

# Dr. Lisa Feldman Barrett on The Functions of the Brain

Post by “Don” of April 12, 2021 at 11:32 AM

## [Quote from Cassius](#)

Looking for a place to out comments on Barrett's podcast at Ten Percent Happier. For now I'll put it here:

54:15. "Scientists don't agree in how to define emotion."

56:06 "You don't have a sensor for feeling uncomfortable ....or unpleasant.". These are constructed by the brain.

56:28 When you see red that's a feeling of redness. That comes from the brain modeling the state of your body.

I need to go back for the context but here's some initial reactions:

54:15. I agree with her. Take a look at just the Wikipedia article on [Emotion](#) or [Emotion classification](#). This again brings up my unease about using the word "feelings" to translate pathé in the sense of Pleasure/Pain

56:06. I don't think "feeling uncomfortable... Or unpleasant" are the same as pain as your nociceptors reacting to stimuli. Including "feeling" in that automatically implies something constructed by your brain. More context needed here for me.

56:28. I agree here too. Your cones intercepting electromagnetic radiation at a frequency of 625 to 740 nanometers doesn't mean RED. We give meaning to that wavelength within our culture. Other cultures may categorize that differently.