

9 Best Fit, Positive Thinking, & Springboards

We retrieve concepts, images, and behaviors into consciousness based upon a “goodness-of-match” or “best fit” process as described by Dominic Massaro’s Fuzzy Logical Model of Perception. Next, we weigh the “pros and cons” of our budding plans, and the one which “best fits” our needs or “best optimizes” our positive feelings “wins”. Essentially, this style of thinking is “survival of the best fit”.

Since the conscious mind is a problem-solving tool born of the XCS, it tends to be attracted to problems and negative ideas. Unfortunately, awakening the XCS causes it to look for a problem until it either finds one or until it manufactures one (creating a mountain out of a mole hill). To counter this negative tendency, creating a habit of “positive thinking” is essential during consciousness.

Though happiness can be achieved by turning off the XCS through deep meditation or sleep, other measures which “turn down” the XCS include awareness (art, music, nature, etc.), keeping focused on positive thoughts (“pivoting” away from negative thoughts, imagining success, etc.), and light exercise and diet. Less satisfactory are “springboard” pursuits where risk is endured for the potential of later success and happiness. Examples of “springboard” activities are sports, gambling, and other challenges where risk exists. Though “risk” entails stress, the appeal is the potential “recoil” of happiness when the challenge is overcome: the greater the challenge, the greater the stress, and the greater the recoil of happiness – but only IF successful (Richard Solomon’s Opponent-Process Theory). Meditation, awareness, and pivoting are much easier and assured paths to happiness and peace of mind.