

## **PD24 - Commentary and Translation of PD 24**

**Post by "BrainToBeing" of December 9, 2023 at 11:02 PM**

Yes, basically. And you did put it well.

The analysis of the subject does depend on the evaluation of "proper cognitive functioning". We can say that the emotive system is built-in and central to how we process the world. Removing it from consideration (vis a vis Spock, at least the Vulcan part of him) doesn't work for our species. It actually leads to worse existential anguish. So, "proper cognitive functioning" needs to consider what emotions tell us. However, the degree to which that is a focus depends upon the situation. Over-utilization of emotions leads to a type of chaos, over-reactivity, and distraction from analysis. Under-utilization leads to failure to understand those often-hidden but important "subconscious" beliefs, values, and expectations that frame our perspectives of the world. Emotions tell us about these. Paying attention to emotions helps us to understand what is really driving our reaction patterns (why we get upset about something "little", or why a person "rubs us the wrong way", for examples). Overall this is a long discussion.

There are varying viewpoints on this subject. The main perspective is that we do, objectively, have the emotive system and if we want to function well overall we need to understand its role and what it tells us.

Cheers.