

SLIDE	NOTES
1	<p><b>TITLE</b></p> <p>In this module we discuss what is an emotion and what emotions have to do with ETHICS.</p>
2	<p><b>Can you think of any scriptures dealing with emotions?</b></p> <p>There are many...</p> <p><b>Anim1: Quote</b> Alma 32:12</p> <p>* Alma 32:12 is of particular interest from a primacy discussion.</p> <p>* Being directed to "bridle our passions" implies that something other than emotions have primacy.</p> <p><b>What are we to bridle our passions with?</b></p> <p><b>Why bridle our emotions at all? What's the problem with just letting them go wild?</b></p> <p>We Latter-day Saints have been singing the answer for many years now.</p> <p><b>Anim2: Quote</b> Hymn 336</p> <p><b>What then, is the purpose of emotion?</b></p> <p><b>Anim3: Quote</b> Nussbaum</p> <p><b>Anim4:</b> Reason (or Belief) is based on Cognition of Facts (Declarative Statements of Truth) Emotion is a response based on a recognition of values</p> <p><b>Anim5:</b> Belief of Truth is a declarative statement of what you "know is the case"</p> <p><b>Anim6:</b> Emotion is "responding to what is at stake"</p> <p><b>Anim7:</b> To illustrate the difference between the two (belief and emotion)</p> <p><b>Anim8:</b> Consider knowing that your spouse has died vs. Experiencing the grief stricken loss. (Or happy because you hired the hitman...) This is why it's an Ethical response.</p>
3	<p><b>TWO JUDGEMENTS</b></p> <p><b>Quote</b> Nathaniel Branden</p> <p><b>Anim1:</b> The world is full of many things "that just exist" (uncolored matters of Fact). We use our reason to discover these cold, truthful facts of reality.</p> <p><b>Anim2:</b> As we come across these things we also judge the VALUE of them...</p> <p>* Our value judgments cause us to interpret these things as being "for me" (green), "neutral to me" (yellow) or "against me" (red).</p> <p>* At first, we see just the uncolored factual object, not knowing what is "for me" or "against me" until we get more experience.</p>
4	<p><b>VALUE SCALE</b></p> <p>* Our values are things that we must ACT upon to gain or keep</p> <p>* We sort our values into a hierarchy scale, according to the RELATIVE AMOUNT, paying attention to ones that are "for me" or "against me"...and generally ignoring the ones that we don't care much about either way.</p> <p>For example</p> <p><b>Anim1:</b> Some people place a high positive value on golfing.</p> <p><b>Anim2:</b> and a somewhat positive value on marriage</p> <p><b>Anim3:</b> and place a negative value on immorality</p> <p><b>Anim4:</b> and place a very negative value on smoking</p> <p><b>Anim5:</b> That which preserves or gains me the things I value, is perceived as the GOOD.</p> <p><b>Anim6:</b> That which threatens my values is perceived as the EVIL.</p> <p><b>Only when people's values are the same will their emotions be the same.</b></p>

## ETERNALISM SLIDE NOTES: MODULE 22

5	<p><b>What</b> Let's go through an example:</p> <p><b>Anim1:</b> Owning a gun (identify what?)</p>
6	<p><b>So What</b></p> <p>Perhaps there are a high incident of attacks in the neighborhood and I value self-defense. So I perceive a gun as an aid to me in preserving my highest value, which is my life and my families' lives).</p>
7	<p><b>Now What</b></p> <p>Having identified and aid to my values I buy one and learn how to use it (The Now what)</p>
8	<p><b>What</b> Let's do another example such as a <b>hiring decision</b></p> <p><b>Anim1:</b> We setup the interview and the guy turns out to be a clown</p> <p><b>Anim2:</b> We evaluate what affect this would have on my values...</p>
9	<p><b>So What</b></p> <p>Working with a clown in an office setting would get very old very quickly....No deal.</p>
10	<p><b>Now What</b></p> <p>We act in order to preserve (keep) our current work environment "as is".</p>
11	<p>Perception + Value Judgement = Emotional Response</p> <p><b>Anim1:</b> Let's go through an example</p> <p><b>Anim2:</b> They come across a rattlesnake</p> <p><b>Anim3:</b> The child sees something new for which he has no experience and wants to investigate (Something <b>"For Me"</b>)</p> <p><b>Anim4:</b> The child feels <b>Curiosity</b> (low intensity) and <b>Moves</b> toward the rattle snake.</p> <p><b>Anim5:</b> The mother has experience, immediately sees the danger as <b>"Against Me"</b></p> <p><b>Anim6:</b> She experiences instantaneous Fear (high intensity), her body adrenaline system <b>automatically</b> kicks in so she grabs the child and <b>moves</b> away from the snake.</p> <p><b>Anim7:</b> <b>Quote</b> Matthew 23:29, 33 People can be the most dangerous of all...When Christ came across the Pharisees who were contrary to his values he said this.</p> <p><b>Anim8-9:</b> Perceptions + Value Judgments = Emotional Responses</p> <p><b>Anim10:</b> Mind + Heart</p> <p>Notice the Primacy Issue at work... A common mistake people make is assuming the heart makes the value judgement. The heart doesn't make any judgements. The heart only displays emotional responses.</p>
12	<p>* Emotions are very helpful "lightning quick" shortcuts from all of the mental calculations that led up to them. <b>Imagine if every time you came across something (even if you had seen something like it before), you had go through all of the Mental calculations each time before you knew how to act.?</b></p> <p>* That is too slow in many instances. If that were the case our ancestors would have been munched by bears or poisoned by snakes as they acted each time like this child.</p> <p>* Emotions are not mysterious unless you don't understand the process that happens over and over in our lives.</p> <p>For Example:</p> <p><b>Anim1:</b> Perception (Get a Raise)</p> <p><b>Anim2:</b> Value Judgement (For Me)</p>

	<p><b>Anim3:</b> Emotion (Yeah!)</p> <p><b>Anim4:</b> Perception (fired)</p> <p><b>Anim5:</b> Value Judgement (against me)</p> <p><b>Anim6:</b> Emotion (Rats!)</p>
13	<p>This simple pattern is followed over and over throughout or lives. It is a rollercoaster, but it is not mysterious.</p> <p>For example:</p> <p><b>Anim1:</b> <b>Quote</b> Mosiah 25:7-11</p> <ul style="list-style-type: none"> <li>* Shows this process (Mind over Heart)...Their Emotions oscillated back and forth between Joy and Sorrow based on the various thoughts and value judgements they had regarding the situation.</li> <li>* Conviction is mind and heart aligned together. You can't have conviction with just mind alone or just heart alone.</li> <li>* Good psychologists treat thoughts first in order to control emotions.</li> </ul> <p><b>Anim2:</b> <b>Quote</b> Alma 62:1-2</p> <p>Shows this process (Mind over Heart)...Notice each emotion is preceded by a "because"...</p> <ul style="list-style-type: none"> <li>* It's one thing to know the truth (judgement), and another thing to love the truth (response). The heart cannot show conviction without the previous value judgement.</li> </ul> <p>This mind/heart (thinking/feeling) sequence is amazing philosophically speaking, and a testament to the consistency of the Book of Mormon. It would have been so easy for a primacy of consciousness prophet to have gotten it wrong by declaring that an Outside the Box God, mystically sent a feeling to them, filling their hearts with joy or sorrow. But instead the pattern shows mind (think, thought, because) preceding feeling.</p> <p><b>Anim3:</b> <b>Quote</b> D&amp;C 9:8-9</p> <ul style="list-style-type: none"> <li>* Study in your mind is required FIRST to get values right THEN the spiritual confirmation will come. Spiritual confirmation is not the same as emotion though strong emotions may accompany the spirit touching your spirit.</li> <li>* Notice the primacy issue language ("then", "if"...And "if not")</li> </ul>
14	<p>Three dimensions of man: Thoughts, Emotions, Actions</p> <p><b>THINK</b></p> <p><b>Anim1:</b> As we covered in Epistemology...Man can think correctly or incorrectly.</p> <p><b>Anim2:</b> If he thinks correctly, he is a rational man...meaning he is governed and persuaded by reason</p> <p><b>Anim3:</b> Man is also Fallible...meaning he is occasionally Mistaken at best or evasive of reality at worst.</p> <p><b>ENJOY</b></p> <p><b>Anim4:</b> Man's actions bring the capacity to enjoy Appropriately or Inappropriately.</p> <p><b>Anim5:</b> Man enjoying appropriately is again based on reason...in the form of rational emotions.</p> <p><b>Anim6:</b> Man enjoying inappropriately is based on Improper, Misplaced emotions.</p> <p><b>ACT</b></p> <p><b>Anim7:</b> Based on man's ability think, Man has the Power to Act...Rightly or Wrongly</p> <p>Note: The primacy of Good/Right...Right is still correct and is based on the good.</p> <p><b>Anim8:</b> A man acting rightly is again guided by principle based on reason.</p> <p><b>Anim9:</b> Man acting wrongly means is Misguided by his mistaken reason.</p> <p>Perception -&gt; Value Judgement -&gt; Emotion-&gt; Act -&gt; New emotion</p>
15	<p>Going back to the IS-UGHT chart...With its Descriptive Truths and Prescriptive Truths.</p> <p><b>Anim1:</b> <b>MISTAKEN</b> man is...</p> <p><b>Anim2:</b> Cut off from reality...(reality disappears)</p>

	<p><b>Anim3:</b> With the <b>bridge to reality gone</b>, man is <b>MISGUIDED</b>  * <b>Everything from the Restoration disappears</b>...The Holy Ghost only teaches of things that are real...</p> <p><b>Anim4:</b> No longer guided by reality or the Holy Spirit...Causes <b>MISPLACED</b> Actions...</p> <p><b>Anim5:</b> Misplaced actions will never lead to Eternal Life...  * Improper actions blow up everything that is good in a man's life.  * With man out of touch with reality, and doing incorrect actions...Everything <b>Spiritual Disappears</b>  * Man is left mistaken, misguided, misplaced...<b>Stumbling around in a dark fog</b> hoping for the best, but always looking over his shoulder second guessing himself, expecting the worst.</p> <p><b>Anim6:</b> <b>Quote</b> Ayn Rand</p>
16	<p>Emotion is not the same as reason, truth, or The Spirit.</p> <p><b>Anim1:</b> <b>Quote</b> President Howard Hunter  The truth doesn't care about your emotions. Truth is just cold hard facts of reality.</p> <p><b>Anim2:</b> <b>Quote</b> Elder Orson Whitney</p> <p><b>Anim2:</b> <b>Quote</b> Elder Heber C. Kimball  <b>Did Elder Kimball worry about feelings (emotions) when it came to declaring the truth?</b>  * Preach the Truth...They can use their agency and emotions however they choose....  * Bonus discussion: Garage door example</p>
17	<p>Alma's instruction to "bridle all your passions" implies that emotions should not be allowed to run wild, independent of governing reason.</p> <p><b>Anim1:</b> <b>Quote</b> Leonard Peikoff  <b>Anim2:</b> <b>Quote</b> Crucial Conversations  <b>Anim3:</b> <b>Quote</b> Nicholeen Peck</p>
18	<p>Questions? Rating?</p>