



This diagram shows the structure of individual action. It starts with the idea that **ACTION** is typically directed toward some **OBJECT** -- real or imagined. I **CHOP** the *tree*; I **ADD** " $2+2$ " = " 4 ".

The Architecture of Action on Objects

- (1) The relation between our **circumstances** and our **motives** is continuously assessed outside of consciousness.
- (2) Novel events -- including adaptive challenges to our motives -- generate affect (emotion).
- (3) Emotions automatically activate action tendencies and expressive action.
- (4) Emotions select representations of (1) novel adaptive challenges and organize them in (5) consciousness.
- (6) Consciousness activates adaptive action in more deliberate ways
- (7) With development, conscious awareness becomes increasingly mediated by **signs and symbols** -- words, images, etc.
- (8) **Self-Awareness** emerges when consciousness gains the capacity to loop back upon itself and take itself as its own **object of awareness**.

When this happens, we become able use **representations of self** to regulate our patterns of acting, thinking and feeling.