

Cognitive psychology

[Psychology](#)



**ASSIGN
BUSTER**

Cognitive Psychology Cognitive Psychology While looking into a mirror as a young child, Steven Johnson had the opportunity to wonder, ‘ how is that me?’ The discussion focuses on the podcast, “ where is that part that is ‘ me?’” The assessment emphasizes on the part of the brain with potentiality of recognising oneself under the assistance of Julian Keenan. Besides, the discussion incorporates perceptions of Independent radio producer Hannah Palin illustrating about her mother, who, after suffering an aneurism, had the chance to wake up with a completely different personality.

Based on that, her mother looks the same with similar memories, but the question remains on where her mother went prior to re-emergence in a very different individual. One of the possible answers is Vietnam regarding her experiences. That contributes to the generation of information regarding the understanding fragility of the self. It is critical to note that individuals are one crush or explosion away from becoming different personalities or individuals. The podcast asks the basic question in relation to location of the self. It is essential to note that the brain is the centre of the rational thought, speech, and everything in relation to perception.

Individuals have the tendency to utilise the right side of the brain with the intention of understanding who they are as human beings. In addition, the documentary notes that the activities of the neuron in this section of the brain are essential in the generation of life. Individuals have the tendency of utilising these activities of neurons to understand their mental life, intimate self, perception, thoughts, ideas, ambitions, love life, and fear of death. In the previous podcast, Locked-in Man, the focus on a story of Martin Pistorius by Invisibilia’s Lulu Miller, relating to a man whose body began to slowly shut down at the age of 12 years old. It is critical to note that for years, the man <https://assignbuster.com/cognitive-psychology-essay-samples-6/>

was locked in his own body with nothing other than his thoughts. From this perspective, it is essential to note that the self is essential in generating the perception, thoughts, and ideas or ambitions of an individual (De Brigard & Prinz, 2010).

Self-awareness comes out as the most fundamental issue in relation to psychology with reference to the developmental and evolutionary perspective. From the development psychology perspective, individuals have the opportunity to observe the construction of the product under the influence of sequencing of each of the relevant elements. There are diverse elements of consciousness, which are essential in the achievement of self-awareness or knowledge. In the first level, individuals focus on differentiation. In this context, there tends to be a sense that the perception in the mirror is different from the perception within the surrounding environment (Rochat, 2003).

The second level concentrates on the situation enabling the person to enhance capability in the course of exploring an intermodal link between the seen movements in the mirror and the personal body. The third level concentrates on the identification, which enables an individual to manifest recognition in the exploration of the own spectacular image. In the fourth aspect, there is the issue of permanence. In this context, the individual concentrates on the manifestation of the sense of self, thus illustration of the immediacy in relation to the mirror experience (Rochat & Zahavi, 2011). The final aspect is self-consciousness or self-awareness. In that aspect, individuals are aware of what they are, as well as how they exist in the minds of other people.

References

<https://assignbuster.com/cognitive-psychology-essay-samples-6/>

De Brigard, F., & Prinz, J. (2010). Attention and consciousness. Wiley
Interdisciplinary Reviews: Cognitive Science, 1(1), 51-59.

Rochat, P. (2003). Five levels of self-awareness as they unfold early in life.
Consciousness and cognition, 12(4), 717-731.

Rochat, P., & Zahavi, D. (2011). The uncanny mirror: A re-framing of mirror
self-experience. Consciousness and cognition, 20(2), 204-213.