not achieve his proactive desire, and thus where a proactive desire is a desire for a person, an object or an event a reactive desire is a desire for reacting to a realization of a proactive desire.

Psychological Proactive Desires

A **psychological proactive desire** is a learned desire for a person, object or an event.

Each person, object or event has **general and specific characteristics** which are his/her/its **features that produce benefits** to another person who perceives and desires those characteristics. When an individual desires a person, an object or an event, he desires the features of that person, object or event and the benefits he expects to derive from those features.

A psychological proactive desire is a learned desire, a desire learned in the experiences of the interactions of physiological desires with environmental choices.

Psychological General and Specific Proactive Desires

A proactive psychological desire can be **general** or **specific**.

A **psychological general proactive desire** is a desire for a generic person/object/event who/which could satisfy a physiological desire. Water, milk and sodas are all generic liquids (objects) which could satisfy a physiological desire for a liquid. A desire for a soda for satisfying a physiological desire for a liquid to drink is a general proactive psychological desire.

A **psychological specific proactive desire** is a desire for a specific person/object/event who/which could satisfy a general proactive psychological desire which, in turn, could satisfy a physiological desire. Seven-Up™, Pepsi™ and Coca-Cola™ are specific liquids (objects) which could satisfy a physiological desire for a liquid. A desire for a Seven-Up™ would be a psychological specific proactive desire for satisfying a psychological general proactive desire for a soda for satisfying a physiological desire for a liquid to drink.

The Realization of a Psychological Proactive Desire

A **realization** of a psychological proactive desire is an achievement or nonachievement of a psychological proactive desire.

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

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

The Reaction to a Realization of a Psychological Desire

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

1. A **feeling (affection)**: a **psychological affective reaction**.
2. An **impulse** to react: a **psychological impulsive reaction**.

Psychological proactive desires and psychological reactive desires are linked in pairs. Once a psychological proactive desire is created it will be linked to a psychological reactive desire. Once a **psychological proactive desire** is realized, its **psychological reactive desire** will be activated.

Psychological Affects

Psychological affects/affections are mental, hedonic, voluntary, learned feelings most often called emotions. Psychological affects include the emotions of happiness and unhappiness as sadness, anger, and/or fear. Emotions are not specific to organs. They are generalized reactions to realizations of learned desires (psychological desires). No matter what the origins of a psychological desire or fear, the psychological affects/emotions are happiness or unhappiness as sadness/anger/fear.

Psychological Affective Reactions

Psychological affective reactions are mental, hedonic, voluntary, learned reactions/emotions to realizations of psychological desires. The psychological affective reactions include happiness and unhappiness as sadness, anger and/or fear. The psychological affective reactions/emotions are not organ specific but, instead, are generalized reactions to realizations of learned desires and/or fears (psychological desires/fears).

Psychological Impulses

Psychological impulses are psychological general and specific reactive desires for reactions for reacting to realizations of psychological (learned, voluntary) desires. If an individual is loved by someone he loves, then he may develop a positive psychological feeling (emotion) of happiness and a positive/constructive psychological impulse to celebrate—most likely with the person who loves him. If an individual is rejected by someone he loves, then he may develop a negative psychological feeling (emotion) of anger and a negative/destructive psychological impulse to act to give up hope/become depressed, to attack himself and/or someone else—perhaps the person who rejected him, or/and to run away from himself [self-denial] and someone else—perhaps the person who rejected him.

Psychological Impulsive Reactions

A **psychological impulsive reaction** to a realization of a psychological desire is a mental, hedonic, voluntary, learned reaction involving actions to take to get rid of emotions of unhappiness [psychological pain] as sadness, anger or/and fear or to enjoy emotions of happiness [psychological pleasure]. If an individual is rejected by someone he loves and develops a negative psychological feeling/emotion of unhappiness as sadness/anger/fear, then he may develop a negative/destructive impulsive reaction to act to give up hope/ become depressed, attack himself and/or someone else, or/and to run away from himself [self-denial] or someone else—perhaps the person who rejected him. If an individual is loved by someone he loves and develops a positive psychological feeling/emotion of happiness, then he may develop a positive/constructive psychological impulsive reaction to celebrate—most likely with the person who loves him.

The Psychological Reactive Desire

A **psychological reactive desire** is a desire for reacting to a realization of a psychological proactive desire. Most people are familiar with reacting to achieving a desire with a feeling of happiness and an impulse to celebrate; or, worse, with reacting to not achieving a desire with a feeling of unhappiness as sadness, anger and/or fear and an impulse to give up hope, attack oneself or/and someone or something else, or/and to run away from oneself or/and someone or something else. If an individual wants to earn \$1000 this week and he achieves that desire by actually earning \$1000 or more, then he is likely to react with a feeling of happiness and an impulse to celebrate; but if he does not achieve that desire because he actually earns only \$750 or less, then he is likely to react with a feeling of unhappiness as sadness, anger and/or fear and an impulse to give up hope, to attack himself or/and someone or something else, or to run away from himself or/and someone or something else. Thus a reaction to a realization is caused by a psychological desire, a psychological reactive desire, a desire to react to a positive realization with a positive emotional reaction of happiness and a positive/constructive impulsive reaction to celebrate or a desire to react to a negative realization with a negative emotional reaction of unhappiness and a negative/destructive impulsive reaction to give up, attack someone or run away from someone.

The Components of a Psychological Reactive Desire

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

1. A **psychological desire for an affective reaction**: a psychological feeling or *emotion*.
2. A **psychological desire for an impulsive reaction**: a psychological desire to react to a realization.

An emotional reaction is a reaction to a positive or negative realization of a psychological general or specific proactive desire. In reactive desires, emotional reactions are caused by desires. An emotional reaction of happiness, or unhappiness as sadness, anger and/or fear is caused by a desire. Without a preceding reactive desire an emotional reaction could not occur.

An impulsive reaction is an action initiated in reacting to a positive or negative realization of a psychological general or specific proactive desire. In reactive desires, impulsive reactions are caused by desires. A negative/destructive impulsive reaction to give up, attack oneself or someone else or to run away from someone else is caused by a desire; likewise, a positive/constructive impulsive reaction to cooperate with oneself or with someone else, to negotiate differences of desires (conflicts) within oneself or with someone else, or to initiate the problem-solving and decision-making processes is caused by a desire. Without a preceding reactive desire an impulsive reaction could not occur.

Psychological proactive desires and psychological reactive desires are linked. Whenever a psychological proactive desire is formed a psychological reactive desire is assigned to it.

Psychological Proactive Desire

Proactive = *For Action.*

Proactive Desire = *For Acting to Achieve.*

For Acting to Achieve a Person/Object/Event.

Voluntary, Controllable, Non-Automatic.

Psychological Proactive Desire:

1. **Psychological Specific Proactive Desire.**
2. **Psychological General Proactive Desire.**

Psychological Reactive Desire

Reactive = *For Reaction.*

Reactive Desire = *For Reacting to Achievement.*

For Reacting to Achieving a Person/Object/Event.

Voluntary, Controllable, Non-Automatic.

Psychological Reactive Desire:

1. **Psychological Affective Reaction.**
2. **Psychological Impulsive Reaction.**

Here is a summary of the components of a psychological desire:

1. A **Psychological Proactive Desire** for a Person/Object/Event.
 1. A **Psychological Specific Proactive Desire** for a **Specific Person/Object/Event.**
 2. A **Psychological General Proactive Desire** for a **Generic Person/Object/Event.**
2. A **Psychological Reactive Desire** for Reacting to a Realization of a Psychological Proactive Desire.
 1. A **Psychological Reactive Desire for a Psychological Affective Reaction.**
 2. A **Psychological Reactive Desire for a Psychological Impulsive Reaction.**

The Two Psychological Reactive Desires

An individual has **two choices for reacting to realizations of psychological proactive desires:**

1. The **psychological objective reactive desire.**
 1. The psychological desire for positive self-control of a psychological affective reaction.
 2. The psychological desire for a positive (constructive) psychological impulsive reaction.
2. The **psychological subjective reactive desire.**
 1. The psychological desire for negative (no) self-control of a psychological affective reaction.
 2. The psychological desire for a negative (destructive) psychological impulsive reaction.

NOTE: My thanks to Dr. Marshall B. Rosenberg, Ph. D., Psychology, for the suggestion that the two psychological reactive desires are reacting objectively and reacting subjectively.

The Choices among the Psychological Reactive Desires

Reactive desires are reactions to realizations of desires. Realizations of desires could be **positive or negative**, therefore **reactive desires** are **desires for reacting to positive or negative realizations**.

There is only one **psychological reactive desire for reacting to a positive realization of a psychological proactive desire**—the **positive psychological subjective reactive desire**.

The **positive psychological subjective reactive desire** consists of —

1. A **psychological desire for a positive affective/emotional reaction** of happiness.
2. A **psychological desire for a positive impulsive/voluntary reaction** to celebrate.

There are **two possible psychological reactive desires for reacting to a negative realization of a psychological proactive desire**:

1. A **negative psychological subjective reactive desire** which consists of —
 1. A **desire for negative self-control of a negative affective reaction of *unhappiness***:
 1. **Sadness** from a perception of a loss or of no hope of achieving a proactive desire.
 2. **Anger** from a perception of a violation of a desire involved in an expectation, a promise, a contract, a law, or an ethic.
 3. **Fear** from a perception of a threat to a desire involved in a loss, an accident, an injury, an illness, or a mental, verbal or physical attack.
 2. A **desire for negative self-control of a negative/destructive impulsive reaction**:
 1. **Sadness: To give up** any hope of achieving the proactive desire.
 2. **Anger: To attack** Self/Other(s).
 3. **Fear: To run away** from Self/Other(s).
2. A **positive psychological objective reactive desire** which consists of —
 1. A **desire for positive self-control of a negative affective reaction of *unhappiness***:
 1. **Sadness** from a perception of a loss or of no hope of achieving the proactive desire.
 2. **Anger** from a perception of a violation of a desire involved in an expectation, a promise, a contract, a law, or an ethic.
 3. **Fear** from a perception of a threat to a desire involved in a loss, an accident, an injury, an illness, or a mental, verbal or physical attack.

NOTE: The lines such as those drawn through **sadness**, **anger**, and **fear** mean that these negative affective reactions/emotional reactions exist within the individual but are controlled by the positive psychological objective reactive desire.

2. A **desire for positive self-control of a positive/constructive impulsive reaction**:
 1. To **cooperate** with oneself or someone else to achieve the proactive desire.
 2. To **negotiate common proactive desires** within oneself or with someone else.
 3. To **initiate the problem-solving and decision-making processes**.

NOTE: No negative psychological objective reactive desire is known to exist nor expected to be known to exist.

The positive/constructive impulsive reaction of a positive psychological objective desire involves cooperating with oneself or with other people to negotiate proactive desires and to initiate the problem-solving and decision-making processes necessary to begin the process of achieving the resulting negotiated proactive desires. This process of cooperation/negotiation/achieving the resulting negotiated proactive desires is the result of an objective reactive desire for self-control and not the result of a subjective reactive desire for no self-control. Negative emotional reactions to negative realizations of proactive desires are more likely than not to happen [some people are very objective and do not develop negative emotions], but they can be controlled, and self-control is what controls them.

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

For a **positive psychological objective reactive desire** for reacting to **negative realizations** of psychological 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

A **sensation** is a physiological reaction to a realization of a physiological desire (or fear).

Sensations are experienced along a **Pain-Pleasure-Pain Continuum**:

Continuum of Sensations [Physiological Feelings]

Pain (Deficiency)	---	Pleasure (Satiation)	---	Pain (Excess)
-----------------------------	-----	--------------------------------	-----	-------------------------

Pain is experienced as a reaction to a deficiency (Ex.: not enough water) or as a reaction to an excess (Ex.: too much water); **pleasure** is experienced as satiation (satisfaction) (Ex.: enough water).

Physiological feelings or sensations consist of **affective reactions** and **impulsive reactions**.

Deficiency:	Affective Reaction:	The Sensation of Pain!
	Impulsive Reaction:	Get rid of the Pain!
Satiation:	Affective Reaction:	The Sensation of Pleasure!
	Impulsive Reaction:	Enjoy the Pleasure!!!
Excess:	Affective Reaction:	The Sensation of Pain!
	Impulsive Reaction:	Get rid of the Pain!

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.

Psychological Feelings: Emotions

An **emotion** is a psychological reaction to a realization of a psychological desire (or fear). Emotions are experienced along an **Happiness-Unhappiness Continuum**:

Continuum of Emotions [Psychological Feelings]

Happiness (Achieve Desires/Avoid Fears)	---	Unhappiness (Do Not Achieve Desires/Avoid Fears)
		<i>Sadness: Perception of a loss or no hope of achieving a proactive desire.</i>
		<i>Anger: Perception of a violation of an expectancy, a promise, a contract, a law, or an ethic.</i>
		<i>Fear: Perception of a threat of a loss, an accident, an injury, or a verbal or/and physical attack.</i>

Happiness is experienced as a reaction to the achievement of a psychological desire (Ex.: for sodas; for Seven-Up™); unhappiness is experienced as a reaction to the nonachievement of a psychological desire (Ex.: no sodas; no Seven-Up™); sadness is experienced as a reaction to an actual loss or to no hope of achieving a desire (Ex.: loss of water; no hope of sodas; no hope of Seven-Up™) and is linked to an impulse to give up hope; anger is experienced as a reaction to a violation or frustration of an expectation (Ex.: of water; of a soda; of Seven-Up™), a promise (Ex.: of water; of a soda; of Seven-Up™), a contract, a law, or an ethic and is linked to an impulse to attack someone or something including oneself or someone else; fear is experienced as a reaction to a threat of a loss, an accident, an injury, an illness, a genetic defect, or a verbal or physical attack and is linked to an impulse to run away from someone or something including oneself or someone else.

Psychological feelings or emotions consist of **affective reactions** and **impulsive reactions**:

Happiness:	Affective Reaction:	The emotion of happiness.
	Impulsive Reaction:	To celebrate!!!
Unhappiness: Sadness:	Affective Reaction:	The emotion of sadness.
	Impulsive Reaction:	To give up hope.
Anger:	Affective Reaction:	The emotion of anger.
	Impulsive Reaction:	To attack oneself or someone or something else.
Fear:	Affective Reaction:	The emotion of fear.
	Impulsive Reaction:	To run away from oneself or someone or something else.

III. The Developmental Sequence of Feelings

Feelings develop in a sequence of 1. Desire; 2. Realization; 3. Feeling.

This is called the **Developmental Sequence of Feelings** or the **Desire/Realization/Feeling Sequence (D/R/F Sequence)**:

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

The D/R/F sequence shows the connection or link between desires and feelings:

1. Desires cause feelings; feelings are caused by desires.
2. Feelings cannot develop without preceding desires.
3. Good feelings are reactions to achievements of desires or avoidances of fears; bad feelings are reactions to nonachievements of desires or nonavoidances of fears.
4. Good feelings can be experienced by achieving desires and avoiding fears; bad feelings can be experienced by not achieving desires and not avoiding fears.
5. Bad feelings can be reduced or terminated by desiring less or achieving more; by reducing or getting rid of the preceding desire or by achieving more of the desired persons/things/events.

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. Proactive desires, reactive desires, affective reactions and impulsive reactions can be added to the basic D/R/F sequence to create an extended D/R/F sequence which will give 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.] |

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*.

Proactive Desire:

1. **Specific Proactive Desire.**
2. **General Proactive Desire.**

Reactive Desire

For Reaction.

For Reacting to *Achieving a Person/Object/Event*.

Reactive Desire:

1. **Affective Reaction.**
2. **Impulsive Reaction**

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 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 a person/object/event who/which could be or otherwise are realizations of proactive desires and proactive fears.

Misrecognitions are not determining which proactive desire(s) and/or fear(s) is/are being realized by the person/object/event who/which is the realization.

Misevaluations are not determining the extent (degree) to which a person/object/event who/which is a realization achieves/does not achieve the proactive desire(s) or avoids/does 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 D/R/F sequence can be specifically labeled for the physiological feelings or sensations:

Desire/Realization/Feeling:Sensation or D/R/F:S

1. **Desire:** _____ (?) [Person/Object/Event Wanted.]
2. **Realization:** _____ (?) [Person/Object/Event Achieved/Not Achieved.]
3. **Feeling:** Sensation (?) [Organic Reaction to the Realization of the Desire.]

To the D/R[P:R:E]/F:S sequence proactive desires and reactive desires can be added.

1. **Physiological Desire:** _____ (?) [Person/Object/Event Wanted.]
 1. **Physiological Proactive Desire:** _____ (?) [Person/Object/Event Wanted.]
 1. Physiological Specific Proactive Desire: _____ (?) [Specific Person/Object/Event Wanted.]
 2. Physiological General Proactive Desire: _____ (?) [Generic Person/Object/Event Wanted.]
 2. **Physiological Reactive Desire:** _____ (?) [For reacting to a Realization of the Proactive Desire.]
 1. Physiological Affective Reaction: _____ (?) [Sensational Reaction to a Realization of the Proactive Desire.]
 2. Physiological Impulsive Reaction: _____ (?) [Involuntary Reaction to a Realization of the Proactive Desire.]
2. **Physiological Realization:** _____ (?) [Person/Object/Event Achieved/Not Achieved.]
 1. **Perception.** [Perceive the Person/Object/Event Who/Which Is the Realization.]
 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. **Physiological Feeling:** _____ (?) [Organic Reaction to the Realization of the Desire.]
 1. **Physiological Affective Reaction:** Sensation (?) [Organic Reaction to the Realization of the Proactive Desire.]
 1. **Pain** from a Deficiency.
 2. **Pleasure** from a Satisfaction.
 3. **Pain** from an Excess.
 2. **Physiological Impulsive Reaction:** _____ (?) [Involuntary Reaction to the Realization of the Proactive Desire.]
 1. Deal with Pleasure: Enjoy!!!
 2. Deal with Pain:
 1. Get more persons/object/events to *overcome a deficiency*.
 2. Get rid of persons/things/events to *overcome an excess*.

The D/R/F sequence can be specifically labeled for the psychological feelings or emotions:

Desire/Realization/Feeling:Emotion or D/R/F:E

1. **Desire:** _____ (?) [Person/Object/Event Wanted.]
2. **Realization:** _____ (?) [Person/Object/Event Achieved/Not Achieved.]
3. **Feeling:** Emotion (?) [Hedonic Reaction to the Realization of the Desire.]

The D/R[P:R:E]/F:E sequence can be enhanced by adding proactive and reactive psychological desires.

1. **Psychological Desire:** _____ (?) [Person/Object/Event Wanted.]
 1. **Psychological Proactive Desire:** _____ (?) [Person/Object/Event Wanted.]
 1. Psychological Specific Proactive Desire: _____ (?) [Specific Person/Object/Event Wanted.]
 2. Psychological General Proactive Desire: _____ (?) [Generic Person/Object/Event Wanted.]
 2. **Psychological Reactive Desire:** _____ (?) [For Reacting to a Realization of the Proactive Desire.]
 1. **If the Realization is *positive* (the Psychological Proactive Desire is *achieved*) then ... :**
 - * **Positive Self-Control: Positive Psychological Subjective Reactive Desire:**
 1. Positive Self-Control of Positive Emotional Affective Reaction(s): Happiness!!!
 2. Positive Self-Control of Positive Voluntary Impulsive Reaction(s): Celebrate!!!
 - 2. **If the Realization is *negative* (the Psychological Proactive Desire is *not achieved*) then ... :**
 1. **Positive Self-Control: Positive Psychological Objective Reactive Desire:**
 1. **Positive Self-Control of Negative Emotional Affective Reactions:**
 1. **Sadness:** From a perception of an actual loss or of no hope of achieving the proactive desire.
 2. **Anger:** From a perception of a violation (frustration) of an expectation, a promise, a contract, a law, or an ethic.
 3. **Fear:** From a perception of a threat of a loss, accident, injury, illness, or a verbal, mental or physical attack.
 2. **Positive Self-Control of Positive (Constructive) Voluntary Impulsive Reaction(s):**
 1. **Cooperate** with Self/Other(s).
 2. **Negotiate** with Self/Other(s).
 3. **Initiate** Problem-Solving and Decision-Making.
 2. **Negative Self-Control: Negative Subjective Reactive Psychological Desire:**
 1. **Negative (No) Self-Control of Negative Emotional Affective Reactions:**
 1. **Sadness:** From a perception of an actual loss or of no hope of achieving the proactive desire.
 2. **Anger:** From a perception of a violation (frustration) of an expectation, a promise, a contract, a law, or an ethic.
 3. **Fear:** From a perception of a threat of a loss, accident, injury, illness, or a verbal, mental or physical attack.
 2. **Negative (No) Self-Control of Negative (Destructive) Voluntary Impulsive Reaction(s):**
 1. **Sadness:** Give up hope; become depressed.
 2. **Anger:** Attack Self/Other(s).
 3. **Fear:** Run Away from Self/Other(s).
 4. **Do Not Initiate** Problem-Solving and Decision-Making.
2. **Psychological Realization:** _____ (?) [Person/Object/Event Achieved/Not Achieved.]
 1. **Perception.** [Perceive the Person/Object/Event Who/Which is the Realization.]
 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. **Psychological Feeling: Emotion** (?) [Hedonic Reaction to the Realization of the Desire.]
 1. **If the Realization is *positive*, then ... :**
 - * **Positive Self-Control: Positive Psychological Subjective Reaction:**
 1. Positive Self-Control of Positive Emotional Affective Reaction: Happiness!!!
 2. Positive Self-Control of Positive Voluntary Impulsive Reaction: Celebrate!!!
 2. **If the Realization is *negative*, then ... :**
 1. **Positive Self-Control: Positive Psychological Objective Reaction:**
 1. Positive Self-Control of Negative Emotional Affective Reactions: Sadness/Anger/Fear.
 2. Positive Self-Control of Positive Voluntary Impulsive Reactions: Cooperate/Negotiate/Initiate Problem-Solving and Decision-Making.
 2. **Negative (No) Self-Control: Negative Psychological Subjective Reaction:**
 1. Negative (No) Self-Control of Negative Emotional Affective Reactions: Sadness/Anger/Fear.
 2. Negative (No) Self-Control of Negative Voluntary Impulsive Reactions: Give Up/Attack/Run Away/Do Not Initiate Problem-Solving or Decision-Making.

* Negative psychological objective reactive desires theoretically seem improbable if not impossible.

Basic Emotional Reactions (Basic Emotions)

An individual experiences **four basic emotions**—happiness, sadness, anger, and fear. [5]

Perceptions Which Trigger Basic Emotions

In general, certain perceptions trigger the basic emotions.

Perception: *Achievement of a proactive desire* (or avoidance of a proactive fear).

Emotion: *Happiness.*

Perception: *Actual loss or no hope* of achieving a proactive desire.

Emotion: *Sadness.*

Perception: *Violation/Frustration* of an expectancy, a promise, a contract, a law, or an ethic.

Emotion: *Anger.*

Perception: *Threat* of a loss, accident, injury, illness, or a verbal, mental or physical attack.

Emotion: *Fear.*

Terms Used for Basic Emotional Reactions (Basic Emotions)

Because there are only four basic emotions—happiness, sadness, anger, and fear, the **terms** people use to label the basic emotional reactions fall into **three categories**:

1. **Synonyms** of the basic emotions.

Examples:

Happiness: **Synonyms:** Contentment, joy, ecstasy.

Sadness: **Synonyms:** Dejection, depression,

Anger: **Synonyms:** Irritation, rage.

Fear: **Synonyms:** Anxiety, terror.

2. **Combinations** of the basic emotions.

Examples:

Disgust: **Basic Emotions:** Fear and Anger.

Shame: **Basic Emotions:** Sadness and Fear.

Embarrassment: **Basic Emotions:** Fear and Anger.

3. **Situations** to which people react with basic emotions or combinations of basic emotions.

Examples: NOTE: P/T/E = Person/Object/Event.

Love: **Situation:** Finding a person to love: **Basic Emotion:** Happiness.

Hate: **Situation:** Finding a person to hate: **Basic Emotion:** Anger.

Frustration: **Situation:** Not achieving desires: **Basic Emotions:** Sadness/Anger/Fear.

Anticipation: **Situation:** Expecting a good P/T/E: **Basic Emotion:** Happiness

Situation: Expecting a bad P/T/E: **Basic Emotions:** Sadness/Anger/Fear.

Surprise: **Situation:** Seeing unexpectedly
a good P/T/E: **Basic Emotion:** Happiness.

Situation: Seeing unexpectedly
a bad P/T/E: **Basic Emotions:** Sadness/Anger/Fear.

Guilt: **Situation:** Not achieving —
an expectation,
a promise, a contract,
a law, or an ethic
involving another person: **Basic Emotions:** Anger at Self,
Sadness (Loss).

Comparing Physiological Feelings and Psychological Feelings

Many differences can be found between physiological feelings and psychological feelings.

These are the important differences:

1. Physiological feelings are reactions to realizations of physiological desires; psychological feelings are reactions to realizations of psychological desires.
2. Physiological feelings are automatic and are therefore uncontrollable reactions; psychological feelings are not automatic and are therefore controllable reactions.
3. Physiological feelings are organic (originate in specific organs) and are therefore organ specific: a toothache has a different origin and sensation than nausea; psychological feelings are hedonic (originate in the brain) and are therefore not organ specific: all feelings of happiness have the same origin, and all feelings of unhappiness as sadness, anger and/or fear have the same origins.
4. Physiological feelings can be observed and measured in quality as well as quantity: feelings of nausea are experienced as the peculiar sensation which is the quality characteristic of nausea and the quantity of being strong, mild or weak nausea; psychological feelings can be observed in quality only in the fact that although an emotion will be of one of only four qualities—happiness, sadness, anger, fear, once its quality is identified an emotion can only be observed and measured in quantity: feelings of happiness all share the same peculiar emotion which is the quality characteristic of happiness and thus can only be measured in the quantity of strong, mild or weak happiness; likewise, feelings of sadness all have one quality but different quantities, emotions of anger all have one quality but different quantities, and emotions of fear all have one quality but different quantities.

The differences between physiological feelings and psychological feelings can be emphasized by comparing them directly.

Physiological Feelings (Sensations)

Reactions to realizations
of physiological desires.

Physical; Sensations; Sensational Reactions.

Unlearned, genetic, inborn.

Automatic: Uncontrollable Reactions.

Organic—Organ Specific—In Organs.

Differ in quality and quantity.

Pain—From an organic deficiency.

Pleasure—From an organic satiation (satisfaction)

Pain—From an organic excess.

Psychological Feelings (Emotions)

Reactions to realizations
of psychological desires.

Mental; Emotions; Emotional Reactions.

Learned, not genetic, not inborn.

Not Automatic: Controllable Reactions.

Hedonic—Not Organ Specific—In The Brain.

Differ only in quantity.

Happiness: Perception of an achievement of a proactive desire.

Sadness: Perception of an actual loss or of no hope
of achieving a proactive desire.

Anger: Perception of a violation or frustration
of an expectation, a promise, a contract,
a law, or an ethic.

Fear: Perception of a threat of a loss, an accident,
an injury, an illness, or a verbal, mental
or physical attack.

Perceptions and Emotions Linked to Psychological Impulses

Certain perceptions are linked to the basic emotions and impulses found in reactive desires.

Perception: *Achievement of a proactive desire* (or avoidance of a proactive fear).

Emotion: *Happiness.*

Impulse: *Celebrate!*

Perception: *Actual loss* or *no hope* of achieving a proactive desire.

Emotion: *Sadness.*

Impulse: *Give up*; become depressed.

Perception: *Violation/Frustration* of an expectancy, a promise, a contract, a law, or an ethic.

Emotion: *Anger.*

Impulse: *Attack* oneself or someone or something else.

Perception: *Threat* of a loss, accident, injury, illness, genetic defect, or a verbal, mental or physical attack.

Emotion: *Fear.*

Impulse: *Run away* from oneself or someone or something else.

Perceptions, emotions and impulses are linked in reactive desires. The perception of an achievement of a proactive desire will trigger the emotion of happiness and the impulse to celebrate. The perception of an actual loss or of no hope of achieving a proactive desire will trigger the emotion of sadness and the impulse to give up. The perception of a violation of an expectation, a promise, a contract, a law, or an ethic will trigger the emotion of anger and the impulse to attack. The perception of a threat of a loss, accident, injury, illness or a verbal, mental or physical attack will trigger the emotion of fear and the impulse to run away.

Comparing Physiological Impulses and Psychological Impulses

Physiological Impulses

Linked to physiological feelings/sensations.

Physical.

Unlearned, genetic, inborn.

Involuntary; Involuntary Reactions.

Automatic: Uncontrollable Reactions.

Organic—Organ Specific—In Organs.

Pain—From an organic deficiency.

Pleasure—From an organic satiation (satisfaction).

Pain—From an organic excess.

Psychological Impulses

Linked to psychological feelings/emotions.

Mental.

Learned, not genetic, not inborn.

Voluntary; Voluntary Reactions.

Non-Automatic: Controllable Reactions.

Hedonic—Not Organ Specific—In the Brain.

Happiness: Celebrate!

Sadness: Give up hope; Depression.

Anger: Attack Self/Other(s).

Fear: Run Away from Self/Other(s).

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.

Determining Proactive Desires

What proactive desires do people have?

What do we know of proactive desires?

We know that proactive desires concern wanting people/things/events.

Can we find methods for helping to determine the proactive desires people have?

The following sections offers suggestions for determining the proactive desires individuals have.

The LIFE/Body, LOVE/People, LABOR/Work, and LEISURE/Fun Chart

Sigmund Freud suggested that individuals' desires can be fit into the categories of **Love** and **Labor**. [6]

In OpPsych, the desires of individuals can be categorized as **LIFE/Body**, **LOVE/People**, **LABOR/Work**, and **LEISURE/Fun**.

LIFE/Body is the category of desires concerning an individual's physiology including his biology, his chemistry, and his physics.

LOVE/People is the category concerning an individual's relationships with other people, especially those who are important to him.

LABOR/Work is the category concerning an individual's vocation—what he does to make money and thus earn a living.

LEISURE/Fun is the category concerning an individual's avocation(s)—what he does for recreational activities, hobbies, etc., when he has time not devoted to LIFE/Body, LOVE/People or LABOR/Work.

There is a **creative sequence** through which people usually move when they are generating ideas and making them happen.

Fantasies are ideas, dreams concerning people/things/events the individual wants.

Thoughts are the internal activity the individual conducts to begin the process of making the fantasies realities. In the thought process the individual begins to create desires and to evaluate those desires in terms of how realistic they are, how achievable and/or appropriate they are. In addition, the desires are assigned priorities.

Conversations are the discussions with other people an individual may undertake in order to brainstorm and get information and/or other ideas which might facilitate making real the fantasies and thoughts. This step is not always used. Some people jump from thoughts to actions without conversations.

Actions are the attempts the individual makes to achieve his desires which have resulted from his fantasies, thoughts and conversations.

<i>Desires, Fears and Priorities</i>	LIFE/Body	LOVE/People	LABOR/Work	LEISURE/Fun
Fantasies				
Thoughts				
Conversations				
Actions				

Once the proactive desires for each category have been found, we can observe the individual's behavior to determine what are his/her reactive desires. The individual may not be able to tell us what is his reactive desire for any particular proactive desire, but by observing his behavior we can determine if his reactive desire is either the subjective reactive desire or the objective reactive desire.

The Significant People Chart

Because people are the most important things to an individual, and besides his relationship to himself, relationships with other people are the most important events to an individual, we can create a **Significant People Chart** to help list the individual's Significant People and his proactive and reactive desires concerning each of his/her Significant People.

Significant People				
Name	Relationship	<i>Desires, Fears and Priorities</i>	Realization	Feeling

The F/R/D Sequence

The developmental sequence of desires, the Desire/Realization/Feeling Sequence or D/R/F Sequence, can be used to determine an individual's proactive desires as the F/R/D Sequence.

The D/R/F sequence is usually presented thus:

1. **Desire:** _____ (?) [Person/Object/Event Wanted.]
2. **Realization:** _____ (?) [Person/Object/Event Gotten.]
3. **Feeling:** _____ (?) [Reaction to the Realization of the Desire.]

When we are trying to determine an individual's proactive desires, we can run the D/R/F sequence backwards as F/R/D:

1. **Feeling:** _____ (?) [Reaction to the Realization of the Desire.]
2. **Realization:** _____ (?) [Person/Object/Event Gotten.]
3. **Desire:** _____ (?) [Person/Object/Event Wanted.]

If we run the D/R/F sequence backwards as Feeling/Realization/Desire (F/R/D), what we are most likely to determine first (1) is the individual's feeling as a reaction to the realization of the proactive desire: happiness vs. unhappiness as sadness/anger/fear; next (2) we will know the individual's realization: the person/object/event gotten; and then (3) we can begin to determine the individual's proactive desire.

If a person is expressing happiness (specifically, the emotion of happiness) and is celebrating, then we know he has achieved his proactive desire (or avoided his proactive fear), and most likely he will be willing to tell us what his proactive desire is. Most people are well aware of achieving proactive desires as the reason for feeling happy and for celebrating, and most people will be able to tell us quickly what proactive desires they have achieved. Success is success, and most people have no problem identifying all the elements of the D/R/F (F/R/D) sequence that is producing the happy feelings.

But if a person is expressing unhappiness (specifically, the emotions of sadness, anger and/or fear), giving up/depressed, attacking himself or someone else, and/or running away from himself or someone else, then we know he has not achieved his proactive desire (or avoided his proactive fear), and we can begin the process of determine what is his proactive desire. Failure is failure, and most people have a problem dealing with failure, and thus they may not be ready, willing and able to identify

all the parts of the D/R/F (F/R/D) sequence that is producing the unhappy feelings. Many if not most people may be reluctant to discuss their failures with themselves or with other people. They therefore may not be ready, willing and able to identify their proactive and reactive desires. They may be more ready, willing and able to identify their negative feelings (this is not easy for some people), and their negative realizations (the fact that they are not getting whom/what they want), but they may not be quite able to identify the proactive desires they did not achieve.

The technique for helping a person use the D/R/F (F/R/D) sequence to determine his proactive desire is to first focus upon the negative feelings as a reaction to a negative realization, then to focus upon the realization as a *negative* realization, meaning he did not get whom/what he wanted, and finally, since we know he didn't get what he wanted, to focus upon determining the answer to the question of whom/what did he want.

The key to determining the individual's proactive desire lies in the determination of the realization. Once we know what person/object/event is gotten, we should be able to determine what person/object/event was/is/will be wanted. If a person has negative emotions as a reaction to a realization, the realization has to be negative, and there then has to be a difference between what was gotten and what was/is/will be wanted. Simply, the individual is reacting to the fact that he got a person/object/event who/which is not 100% of the person/object/event wanted, and we should be able to move quickly from who/what was gotten to whom/what was wanted.

We will ultimately need to ask one or both of these questions:

1. Whom/What did you get?
2. Was whom/what you got whom/what you wanted?

We should ultimately be able to identify the feeling as a reaction to the realization, the realization as the achievement/nonachievement of a proactive desire (or the avoidance/nonavoidance of a proactive fear), and the proactive desire itself.

Determining Reactive Desires

What reactive desires do people have?

We know that individuals have reactive desires which concern the choices for how to react to positive and negative realizations of desires (and fears). And we know that the choices for reactive desires are consistently the same for all individuals.

For positive realizations of proactive desires (when the individual achieves his/her proactive desires for people/things/events or otherwise avoids his proactive fears of people/things/events), we know that the reactive desire is always a subjective reactive desire to develop the affective reaction of the positive emotion of happiness and the constructive impulsive reaction to celebrate.

For negative realizations of proactive desires, the individual has two choices for reactive desires:

1. The objective reactive desire to control his/her affective reactions of negative emotions (unhappiness as sadness/anger/fear) and to develop positive/constructive impulsive reactions to initiate problem-solving, cooperate with himself/herself and with other people.
2. The subjective reactive desire to not control his/her affective reactions of negative emotions (unhappiness as sadness/anger/fear) and to develop negative/destructive impulsive reactions to give up hope/become depressed (sadness), to attack oneself/someone else (anger) and/or to run away from oneself/someone else (fear).

When people react with reactive desires, they exhibit symptoms which identify which reactive desire is being expressed at the moment.

The symptoms of the subjective reactive desire include the positive affective reactions of happiness linked to positive realizations and the affective reactions of unhappiness as sadness/anger/fear

and the impulsive reactions of celebration linked to happiness, giving up hope or becoming depressed linked to the emotion of sadness, attacking oneself or someone or something else linked to the emotion of anger, and running away from oneself or someone or something else linked to the emotion of fear, all linked to negative realizations of proactive desires.

The (Psychological) Subjective Reactive Desire

<u>Realization</u>	<u>Affective Reaction</u>	<u>Impulsive Reaction</u>
Positive	The Emotion of Happiness	To celebrate!
Negative	The Emotion of Sadness	To give up hope/become depressed
	The Emotion of Anger	To attack oneself or someone else
	The Emotion of Fear	To run away from oneself or someone else

The symptoms of the objective reactive desire include A. control of all emotions, particularly the negative emotional affective reactions linked to negative realizations of proactive desires, and B. positive/constructive impulsive reactions.

The (Psychological) Objective Reactive Desire

<u>Realization</u>	<u>Affective Reaction</u>	<u>Impulsive Reaction</u>
Positive	The Emotion of Happiness	To celebrate!
Negative	The Emotion of Sadness	To give up hope/become depressed
	The Emotion of Anger	To attack oneself or someone else
	The Emotion of Fear	To run away from oneself or someone else
		To cooperate with oneself/other person(s) to negotiate and to achieve common desires.

NOTE: The ~~strike-through~~'s for the objective reactive desire indicate control of negative emotional affective reactions and control of negative/destructive impulsive reactions.

When we see/hear the symptoms of someone celebrating we know he has a subjective reactive desire.

When we see/hear the symptoms of someone giving up/becoming depressed, attacking himself or someone or something else, or running away from himself and/or someone or something else, we know he has a subjective reactive desire.

When we see/hear the symptoms of someone controlling his negative emotional affective reactions and his negative/destructive impulsive reactions and, instead, cooperating with himself or someone else by negotiating and achieving common desires, then we know he has an objective reactive desire.

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.

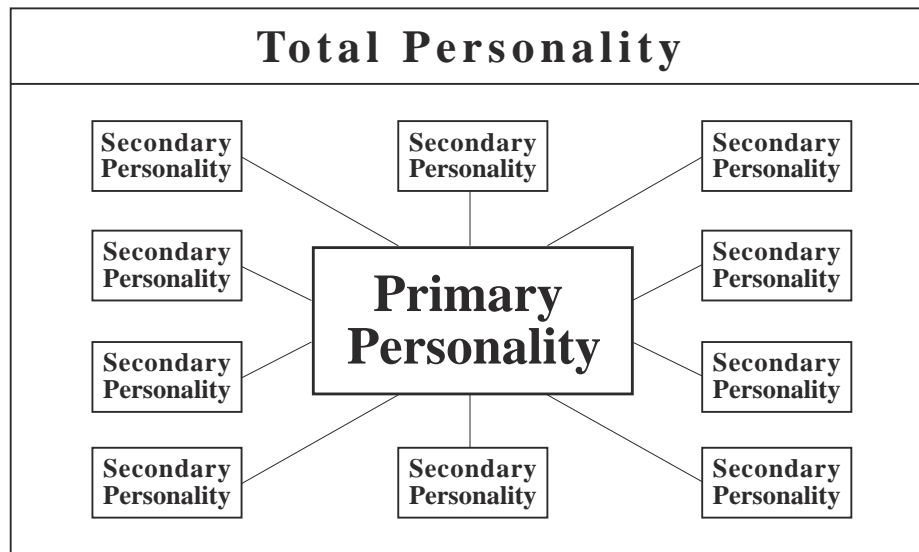
Personality Structure = 1. Primary Personality, 2. Secondary Personalities, 3. Total Personality.

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.

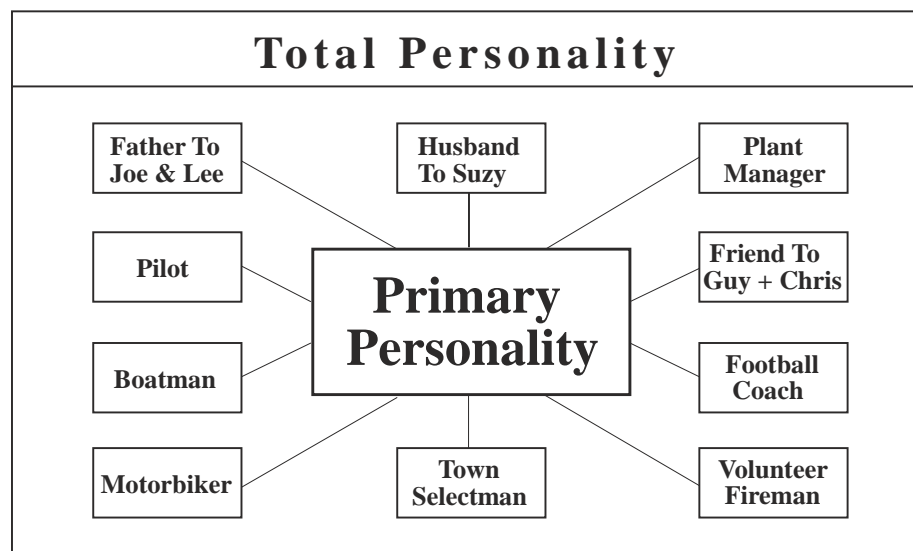
The **total personality** an individual's actions and reactions as caused by the desires, fears and priorities that come out of the decisions of the primary personality in resolving the differences of desires (conflicts) among the secondary personalities. The total personality is an individual's mind 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

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

A desire is *achievable* if the desired person/object/event is achievable; a desire is *unachievable* if the desired person/object/event is unachievable.

A fear is *avoidable* if the feared person/object/event is avoidable; a fear is *unavoidable* if the feared person/object/event is unavoidable.

A desire is *appropriate* if achieving the desired person/object/event achieves other psychological (learned) and/or physiological (unlearned) desires; a desire is *inappropriate* if the desired person/object/event does not achieve other psychological and/or physiological desires.

A fear is *appropriate* if avoiding the feared person/object/event avoids other psychological and/or physiological fears; a fear is *inappropriate* if avoiding the feared person/object/event does not avoid other psychological and/or physiological fears.

A **mental problem** is either an unachievable and/or inappropriate proactive desire (or fear or priority), or a combination of an unachievable and/or inappropriate proactive desire/fear/priority and an unrealistic subjective reactive desire.

A *pure mental problem* is an unachievable and/or inappropriate proactive desire or a combination of an unachievable and/or inappropriate proactive desire/fear/priority and an unrealistic subjective reactive desire, but has no physical components, neither physical origins nor physical symptoms.

A **minor mental problem** is an unachievable and/or inappropriate proactive desire for a person/object/event or an unavoidable and/or inappropriate fear of a person/object/event. If a person/object/event is unachievable and/or inappropriate, a desire for that unachievable and/or inappropriate person/object/event is likewise unachievable and/or inappropriate. If you cannot achieve a desired person/object/event, then that desire is an unachievable desire and if you continue to keep that unachievable desire, then that desire will become a minor mental problem. If you want Sally and Sally does not want you, then Sally is an unachievable person, your proactive desire for Sally is an unachievable proactive desire, and if you continue to keep that desire instead of getting rid of it, then your proactive desire for Sally will become a minor mental problem. If you want to stay warm during the winter, and you have a achievable proactive desire for a coat that is in style but will not effectively keep you warm and is therefore inappropriate, then although the proactive desire for that coat is an achievable proactive desire, nevertheless is an inappropriate proactive desire. Minor mental problems create odd behavior [internally caused actions and reactions—actions and reactions caused by the individual's personal system of desires, fears and priorities] and perhaps minor social problems (chasing Sally when Sally does not want to be chased), but so long as the individual's odd behavior and social problems are tolerable by other people, the individual will not suffer excessive mental discomfort.

A **major mental problem** is a combination of an unachievable and/or inappropriate proactive desire/fear/priority and an unrealistic subjective reactive desire.

Major mental problems include unachievable and/or inappropriate proactive desires but are distinguished from minor mental problems by the presence of unrealistic subjective reactive desires.

Reactive desires are combinations of *affective reactions and impulsive reactions*.

The **objective reactive desire** for reacting to negative realizations of desires (not achieving desires, not achieving desired persons/things/events) includes a desire to control the negative affective reactions of unhappiness as sadness, anger and/or fear and to control the negative (destructive) impulsive reactions to give up hope, to attack someone—yourself or someone else—or something, and/or to run away from someone—yourself or someone else—or something.

The **subjective reactive desire** for reacting to negative realizations of desires includes a desire to develop a negative affective reaction (unhappiness as sadness, anger and/or fear) and to develop

a negative (destructive) impulsive reaction to give up hope, to attack someone or something, and/or to run away from someone or something.

You may have an unachievable and inappropriate proactive desire for Sally, which by itself would only be a minor mental problem, but if you also have an unrealistic subjective reactive desire to react to not achieving Sally with a negative affective reaction of sadness, anger and/or fear and a negative impulsive reaction to give up hope (sadness), attack Sally, yourself or someone else (anger), or run away from Sally, yourself or someone else (fear), then you will have a major mental problem.

Major mental problems produce behavior ranging from threats to oneself to threats to someone else. Depression (sadness/give up hope), aggression (anger/attack oneself or someone/something else) and regression (fear/run away from oneself or someone/something else) are symptoms of a major mental problem.

There are exceptions. When you are attacked by a criminal, or someone you care about is being attacked by a criminal, and you have the legal right to defend yourself and/or someone else, then choosing a subjective reactive desire to attack the criminal is appropriate and therefore highly realistic. Your subjective reactive desire may include a desire to run away, which would also be appropriate and therefore highly realistic. Giving up may be inappropriate and therefore highly unrealistic if the criminal is unmerciful; but, if he is merciful, then it may be appropriate and highly realistic (and you may not know which he is until you have made a decision). Military personnel engaged in war are justified in holding subjective reactive desires when they are attacking or being attacked by enemy soldiers.

Because of major mental problems an individual may become either neurotic or psychotic. Neurotic persons may have ongoing unrealistic proactive and reactive desires but continue to hold their family and social connections, their jobs, and their leisuretime activities, and to pay taxes. Psychotic persons are likely to fail to hold family and social connections, their jobs, and their leisuretime activities, and to pay taxes. Major mental problems are therefore serious mental problems.

When a person has a mental problem, the symptoms include the following:

1. He wants what he cannot have. He wants too much.
2. He goes where he is not wanted. He goes with those who do not want him.
3. He loves those who do not love him. He loves those who hate him.
4. He hates those who do not hate him. He hates those who love him.

A mentally unhealthy individual has **un-peace-of-mind**.

Un-peace-of-mind is a state of being in which an individual does not get rid of desires which are liabilities because they are unachievable and/or inappropriate and he does not keep those desires which are assets because they are achievable and appropriate, to which state of being the individual reacts with bad feelings of pain and unhappiness as sadness, anger and/or fear. (See **VIII. Mental Health and peace-of-mind.**)

VIII. Mental Health

Mental health is a state of being in which an individual has achievable and appropriate proactive desires and realistic reactive desires.

The individual's proactive desires produce appropriate behavior.

The individual's reactive desires are realistic. He chooses to react to negative realizations of proactive desires with objective reactive desires to control his negative affective reactions (unhappiness as sadness, anger and/or fear) and to control his negative (destructive) impulsive reactions (sadness: to give up hope; anger: to attack himself or someone or something else; fear: to run away from himself or someone or something else), and, when possible and appropriate, to cooperate with other people by negotiating and working to achieve common desires.

When an individual has mental health/is mentally healthy the signs include the following:

1. He wants what he can have. He does not want what he cannot have.
2. He goes where he is wanted. He does not go where he is not wanted.
3. He loves those who love him. He does not love those who hate him.
4. He does not hate those who do not hate him. He hates those who hate him.

A mentally healthy individual has **peace-of-mind**.

Peace-of-mind is a state of being in which an individual gets rid of desires which are liabilities because they cannot be achieved and/or they are inappropriate and he keeps only those desires which are assets because they are achievable and appropriate, to which state of being the individual reacts with good feelings of pleasure and happiness.

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 [7]:

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

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.

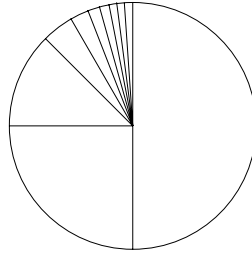
The number 1 can be divided by decimals (such as .005) and yield any number of divisions. The smaller the decimal, the larger the total number of divisions.

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.

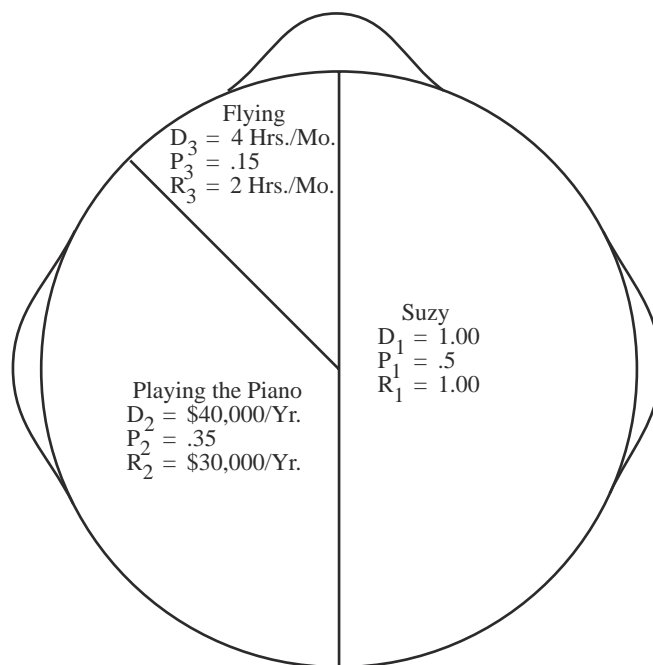
The three priorities would have to sum to 1.00:

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.

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

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 $R_1 = 0.00$.

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

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.) [8]

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

- 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.

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The First Law of Thermodynamics was proven by Dr. Albert Einstein by $E = mc^2$ [E = Energy; m = mass; c = the speed of light; c^2 = the speed of light squared] and $m = E/c^2$ [Einstein’s original equation], which state that matter can be converted into energy (the process of fission: atomic bombs, nuclear energy), and energy can be converted into matter (the process of fusion: hydrogen bombs).
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