

What are the volitional processes of the mind?

Philip Bitar

Version 2014-07-07

This meeting continues the topic that we ended the last meeting with — the meeting on freewill.

I invite all interested members to propose their own model of volitional processes, and we can compare features of the models.

In my model of the mind, there are just two volitional processes:

- ◆ **Focusing attention**
- ◆ **Postponing a decision to act**

I think that the resulting theory of mind greatly helps us understand how our mind works. This is what Freud sought to achieve in his theory, but, as I say in my book, his theory is needlessly complex, and it gives the impression that we are not ultimately in control of our mind and our behavior. By contrast, my theory shows that we are in control, and it explains how we implement this control.

I think that the foregoing insights are of substantial practical importance in helping us understand how we can use our mind more effectively to achieve our goals, just as understanding how our body works helps us use our body more effectively to achieve our goals.

Meeting format

At the meeting, I will present my model of volitional processes, then we will hear from anyone else who wishes to present a model of volitional processes. I invite all interested members to propose their own model of volitional processes, and we can compare features of the models.