

Delphi: Self Assessment



Led by	Reflection Freenote
Title	Self Awareness and the Concept of Control
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INTRODUCTION

Our topic tonight is **Self-Awareness and the concept of Control**.

Human beings are self-conscious causal agents in the universe. While unself-conscious creatures also cause things to happen, they cannot reflect upon that capacity. And they cannot plan what they are going to do, or struggle with issues of self-confidence and despondency upon finding success or failure of their plans. So human beings are all very concerned about having control over reality.

Infants start learning about control, by unselfconsciously honing their particular cry to be the sort which is maximally disconcerting to their own particular set of parents. Three year olds frequently have gained tyrannical control over an entire household. And teenagers have as a primary aspect of their phase of life, defining autonomy and independence from parents.

Of course we all have very different psychological genetics and developmental histories. So our experiences relative to control, and perhaps even our base expectations are very different. So extraverts have a natural expectation of reinforcing interactions with others, while most of us are more shy and introverted, and have negative expectations, if anything. Now, of course, what one genetically expects can powerfully impact what you actually end up experiencing in life. So, on average, if you engage with people, they will engage with you back, and so if you get the ball rolling you will find that people respond well to you generally speaking.

On the other hand, if you wait for other people to strike up conversations with you, and as most people are introverted just like you are, it will seem as though people are not very friendly and outgoing toward you.

There is, of course a complex and dynamic exchange between myself as a causal agent, and the outcomes which I experience in life. The accurate truth is that, the world can often punish my very best work, and reinforce and applaud my most shoddy efforts. I can often create positive and important outcomes on the basis of my activities, and other times “the pros can’t even make a nickel”. Because of this vast complexity in this infinitely rich and dynamic tapestry of cause and effect, we can foster and then powerfully believe whatever our particular belief happens to be. That is, if I think I have almost total control, there will be lots of examples of this to remember, and lots of examples of the other sort which I can conveniently forget along with most of my experience of living.

Likewise, if I think I don’t have any control, I can find lots of that in the world, and not notice the specific role that I am playing in that ongoing process.

There certainly do seem to be very different sorts of benefits and costs associated with feeling that you are in control and feeling that you are not. If you feel as though you are in control, generally, you will feel safer in the world, and you will be more motivated to innovate and attempt things. On the other hand, when things go wrong you are far more likely to blame yourself.

If you feel as though you are not in control, you will be much less likely to put a lot of effort into things. After all, why bother? On the other hand, when things go wrong you are less likely to beat yourself up over it, as it wasn’t your fault anyway.



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In the final analysis, Control, like all human concepts is very much a state of mind. But a very important one. It is quite likely that if you think you have control, you will tend to actually find more of it in the world. And if you are going to be inaccurate and biased in one way or another, it clearly works better to be biased in favor of overestimating your control rather than underestimating. Although I wouldn't try that with Lion taming.

Fortunately, and the reason that such a blanket statement can be made, is that modern life is so easy, you really can't get yourself into too much trouble usually;-))

So for example we mostly all survive being teenagers, which is absolutely miraculous in retrospect. The ultimate sort of control, may be, whether you have control over your own sense of meaning and purpose in life, but that is too much to go into now perhaps.

- ≈ So what do you think about control?
- ≈ Are you in control of the world?
- ≈ Or is the world in control of you?
- ≈ Or is control just a fantasy that we believe in?
- ≈ Does it make you a different sort of person depending on what you believe about it?

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DISCUSSION:

- [16:40] DaSein Noyes: how do we know for certain other existences don't self-reflect?
- [16:40] Rothmiel Odigaunt: Reflection, I have a couple of questions about your concept of control.
- [16:40] Reflection Freenote: sure, Dasein, perhaps you could say more about that
- [16:40] Reflection Freenote: sure rothmiel
- [16:41] StarDeAzul Starostin: I can say something, a need for control in my life is from a fear of knowing I lack control which lead to obsessive compulsion
- [16:41] Ahmad Hosho: in the end, u can get what u try to do.
- [16:41] Reflection Freenote: sure, star, don't we all "lack control", though?
- [16:41] Rothmiel Odigaunt: it sounds like its not so much a question of actual control, but of perceived control.
- [16:41] Reflection Freenote: well Woody Allen says that 99% of success is just showing up Ahmad
- [16:41] Ahmad Hosho: I believe anything the man tries hard to do, he will get it some day. That's all
- [16:42] MetaLogicalMind Landfall: I find what you said about "punishing best efforts, and rewarding the shoddy" rather fascinating.
- [16:42] Reflection Freenote: yes, Roth, I agree, for humans in modern circumstances (unlike ancient ones) it is mostly about perception
- [16:42] Ahmad Hosho: how do u mean by "showing up"?
- [16:42] DaSein Noyes: it seems not as much control as simple causality with no actual concept of consequence
- [16:42] StarDeAzul Starostin: exactly...I guess sometimes you must accept you can only control your reaction to events and not the event per se
- [16:43] MetaLogicalMind Landfall: Reflection - well, isn't it rather about both? Perception is useless unless it ultimately comes back around to apply to reality
- [16:43] Reflection Freenote: yes meta, what did you find interesting?
- [16:43] DaSein Noyes: babies don't exercise control they simply press buttons until something works
- [16:43] Reflection Freenote: Ahmad, he means not avoiding through anxiety the challenge, and then persisting
- [16:43] DaSein Noyes: like lil rats
- [16:43] MetaLogicalMind Landfall: Reflection - I think that society has a large amount of (real) control over our desires and expectations
- [16:43] Rothmiel Odigaunt: I'm no sure Das; there is something adaptive about the process they use that then tunes their experience to create the perception of control alter in life
- [16:43] Ahmad Hosho: well seems Woody Allen agrees with my theory about trying then
- [16:43] Reflection Freenote: yes, star, I think control over your own reactions is a very powerful sort of control
- [16:43] Sinclair Bracken: really? I thought he literally meant showing up; for one thing, most people don't even do that
- [16:44] Reflection Freenote: correct Dasein, they, babies, control without reflecting upon the process
- [16:44] Sinclair Bracken: and then of course there's the other 1 %
- [16:44] Rothmiel Odigaunt: But wait...somehow babies control without reflecting on the process, but yet that results in a perception of control later in life.
- [16:44] StarDeAzul Starostin: basically no one can succeed unless the try, heck you cant even be a quitter unless you start the race
- [16:44] Reflection Freenote: agreed meta about the power of society (I actually think we are mostly cyborgs under the control of civilization myself);=)
- [16:45] ALEXA Giano: lol, Star
- [16:45] Sinclair Bracken: babies presumably are trying to control things-- so when they hit the button, by whatever means, they have contributed to the effect
- [16:45] StarDeAzul Starostin: lol

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- [16:45] Reflection Freenote: well, Sinclair, Woody is good with a joke, so he may be using a bit of hyperbole, but not really very much:))
- [16:46] DaSein Noyes: isn't self-reflection really a misnomer when all we can see are our tracks (perceived effect) and never really ourselves? We know which button gives pleasure so we keep pushing it for ex
- [16:46] Reflection Freenote: yes, Roth, babies who cannot control such things often develop something called Anaclitic Depression
- [16:46] MetaLogicalMind Landfall: Reflection - and yet, we still have a margin of freedom, within that social framework, in which we can change the course of our lives
- [16:47] MetaLogicalMind Landfall: Reflection - the way I see it, Society creates a reality in which we have free will. Though we cannot change that society, we can change how we react and respond to it.
- [16:47] Ahmad Hosho: I have read for some guy called Tony Robbins, the one who succeed in this time is who makes a lot of actions. Or something like that
- [16:47] MetaLogicalMind Landfall: ... although such change is often difficult and never instantaneous
- [16:47] Reflection Freenote: Dasein, I agree with you for the most part, but that small degree of actual self-awareness which we are capable of is such a powerful thing (if rarely used)
- [16:47] Sinclair Bracken: I suppose, though, that if there's no pattern to the responses to pushing buttons-- anyone would get frustrated or depressed
- [16:48] MetaLogicalMind Landfall: Sinclair - that is what Religion was invented for ;-)
- [16:48] Reflection Freenote: agreed metal, I would say that we have some latitude of response, especially if we practice choosing things which we don't like or want
- [16:49] Rothmiel Odigaunt: Reflection - can you clarify what you mean by anaclitic depression? That was a term thrown around by Freud's followers for quite some time and often is more referred to as a depression due to a lack of mothering rather than lack of control.
- [16:49] MetaLogicalMind Landfall: what do you mean "practice choosing what we do NOT want"?
- [16:49] Reflection Freenote: yes ahmad, tony is very popular motivational guru
- [16:50] Ahmad Hosho: @Sinclair: yes it was the same to me, until I read something in NLP says every thing you do is an experience with a result, you just tried and u know it didn't work this way.
- [16:50] Reflection Freenote: sure roth, it is really quite specific to the sort of depression which infants get when they are not responded to, it is a fairly specific syndrome
- [16:51] Reflection Freenote: metal, whenever we "choose" what we like or want we are only exercising our most powerful behavioral habit or reflex and are therefore being robotic. Only when we go against such programming are we really being free, in my opinion
- [16:52] MetaLogicalMind Landfall: do you mean something on the order of "enlightened self-interest"? or is it something more visceral than that?
- [16:52] Rothmiel Odigaunt: but anaclitic depression was a sublethal form of hospitalism - this was a theory that was developed after watching abandoned babies in orphanages, and specifically Freud's followers did not intervene when they say the damage happen. It's a very interesting but very flawed thing on which to use as a representation of lack of control in infancy. It was an iatrogenic term, which is to say it was inflicted, rather than a natural phenomenon.
- [16:52] MetaLogicalMind Landfall: Are you really suggesting that we should endeavour to bring pain and/or discomfort onto ourselves in pursuit of personal control?
- [16:52] DaSein Noyes: I do
- [16:53] Reflection Freenote: sure metal, it would include enlightened self interest, but it is also very visceral, that is my ability to choose pain (like I will go sweat in the gym now)
- [16:53] MetaLogicalMind Landfall: right, I see now; temporary pain for a net long-term benefit
- [16:53] Sinclair Bracken: shouldn't there be a way of choosing what we want that's also free?
- [16:53] Reflection Freenote: roth, I believe it occurs naturally, in bad institutions, although I have not conducted a recent literature review on the topic
- [16:54] Reflection Freenote: yes, metal:))) It is actually just Buddhism, but without any religious element

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- [16:54] MetaLogicalMind Landfall: hah! ;-) The elimination of desire? yeah, I guess that makes sense
- [16:55] Rothmiel Odigaunt: the reason I point it out is that it makes a poor model for control; no doubt abandoned babies develop into abnormal people, but what is worse is frequent attempts at institutionalizing or failed foster families; that leads to the perception that the locus of control is external, rather than internal, which I believe is the crux of feeling 'out of control'
- [16:55] Reflection Freenote: well, sin, we don't seem to have too much trouble choosing things we like, so that sort of freedom just doesn't seem as strategic in living to me
- [16:55] MetaLogicalMind Landfall: what about Sinclair's question?
- [16:55] Sinclair Bracken: but it's not the case that what we like is better, or more practical, or more effective or what we don't like that is
- [16:56] MetaLogicalMind Landfall: Reflection - what about choosing desires which the Society expects us NOT to have? That go against the grain? That does not seem easy to me; it requires a good amount of control, both perceptual and actual
- [16:56] Reflection Freenote: sure, roth, I am not making specific comment about sorts of institutionalization. Perhaps the learned helplessness model would be less confusing. This is where people lose confidence in their ability to do something after repeated failures.
- [16:57] DaSein Noyes: I'd like to know how you remove the religious element from a concept of self awareness in your understanding
- [16:57] Rothmiel Odigaunt: yes, that's a much better model to follow, Reflection
- [16:58] Aja Zanzibar: I don't believe one needs religion to be self aware
- [16:58] Marya Blaisdale: mmm, no indeed Aja
- [16:58] DaSein Noyes: self awareness -- >- we know we exist from historical data .. but we have no other proof ...I don't really see humans utilizing anything not available to all analytical species
- [16:58] Rothmiel Odigaunt: One might argue you need self-awareness to understand and generate religion
- [16:58] Reflection Freenote: sure, metal, if I am a nonconformist because, I believe it is the right thing, even though it frightens me, this would be an example of freedom. If I am a nonconformist out of compulsion that would not be freedom in my view
- [16:58] MetaLogicalMind Landfall: I think religion is another discussion guys... let's stick to Psychology
- [16:59] Sinclair Bracken: what if you like being a non-conformist?
- [16:59] Reflection Freenote: Dasein, I don't believe there need be a "religious" element of self-awareness
- [16:59] DaSein Noyes: my proposition is that self awareness requires a detached perception of self and is inherently religious in nature
- [17:00] Ahmad Hosho: does it really make a different in self awareness, if u have a religion or not? How so?
- [17:00] MetaLogicalMind Landfall: right "non-conformists who conform within their in-group" are not very interesting
- [17:00] Ahmad Hosho: I am just asking because I don't get why you talk about "religions" now.
- [17:00] MetaLogicalMind Landfall: who are you talking to Ahmad?
- [17:00] DaSein Noyes: how do we know that we exist at all? We see our "slime trail"; never ourselves
- [17:01] Rothmiel Odigaunt: Does it matter if we know we exist?
- [17:01] Reflection Freenote: right, Sinclair, if you like being a nonconformist, then I would be more skeptical of your positions and their validity, for example. It is just where your water tends to run
- [17:01] Ahmad Hosho: to everyone thank u for asking :)
- [17:01] ZJ Folsom: religion is cultural binding the truly self-aware don't need it
- [17:01] Marya Blaisdale: I don't think having a detached perception of oneself requires religion at all Dasein, chimpanzees have been shown to be self aware, and they do not subscribe to religion (for example)
- [17:01] Sinclair Bracken: but Dasein, apparently then we think this "slime trail" is ourselves
- [17:01] Rothmiel Odigaunt: I disagree ZJ; how would you answer to those who use religion to develop their own self-awareness?
- [17:02] MetaLogicalMind Landfall: (egads, I should have never mentioned religion at all)

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- [17:02] DaSein Noyes: it doesn't matter if we know we exist except when we pretend to reflect on that existence
- [17:02] Reflection Freenote: Dasein, I think that a creature can have a detached perception of self, without religious connotations attaching, but it would be best not to turn the discussion to religion, if possible:))
- [17:02] Marya Blaisdale nods
- [17:02] Sinclair Bracken: I'd also prefer not to discuss religion
- [17:02] MetaLogicalMind Landfall: (note to self - keep the "R-word" out of these discussions)
- [17:02] ZJ Folsom: western is binding to non-awareness
- [17:03] Alaya Kumaki: what was the subject?
- [17:03] DaSein Noyes: we can call religion something else if it presses unnecessary buttons ...lets call it self awareness
- [17:03] Alaya Kumaki: self control?
- [17:03] Rothmiel Odigaunt: Right...self control....
- [17:03] MetaLogicalMind Landfall: Alaya - we are discussing "Self-Awareness and Control" from an Evolutionary Psychology perspective
- [17:03] Alaya Kumaki: aw yes, self aware....etc
- [17:04] Reflection Freenote: Dasein, self-awareness is a fine concept:))
- [17:04] Sinclair Bracken: it seems logical that if we believe that we have more control, and can sustain that belief in the fact of its being frequently disappointed, then we probably would end up both exerting control and therefore having more control
- [17:04] MetaLogicalMind Landfall: Reflection was discussing the experience that Babies have with "control" through crying as well as how Society exerts control over us (and vice versa)
- [17:04] Rothmiel Odigaunt: Here is a question. Clearly we have some element of control over our lives - we can measure this at least semi-objectively. But there is no way to know if we have self-awareness, but yet we can still have control.
- [17:04] DaSein Noyes: so we pretend to have control to have self confidence and gain more of what we perceive as control
- [17:04] Reflection Freenote: Alaya, we have begun discussing whether or not as individuals we have control in the world, or whether we are controlled, and how different people may see this, and how this may effect their lives - in a nutshell
- [17:04] Rothmiel Odigaunt: big nutshell
- [17:04] MetaLogicalMind Landfall: DaSein - "Fake it until you Make it" ;-)
- [17:04] Alaya Kumaki: I see, ty:)
- [17:05] DaSein Noyes: yes
- [17:05] Rothmiel Odigaunt: that is, unless faking it really is making it
- [17:05] DaSein Noyes smiles
- [17:05] ZJ Folsom: or make it until u fake it
- [17:05] Reflection Freenote: yes, Sinclair, I think that is the way it works. Persistence seems to be the operative engine of differential success
- [17:05] Sinclair Bracken: but there's also I would think a disparity among individuals in how good they are at both guessing and executing strategies that would succeed
- [17:05] Rothmiel Odigaunt: either way gives you control or perception thereof.
- [17:06] ZJ Folsom: what's an individual??
- [17:06] Ahmad Hosho: being or characteristic of a single thing or person
- [17:06] MetaLogicalMind Landfall: Sinclair brings up a good point - I would add this: does a person's ability to control increase with self-awareness?
- [17:06] ZJ Folsom: what of a team - is it an individual, if operating as one
- [17:07] Reflection Freenote: that is a nice question Roth, and observation. So "lower" animals certainly exercise control over things (as humans would see it), but they don't conceptualize control, whereas we do. And in

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conceptualizing it, we can create self-fulfilling prophesies of one sort or another (and with or without awareness)

[17:07] MetaLogicalMind Landfall: what does self-awareness have to do with control? WHY is it that one person may be better at controlling the environment than another?

[17:08] DaSein Noyes: what we are calling control is a particular concept of causality and animals certainly do it as well

[17:08] MetaLogicalMind Landfall: so, is Self-Awareness a red herring, Reflection? Is "conceptualization" all we need?

[17:08] Sinclair Bracken: it's said for example that people are more willing to do things for good-looking people. So it would seem that a quality that one has little control over-- has a great impact on one's actual likelihood of exerting control

[17:08] Sinclair Bracken: and I could say that for various other attributes

[17:08] Ahmad Hosho: Metal Logic said a good question, my theory is: can u really control over nature if you have poor self awareness?

[17:08] ZJ Folsom: metal - conceptualisation a cultural disease

[17:08] Reflection Freenote: well Sinclair, things like intelligence seem to be much less important than persistence, so for example many very bright people become dispirited when they are not successful. So talent seems to be much less important in the modern age than it used to be, and persistence, perhaps more so

[17:09] DaSein Noyes: what we need is the ability to suspend disbelief against our best instincts and then there's no problem "faking it until you make it"

[17:09] MetaLogicalMind Landfall: Ahmad - or to add in the animal discussion - does our self-awareness allow us to gain more control than our animal selves would otherwise allow?

[17:09] Sinclair Bracken: you could just have some instinctive (or intuitive) sense of how to manipulate people, without knowing what you're doing, though

[17:09] Reflection Freenote: metal, I would imagine that true self-awareness is very useful in many ways

[17:10] Ahmad Hosho: Metal: does you latest question means animal has no self awareness? :)

[17:10] MetaLogicalMind Landfall: "Success is going from failure to failure without losing enthusiasm." – Winston Churchill

[17:10] Aja Zanzibar: at what point does faking because reality.. what is the tipping point.. when does control occur

[17:10] Reflection Freenote: well self-awareness is an ability to conceptualize self as causal agent, accurately, I think

[17:10] DaSein Noyes: good quote, meta

[17:10] Ahmad Hosho: I am just asking for a clarification.

[17:10] MetaLogicalMind Landfall: Ahmad - Humans have more self-awareness than animals

[17:10] Ahmad Hosho: I disagree from Africa

[17:10] Rothmiel Odigaunt: How would we know we do?

[17:10] MetaLogicalMind Landfall: Ahmad - some animals do exhibit certain levels of self-awareness, but not to the same level as we do

[17:10] Ahmad Hosho: the lion can eat u

[17:11] DaSein Noyes: perception of control occur when you finally believe your own lies. Then everyone else just buys in

[17:11] Sinclair Bracken: for example, I can have a plan-- I'm going to accomplish something-- and I can have subplans, but at some point, you just have to act somewhat spontaneously

[17:11] ZJ Folsom: yes – lies are truth

[17:11] Ahmad Hosho: well I would say yes if we know what animal we are speaking about, and what is his history

[17:11] Rothmiel Odigaunt: of when you feel the locus of control exists within you, rather than in another person or the world externally.

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- [17:11] Sinclair Bracken: and that's kind of a moment when you just throw everything to the winds, and do something
- [17:11] Ahmad Hosho: i still know a man died by a snake and some friends died because of mosquitoes in Nigeria
- [17:11] Reflection Freenote: hahahaha, nice quote metal, I hadn't heard it
- [17:12] Rothmiel Odigaunt: an internal locus of control, and the ability to understand that there is an internal locus of control, seems to be paramount here.
- [17:12] DaSein Noyes: yes ...you can do an Elvis and move clouds with your mind
- [17:12] MetaLogicalMind Landfall: (I enjoy collecting such things Reflection. They are good discussion fodder when I can apply them) ;-)
- [17:13] Sinclair Bracken: well, then, perhaps being unselfaware helps one control things?
- [17:13] Rothmiel Odigaunt: I would argue that would be very distressing and not adaptive from an evolutionary perspective
- [17:13] MetaLogicalMind Landfall: Rothmiel - I think that an even higher goal is to recognize that the REAL "locus of control" is shared between the internal and the external
- [17:13] Sinclair Bracken: or is it just unaware of the world?
- [17:14] Reflection Freenote: yes, Roth, thank you. Indeed, it is our ability to be aware of our perceptual habits, and so possibly step out of them, that increases both awareness and actual control, I think
- [17:14] Ahmad Hosho: like the drunk case Sinclair?
- [17:14] DaSein Noyes: that's another good point, meta
- [17:14] DaSein Noyes likes meta
- [17:14] Sinclair Bracken: drunk case, ahmad?
- [17:14] MetaLogicalMind Landfall: Isn't control over the environment always a feedback loop? "Nature to be controlled must be obeyed." –Francis Bacon
- [17:14] Ahmad Hosho: yes when u are unaware of the world
- [17:14] Ahmad Hosho: or may be when someone is in drugs
- [17:14] Rothmiel Odigaunt: this is the danger of too many quotes meta....
- [17:14] Ahmad Hosho: will he has more control really?
- [17:15] Sinclair Bracken: I meant, I can plan to smile at someone to win his/her good will-- but at some point, I have to take a big breath and just smile-- and the question is what happens at that moment
- [17:15] ZJ Folsom: depends on what drug ahmed
- [17:15] MetaLogicalMind Landfall: Rothmiel - you can never have too many good quotes....though there are plenty of bad ones to go around ;-P
- [17:15] Rothmiel Odigaunt: control or perceived control is very, very adaptive from an evolutionary perspective. I suspect it allows us to breed more and be more productive (however you want to define that)
- [17:15] Reflection Freenote: Roth, as long as the environment is not modern, much less post-modern, we do not require such exotic self-awareness, I think, but with so much environmental "freedom" understanding self, seems to be more and more important to well modulated outcomes
- [17:15] Rothmiel Odigaunt: grins at meta
- [17:16] Ahmad Hosho: ZJ: the type that makes u unaware of the world ~grins
- [17:16] DaSein Noyes: within you / without you --->that was actually my earlier point .. self awareness cannot be separated from universal awareness and therefore is strictly and inseparable from religion
- [17:16] Ahmad Hosho: it reminds me of the movie drunken master some how, he always had to drink, to fight his enemies. and get drunk
- [17:16] ZJ Folsom: but what of types that increase awareness
- [17:17] Ahmad Hosho: but does getting unaware of the world means he lost his self awareness
- [17:17] Rothmiel Odigaunt: all drugs change or influence the brain's way of perceiving and processing information. You could say they all increase or decrease it.
- [17:17] Reflection Freenote: awww Dasein, and you were doing soooooo wellll!!!!

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- [17:17] Sinclair Bracken: I don't think one needs universal awareness-- just some basic awareness of the response of the environment
- [17:17] DaSein Noyes: I like a good laugh like anyone ;)
- [17:18] Sinclair Bracken: by the way, it turns out that being in a good mood actually seems to increase visual perception, at least
- [17:18] MetaLogicalMind Landfall: Sinclair - what were you saying about "it all depends on what happens in that moment" ... that seems significant
- [17:18] Sinclair Bracken: according to a recent experiment; so perhaps optimism leads one to be more observant and therefore better at control?
- [17:18] ZJ Folsom: yes saw that
- [17:18] Rothmiel Odigaunt: Sinclair - more than just visual perception. And a poor mood fundamentally alters your visual perception as well as interpretation of data; neutral faces look sad all of a sudden
- [17:18] ZJ Folsom: but scientific truths are suspect sin
- [17:19] DaSein Noyes: mood being a chemical induced state, right?
- [17:19] Reflection Freenote: yes, and optimism Sinclair, is correlated with internal locus of control as well as behavioral persistence
- [17:19] Ahmad Hoshho: the functionalism
- [17:19] Rothmiel Odigaunt: what isn't a chemically induced state? Its what our brains use to work
- [17:19] MetaLogicalMind Landfall: Reflection - I thought Optimism/Pessimism were distinct from Internal/External locus of control Reflection....? It is possible to be any combination of the two sets, isn't it?
- [17:20] Reflection Freenote: yes, metal they are distinct, the correlation would likely be in the .20 to .3 range
- [17:20] Sinclair Bracken: one could have an internal locus of control - and be constantly blaming oneself for failing, couldn't one?
- [17:20] MetaLogicalMind Landfall: oh I see
- [17:20] Rothmiel Odigaunt: we could; where the locus is only a first step
- [17:20] DaSein Noyes: well self awareness is not a chemically induced state ... its an esoteric concept that we aren't exactly capable of without a huge leap of faith
- [17:21] Reflection Freenote: yes, Sinclair, people who are very internal can be very hard on themselves, when fate is genuinely unkind, although for the most part they do rather well ;))
- [17:21] MetaLogicalMind Landfall: DaSein - I would disagree....but that is another discussion
- [17:21] Marya Blaisdale: I think we are very capable of perceiving it Dasein, without any leap of faith - what we need to do is do away with false or misleading conceptual frameworks in order to understand how it works
- [17:22] Reflection Freenote: So does anyone here think that it is reasonable to think that you might be able to change your own locus of control orientation?
- [17:22] Rothmiel Odigaunt: Absolutely
- [17:22] Sinclair Bracken: yes - certainly- after 20 years of psychotherapy
- [17:22] Rothmiel Odigaunt: but that is coming from someone who has already understood that his locus is mostly within himself
- [17:22] MetaLogicalMind Landfall: Reflection - isn't the ultimate goal to have moderation on both scales? not overly optimistic and not overly self-deprecating?
- [17:22] Ahmad Hoshho: @Reflection: Sorry, I didn't get the question
- [17:22] Reflection Freenote: how do you think one would go about it Roth?
- [17:23] Reflection Freenote: Ahmad, I'm wondering if we can modify our control perceptions
- [17:23] Rothmiel Odigaunt: its a trial process, a learning process, requiring an ability to analyze yourself both subjectively and objectively. Like with therapy, as Sinclair mentioned.
- [17:23] Sinclair Bracken: if I'm told that those with internal locus of control are more successful, I would be advised to develop one
- [17:23] Reflection Freenote: yes, metal, I very much agree with the Greeks about the middle way

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- [17:24] DaSein Noyes: I didn't question our powers of perception ..not even the perception of self ...awareness implies an exact degree of knowledge and not simply mutable perception
- [17:24] Reflection Freenote: there are often large prices to be paid for extreme perceptual adjustments, and high internal people often suffer with major depressions when they experience catastrophe in my experience
- [17:24] Rothmiel Odigaunt: while they may not be more successful, people with an internal locus of control are less likely to be depressed, anxious and commit suicide, Sinclair.
- [17:24] MetaLogicalMind Landfall: I think Rothmiel brings up the best way to reach moderation - learning to play out one's subjective views against more objective ones to resolve the two
- [17:25] Ahmad Hosho: well, I think whoever can have a self awareness, will be a happy person. But I am sure it is not an easy process.
- [17:25] Ahmad Hosho: I agree with DaSein: ".awareness implies an exact degree of knowledge and not simply mutable perception "
- [17:25] Reflection Freenote: I agree on a normative basis Roth. Again genuine catastrophe is very much the exception in modern life
- [17:26] Sinclair Bracken: many people consider a business failure to be a catastrophe however and those aren't so uncommon
- [17:26] MetaLogicalMind Landfall: Reflection - what about perceived catastrophe? (cognitive distortion)
- [17:26] Rothmiel Odigaunt: very true reflection. And of course there will be catastrophes, although I might argue that if you had them at a very early age you would grow up under a different perception of control.
- [17:26] ZJ Folsom: except climate and war disaster
- [17:26] Ahmad Hosho: and here u are my own trick, which I personally use, I try to write a lot in a way to talk with my self, about the problems I face, and the daily life .. this discussion with my self teaching me a lot of things about me.
- [17:26] Marya Blaisdale: well, in western societies yes Ref
- [17:27] Rothmiel Odigaunt: Meta - cognitive distortions are things that are changeable, which argues that they don't mandate a certain outcome or indicate a lack of awareness.
- [17:27] MetaLogicalMind Landfall: From personal experience, gaining a greater awareness of "cognitive distortions" can greatly decrease the amount of "non-control" that we experience
- [17:27] MetaLogicalMind Landfall: Rothmiel - they are changeable by having awareness
- [17:27] Reflection Freenote: a catastrophe, like beauty, is always in the eye of the beholder. And the internal locus of control person will persist through most failures. So it is the more exceptional case for them when they meet something which is genuinely unacceptable
- [17:27] MetaLogicalMind Landfall: Rothmiel, if someone is not aware of the distortion, they will not change it
- [17:28] Rothmiel Odigaunt: they may not...unless the distortion becomes so apparent they change how they act
- [17:28] MetaLogicalMind Landfall: it isn't that they can't... they just don't know that they should
- [17:28] Sinclair Bracken: perhaps they take failures in stride, or turn them into "opportunities" for growth or change, for example
- [17:28] Reflection Freenote: Ahmad, I think writing as a way of talking to yourself (journaling) is about the most powerful method around
- [17:28] Marya Blaisdale: as a learning experience perhaps, Sinclair
- [17:29] Ahmad Hosho: yes it is the best for me.
- [17:29] Rothmiel Odigaunt: should implies a certain rule - that the distortion is wrong, whereas it may be very adaptive Meta, particularly if your environment is harsh
- [17:29] Ahmad Hosho: and the more u live and write, the more you learn about yourself.
- [17:29] MetaLogicalMind Landfall: Here is a question - under what circumstances is it advantages to have a FALSE (or illusory) representation of Reality? (rather than eliminating the distortion)
- [17:29] MetaLogicalMind Landfall: is there such a thing?
- [17:29] Rothmiel Odigaunt: Great question Meta. When it's adaptive and gets you past the immediate threats.
- [17:30] Sinclair Bracken: some people have suggested that depressives are actually more realistic

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- [17:30] MetaLogicalMind Landfall: aaah, now that is interesting; so, a mutable and transitory falsehood can be advantages due to adaptive dynamics
- [17:30] DaSein Noyes: yes
- [17:30] Rothmiel Odigaunt: Again, its very adaptive from an evolutionary perspective
- [17:30] MetaLogicalMind Landfall: I suppose the so called "white lie" would be a good example
- [17:31] ZJ Folsom: is there any truly falsehood?
- [17:31] Rothmiel Odigaunt: get past the immediate threat and move on. It's very, very good not to worry about dinner tomorrow when you can get killed today
- [17:31] DaSein Noyes: as long as we agree its all lies, I'm on board with the idea
- [17:31] Sinclair Bracken: presumably the invention of the wheel was due to some sort of delusion
- [17:31] Aja Zanzibar: haha
- [17:31] Rothmiel Odigaunt: what if I lied about agreeing with you, das?
- [17:31] Marya Blaisdale: lol Sinclair
- [17:31] MetaLogicalMind Landfall: Rothmiel - so where does it stop? At what point does falsehood become bad again?
- [17:31] ZJ Folsom: truth is the next lie I tell u--perhaps
- [17:31] DaSein Noyes: when is the "other" discussion to handle my objections?
- [17:32] Rothmiel Odigaunt: When it interferes with what you need to do on a daily or life objective. When it interferes functionally.
- [17:32] DaSein Noyes: falsehood becomes bad when you lose faith in its truthfulness
- [17:32] Reflection Freenote: I think it is true that all human perception is a form of illusion, but all of these illusions have different ways of being potentially useful:))
- [17:33] Reflection Freenote: as well as harmful:)
- [17:33] ZJ Folsom: useful to harm?
- [17:33] MetaLogicalMind Landfall: Reflection - I am not talking about the illusory nature of perception....I am talking about the correspondence-in-fact between perception and reality
- [17:33] ZJ Folsom: lol reality aint REALITY
- [17:33] MetaLogicalMind Landfall: all perception may be illusory, but in this case we are talking about purposeful delusions
- [17:34] Reflection Freenote: but there are many very gross sorts of illusions, things that are clearly incorrect, not just incomplete, that are very useful, such as denial in the early stages of catastrophic illness or injury, or placebo effects, when people are very unwell
- [17:34] MetaLogicalMind Landfall: right, the question is - at what degree do such illusions begin to edge on psychosis? at what point do they become disadvantageous?
- [17:35] DaSein Noyes: sickness is a prime example of a situation that benefits from positive attitude no matter how misplaced and unsupported by empirical data
- [17:35] ZJ Folsom: what is psychosis?
- [17:35] Rothmiel Odigaunt: delusions and psychosis are very different things here
- [17:35] Reflection Freenote: well, metal, it might be that psychosis is still with us in an evolutionary sense, because psychotics special sorts of perceptions are sometimes advantageous to their groups, even if radically non-normative
- [17:36] MetaLogicalMind Landfall: (I admit I am not much of a psychologist. So, Pardon me if I am in error. I'll let the Psych-folks define terms)
- [17:36] Rothmiel Odigaunt: I would completely disagree. There is nothing adaptive about a schizophrenic who can't feed themselves.
- [17:36] Reflection Freenote: so for example there is a high correlation between psychoticism and artistic creativity as well as religious experience
- [17:36] DaSein Noyes: there is a fine line between illusion and delusion ...
- [17:36] Rothmiel Odigaunt: nope

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[17:36] MetaLogicalMind Landfall: or Schizophrenia and Mathematics
[17:36] Rothmiel Odigaunt: the line is quite clear. One is crazy, one isn't.
[17:37] ZJ Folsom: crazy is cultural bias
[17:37] Reflection Freenote: Roth, I'm pretty high on the MMPI 8 scale, so be careful now (no ad hominem here please)
[17:37] Rothmiel Odigaunt: Very true ZJ, I was being irreverent
[17:37] Rothmiel Odigaunt: I am too ;)
[17:37] Reflection Freenote: ok good
[17:37] MetaLogicalMind Landfall: DaSein - the distinction I make is that "delusion" is at least subconsciously intentional, whereas "illusion" is not conscious
[17:37] DaSein Noyes: craziness only matters if you want to relate to another human being
[17:38] MetaLogicalMind Landfall: rather, "illusion" is neither consciously nor subconsciously intentional
[17:38] MetaLogicalMind Landfall: MMPI ?
[17:38] ZJ Folsom: sanity is culturally normative and u can be lower or higher sanity
[17:39] Rothmiel Odigaunt: minnesota multiphasic personality inventory
[17:39] DaSein Noyes: its a matter of which chair you sit, right? What is illusion for a magician is a delusion for the spectator
[17:39] MetaLogicalMind Landfall: define "multiphasic" please :-)
[17:39] Reflection Freenote: a standard test which defines levels of "reality testing" problems or schizophrenia, among many other things. The 8 scale of the test is the Schizophrenia scale, and I have a nice high number on that (reflection says proudly)
[17:39] ZJ Folsom: entertainment for spectator
[17:39] Rothmiel Odigaunt: The MMPI is a psychological test used in psychological screening
[17:39] MetaLogicalMind Landfall: Reflection - which extreme are the high numbers? ;-)
[17:40] Rothmiel Odigaunt: for general personality and coping styles if you will
[17:40] Reflection Freenote: can't you tell!!!!?
[17:40] MetaLogicalMind Landfall: hmmm...well..... ;-P (joking)
[17:40] Reflection Freenote: just, look at my av!!! after 2 years, who would have an av like this!!
[17:40] Marya Blaisdale: lol
[17:40] MetaLogicalMind Landfall: HAH good point :-)
[17:40] Rothmiel Odigaunt: wikipedia has a very good link about it for information on the MMPI btw
[17:40] Reflection Freenote: I might as well be chewing on paper in the corner here
[17:41] Rothmiel Odigaunt: it actually got it mostly right, which is a pleasure to see.
[17:41] MetaLogicalMind Landfall: maybe next time we can look more deeply at the cognitive aspects?
[17:41] Rothmiel Odigaunt: Sounds good to me
[17:42] DaSein Noyes mumbles "ts all religion to me
[17:42] MetaLogicalMind Landfall: I'm still trying to work out this thing they are calling "Cognitive Dissonance"
[17:42] DaSein Noyes: cognitive dissonance sound like insanity
[17:43] Rothmiel Odigaunt: think of it as things that don't make sense from the perspective you bring, Meta. That are contradicting
[17:43] Reflection Freenote: yes, it is on control orientation as an element of evolutionary psychology
[17:43] DaSein Noyes: sanity being a purely social concept irrelevant to the individual but that's another discussion again
[17:43] MetaLogicalMind Landfall: Rothmiel - I have looked at it in some detail. So I know what it IS...I'm just skeptical as to whether it is really descriptive