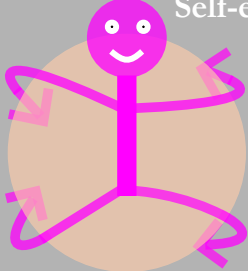



Emergence and sharing of new cognitive schemata: clarifying the link between self, cognition, motivation and communication

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Self-expansion

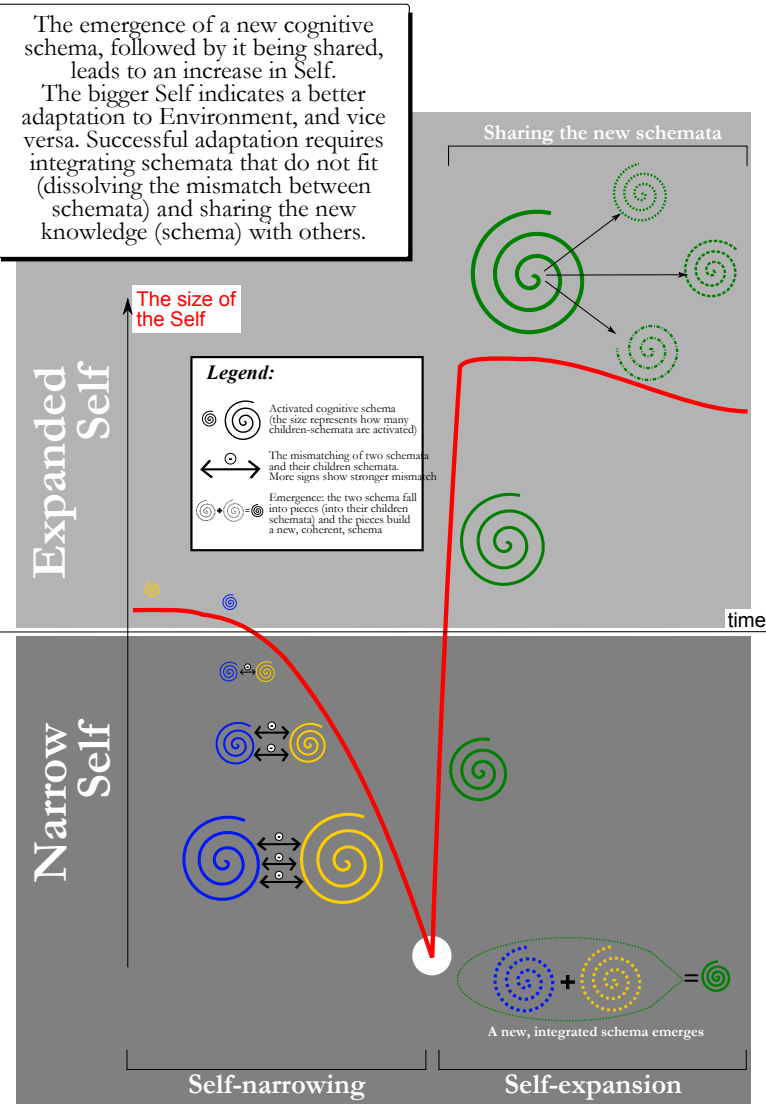
- . results from the emergence of a new cognitive schema
- . is preceded by self-narrowing
- . for Self-expansion to be maintained, the new schema has to be communicated to others
- . the rewarding emotions accompanied by the Self-expanded state are part of the evolutionary feed-back system, driving the person to increase his or her adaptation level



Self-narrowing

- . appears when somebody is not able to connect two schemata that are expected to fit
- . continues until either the schemata that do not fit are integrated (Self-expansion) or the person cancels the future use of the two schemata (or of at least one of them) as being improper models of the environment
- . is felt as a punishment
- . acts as an evolutionary drive to change the current – less adaptive – state
- . is strongly linked to aggression: Self-narrowing leads to aggression, and vice versa

EXAMPLES			
Symbol used	Understanding a painting	$x^2 = -4$ $x = ?$	Saturday night dilemma
		$x = 2 \rightarrow x^2 = 4$	My partner suggests going out to see a film
		$x = -2 \rightarrow -1x^2 = -4$	Friends are planning to meet for a chat
		$x = 2$ OR $x = -2$	I would like so much to see the new film! BUT I haven't seen my friends for a very long time.
		$2 \approx -2$	What is more important to me? The film and my partner OR socializing with friends?
		let us define i as $i^2 = -1$	I call them and ask whether they would like to join us at the cinema
		SOLUTION: $x = 2i$ $(2i)^2 = 2^2 \times i^2 = 2 \times 2 \times (-1) = -4$ and so $(2i)^2 = -4$	My partner and friends and I all watch the film together, and then go on to dine together!



Further conclusions on the area of intersubjectivity:

- . Permanent (mid-term) Self-expansion is possible only when surrounded by social actors. Note that it is not the real persons in the environment that count rather the mental representation of the listeners. So, Self-expansion is also possible when the communication is not live: publishing a book, a speech on radio, painting, or artistic performance.
- . Not only the cognitive schema of abstract notions can be mismatched, and then become integrated according to pattern described above! Mental representations of ourselves and other people also behave according to this pattern. In this case, the 'Me' and 'You' distinctions are replaced by the newly-emerged schema of 'We'. In this way, we can explain the phenomenon of sexual pleasure (when the physical bodies also merge) or that of altruism (when somebody helps another person, as he or she would help himself or herself). The communication imperative of the new schema has two roles: a.) testing the usability of the new schema, by using the mental capacity and schemata of other people; and b.) sharing the new knowledge, which is a winning evolutionary strategy on the group level, as it helps to build groups, and increases the adaptability of group members

Further details can be read in the book ‘Self-expansion, a NEW! integrated paradigm for Psychology’ or on www.psy2.org. Aesthetics, aggression, altruism, teams, happiness, religion, death &c. are also examined using the presented model.