

Psychology pre-scientific article

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Prerequisites :

- introspection ;
- guessing the thoughts of the others.

This article is just a first draft. It is not about a scientifically proved theory, but about, at most, the beginning of such a theory.

With the small theory I developed, I have no equation nor demonstrated theorem, but there are some things, in human psychology, that I can explain.

So I hope this article is interesting.

I The "theory" in itself

II What I can explain

III And then ?

I The "theory" in itself

1- Basic notion : zone in the psychological space

2- Zone activation

3- Notion of post-thought

4- Notion of attractor

5- The absorber's technic

6- Work against an attractor

7- Evocations

1- Basic notion : zone in the psychological space

The start of everything with this "theory" is the intuitive notion of psychological space¹.

It is possible to go from one territory to another in the psychological space.

In a way, the psychological space is the set of all states of mind.

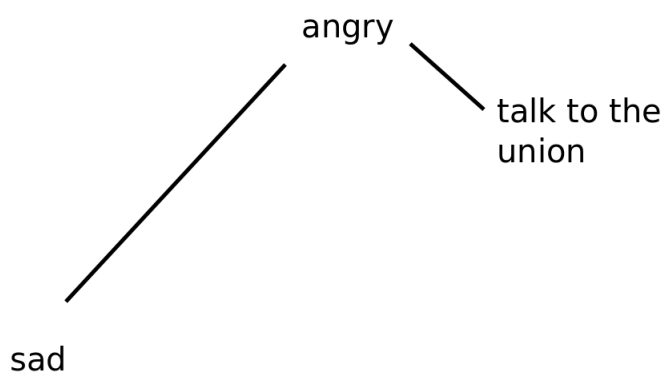
1 The psychological space is not, in the mathematical sense, a vectorial space.



There is currently no map of the psychological space. Mapping it would take a lot of time.

The system we will consider is a human individual.

Let us take a fictional example². The person is sad because this person has been agressed by a superior at work, then the person gets angry towards this boss, then decides to talk about it to an union.



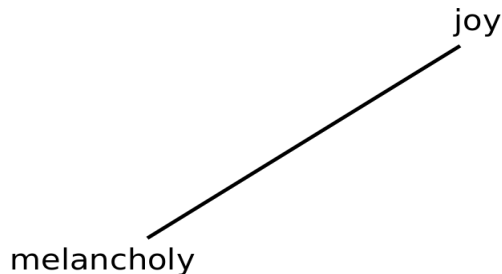
sad → angry → talk to the union

If the person is prone to insurrection, it can be expected that the time this person is sad is short, as he/she gets easily angry towards the authority. In other words, the person will spend less time in the territory of sadness.

An important thing to know is that, like some Earth's territories like the Sahara or Harlem, some psychological zones are to be avoided.

² I will often use fictional examples instead of real examples, because it does save time. Of course those examples will be chosen the most realistic as possible.

Naturally, it is better to spend more time in the joy territory than in the melancholy territory, and a move from the second to the first can be seen as an improvement.



melancholy → *joy*

Now, let us see what is the meaning of the word "psychological zone". It is very general, and has some limits.

A psychological zone can be :

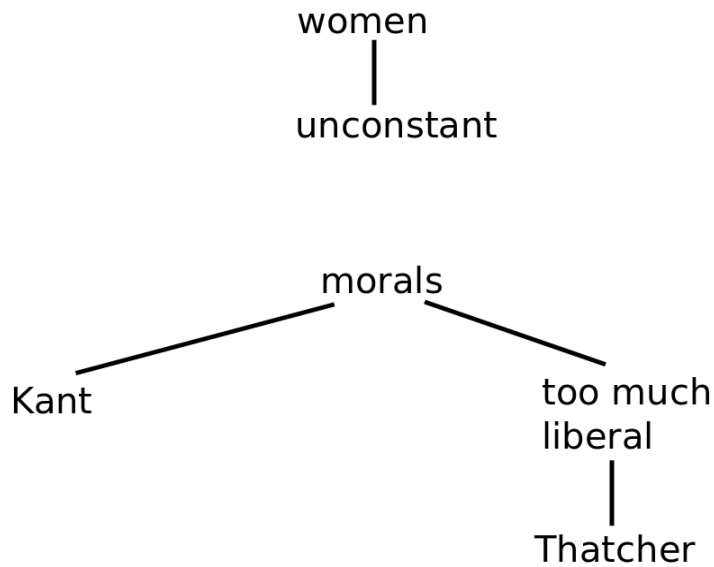
- An action, like writing a post card ;
- Saying something, like "Have you bought mussels ?" ;
- A conscious thought, like wondering "Where's my key ?" ;
- A subconscious thought, like ([image of my key] ?) ;
- An external thing the person pays attention to, like a digital clock displayer ;
- An internal thing the person pays attention to, like the fact to fear spiders.

An exoplanet that no human ever sees is no psychological zone. But if a human observes this planet for the first time, this human pays attention to this planet, then it becomes a psychological zone³.

If we can think about something, then this thing is a part of the psychological space.

The psychological zones are linked to one another.

³ Another conception is to consider that this planet has always been in the psychological space, but that the territory of the psychological space associated to that planet is *discovered* when a human observes this planet for the first time.



women – unconstant
morals – Kant
Thatcher – too much liberal
too much liberal – morals

In this person's "state of mind", women are unconstant, Kant is linked to morals because the person has read Kant's view about morals, Thatcher is linked to (too much liberal) because the person estimates Thatcher was too much liberal, and too much liberal is linked to morals because it is an excess, so a bad thing.

It is possible for this person to start to talk about Thatcher, then say she was too much liberal, then think of something about Kant's view about morals.

A practical analogy for memorization is to see psychological zones like rooms in a big castle, linked to one another by doors.

There are interesting facts about the psychological space :

- Moving a lot within the psychological space makes the person active and very efficient ;
- Paying attention to new things creates new psychological zones. For example, paying attention to the new train prices creates a new psychological zone linked to those new prices. Paying a lot of attention makes an active mind ;
- An insular person is someone who always stays in the same closed place in the psychological space.

2- Zone activation

An important concept is the zone activation.

The more the individual stays in a zone, the more this zone is activated.

Look at the following list :

subconsciously think of killing
shortly consciously think of killing
threaten one person with death
kill 1 person
kill 10 persons

This list follows a gradation : the activation of the (killing somebody) zone increases.

From a moral point of view, it is tolerable for someone to shortly think of killing. But when it comes to an act, it then becomes something one has to oppose.

Let us come back into science. There are properties with the psychological zone activation. Here is a list of a certain number of them :

- The more activated a psychological zone is, the easier it is to get more activated ;
- With time, the activation of psychological zones tends to diminish ;
- The more a person does something, the more the zone linked to that action is activated ;
- When a psychological zone is created, its activation goes from zero to something. This is what happens when a person sees a cat for the first time.
- Some psychological zones can only be reached if another psychological zone is already activated. For example, it is impossible to wonder what asepsis is if the (asepsis word) psychological zone has never been activated.

3- Notion of post-thought

One important postulate of work is the following : "We cannot read the thoughts of others, but we can guess them."

I consider this postulate as true because of the existence of expression, that is, things that go outside the mind of a person, and reflect its state of mind. For example, a person that speaks loud can have an angry or excited state of mind, but it cannot be a calm state of mind⁴.

An important and very practical notion is what I call "post-thought".

Here are some post-thought problematics :

- Imagine a writer. This person is writing a book, and may have this kind of wonder : "After the reader has read my book, is he gonna remember the most important ideas ? Or the way I said them ? Or just nothing ?".
- Imagine a woman that will meet a man in the evening, and that is seeking to seduce that

⁴ Except special cases. Special cases are interesting, but first, let us consider the main rules.

man. She may ask herself :

"If I go and meet him with my flower dress, is he gonna remember its colors ? Or is he gonna just think of the fact I had cut my hair too much ?".

• Imagine a militant that wants the prison of Guantanamo to be closed. He will try to convince the other people that this prison has to be closed. He may have such a questioning :

"If I talk to him about that torture in the Guantanamo prison, when he shall remember that, will he feel hurt ? Will he want to protest against that prison ? Or will he be afraid of the army ?".

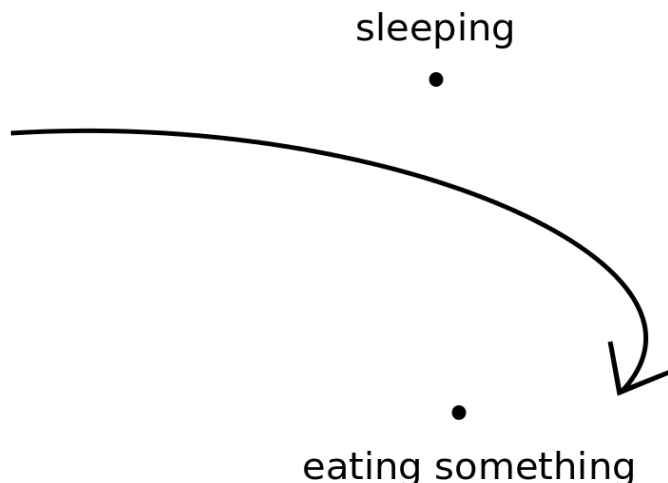
4- Notion of attractor

A word that will take an important meaning is the word "attractor".
An attractor, as you can guess, is something that attracts.

"Attractor" is a way a psychological zone can be seen.

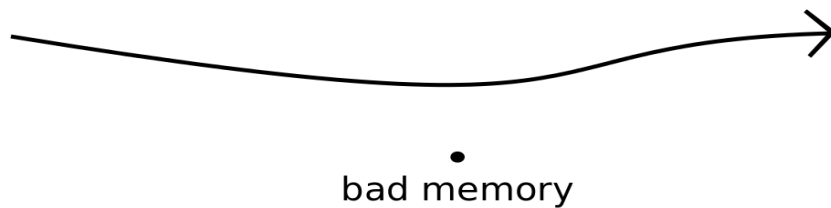
There are attractors in common to all humans, like the eating behaviour. There are attractors in common to most humans, like the masturbating behaviour. And there are attractors in common to few humans, like the medieval Arabian culture.

Some attractors are stronger than others : a very hungry person at 1:00 am may be more attracted by eating something than going to sleep.



By the way, it is possible to give a figure of the expression "let pass".

If someone says "Try to concentrate on your work, you have little time. If this bad memory comes again in your mind, let it pass.".



"let pass" figure

5- The absorbers' technic

This part has the advantage to be of a practical use.

In fact, there is often an attractor that absorbs all others. For example, if the only experience the person has about piano is a horrible social experience with pianists, then, each time he/she thinks of piano, among the attractors

- Is piano a string or a hit instrument ? Hit instrument ? I don't think that's the name for it.
- Imagine myself, playing the piano with skilled hands, making soft music, getting it more violent... That could be nice.
- What about painting the black things in red instead ? Or in blue ? Blue is like the sky.
- It was horrible.

only the last one will be activated. This thought will absorb all others. Of course the person will not wish to learn the piano in such a situation...



The absorber's technic relies upon reasoning in the post-thought of someone else, and the aim is to set things in such a way that the current absorber is a good absorber.

If the absorber is good, then you let things like this.

If the absorber is bad, then you replace it by a good absorber.

In the case of the previous example, you could make the person meet a kind and trustful pianist, who plays the piano well, so you replace the absorber by a good one.

It must be noted that the absorbers' technic also works for an individual who wants his/her own mind to be better.

6- Work against an attractor

It is possible to escape from an attractor by making an effort. This is what I call "psychological work".

For example, if the person is attracted by a much expensive sport car, and must not waste their money to buy this car, then he/she will have to make an effort to escape of the psychological zone linked to that car.

Of course, the stronger the attractor, the bigger the psychological work needed.

It is likely that a person who makes an effort to escape his/her look from an attractor, say, an unknown beautiful woman, produces an expression.

7- Evocations

I assert that one of the mechanisms of evocations is the "central effect"⁵.

Evocating something, is to make thing about that thing.

If a person A says to a person B :

You are beautiful !
I love the way you cook hot chocolate.
It's really hot, today !
I love your faults.

, then the situation is like this :

5 A popularization article about this effect can be found in French at <http://etoiledumarin.over-blog.com/article-maitriser-les-evocations-avec-l-effet-banane-117254362.html> .

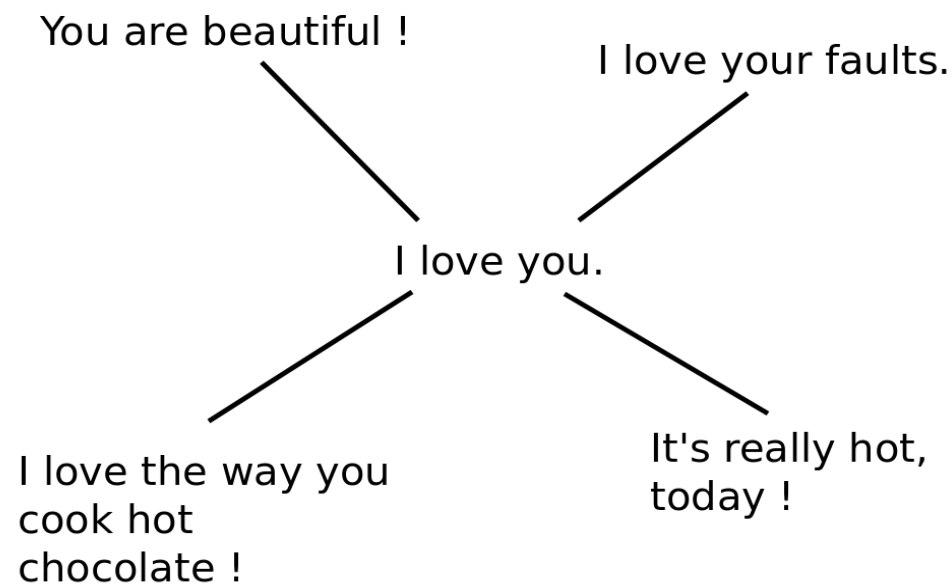
You are beautiful !

I love your faults.

I love the way you
cook hot
chocolate !

It's really hot,
today !

and at the center is the zone "I love you.", that gets activated.



(I love you.) gets activated.

The center was linked to each thing.

(I love you.) is linked to (You are beautiful !) because sexual love is better with a beautiful person.

(I love you.) is linked to (I love the way you cook hot chocolate.) because those two

things resemble one another. "I love" and "you" are in common.

(I love you.) is linked to (It's really hot, today !) because "hot", in a metaphorical way, refers to sexual excitation, and because love is intrinsically linked with sexuality.

(I love you.) is linked to (I love your faults.) because if A loves B's faults, it is likely that A loves B at all...

This tendency of the human mind to centralize is what I call "central effect".

To get a certain zone activated, you have to encircle that zone.

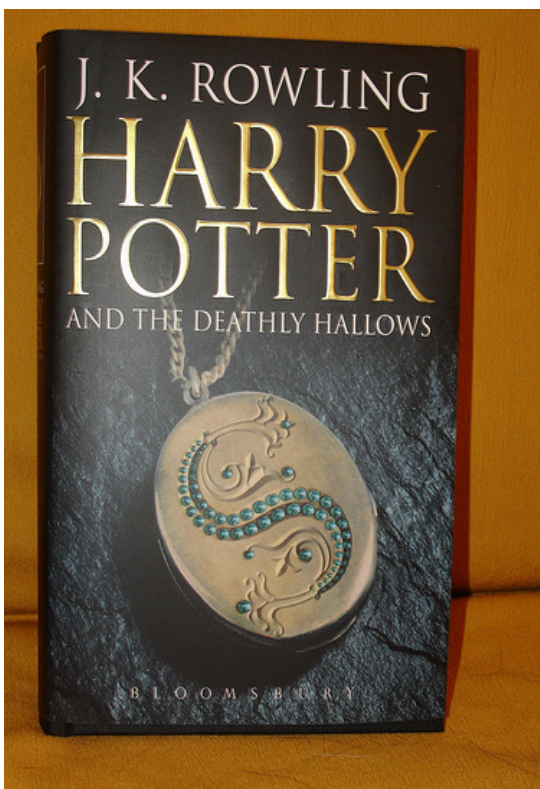
I have to say that this evocation technique is very powerful. It can give the smoothest feelings as the hardest thoughts.

II What I can explain

Many things of current life can be explained with the previous "theory".

Here is a list of sentences. Each sentence is associated to a certain situation. You must imagine a situation that would make someone say that sentence. Once this is done, there is no context problem.

- He is incapable to tell me what the names of the characters of the book are, he doesn't remember well.



If the person would remember the book well, the psychological zone would be often activated, and the person would travel inside it, remembering the names of the characters, remembering the most impressive scenes and feeling them, wondering what scene was the most impressive, which scene was the most decisive in the plot... In such a case, of course the person can say what the names of the characters were.

- When he listens to that political man speaking, and when he remembers that, he only thinks of the voice, then thinks of something else.

In this case, it is likely that the political man speaks very loudly. So the loud voice is a stronger attractor than the meaning of the sentences, and as it is violent, it provokes cognitive dissonance⁶, that makes the person leave the psychological zone.

- I am in a wheelchair, and when I go out in town, people either look at me with insistence, or they turn their eyes.



A person in a wheelchair is something special. It is an attractor. There are two possibilities : either the other person lets himself/herself fall in the attractor, so he/she looks at the person in wheelchair with insistence, either he/she produces a work against that attractor, so he/she turns their eyes.

- When fighting with a stick, she lured him with her free hand, it worked. He never noticed.

The psychological zone (luring with the free hand) was quite known by the female fighter. On the other side, this zone was never activated in the opponent's mind, so he was not able to activate the (I must not fall in that trap) zone.

III And then ?

In my view, the graph theory has something to do with it.

The main weakness of that article is that it relies upon the experience of the reader. It's a little "Believe me, you will see I am right.". As I said before, this work is not achieved.

Moreover, the assertions are not clear enough to be easily refuted.

Personally, I think that a theory does not need to be refutable to be scientific. As long as it gives useful predictions, then it is scientific. Those who do not believe me can consider the conformist argument that the law of conservation of energy cannot be refuted as it is always possible to imagine a new input or output energy⁷.

⁶ An explanation of the cognitive dissonance concept can be found at <http://psychology.about.com/od/cognitivepsychology/f/dissonance.htm> . This concept is so important that you have to make your own research about this.

⁷ This idea originates from the philosophy of science book *La Science et l'Hypothèse* by Henri POINCARÉ. In this book is defended the idea of reason as a pragmatic.

My objective is to find out a fundamental equation of human mind. This will fairly not be enough to know everything. Let us be honest : we know a tiny little, and may know a tiny little forever. There will always be things to be researched, even within thermodynamics, even within the dogs' species, even within the triangle geometry ! We cannot know how much is to be discovered until we truly touch it !

One questioning that borrows me is the following : Are the laws of human psychology the same as the laws of other animal species psychology ? Do very special individuals like autist humans require a special theory ? To those questions, only the experiments can give an answer.

One of the future improvements of the work I have done here is to experimentally measure the activation of psychological zones, and get true and interesting equations.