

# Morale coding, the illusion of choice

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## Introductions

This paper presents a theory, that wants to bridge a gap between emotions, their creation, values, how they are created and ethics.

Values are the guiding principles that shape our thoughts, actions, and interactions with others, providing us with a framework for making ethical decisions. They often emerge from a complex interplay of personal experiences, cultural influences, and philosophical reflections. Understanding the interconnected nature of values is crucial, as one value often influences and reinforces others, creating a cohesive and harmonious moral compass. As we delve into the exploration of various values, we will examine how they derive from and reinforce each other, fostering a richer understanding of the ethical principles that guide our lives and contribute to a more empathetic and just society.

The derivation of values from other values are grounded in a simple yet powerful dynamic of emotional basis; joy and pain. All values are derived, in essence, from those two primordial monoliths, as are all emotions.

This paper will lay a foundation for any and all values and their basis in emotion and also explain emotions; furthermore it will explain why emotions and values are intrinsically linked to one another. It will also ask the titular question of the illusion of choice.

Joy and pain are fundamental emotions that serve as the foundation for a wide range of human experiences and all values. These emotions not only drive our actions but also shape our understanding of the world around us. As we navigate the complexities of life, joy and pain act as catalysts for change, influencing our growth and development on both personal and societal levels. Joy, as a driving force for constructive change, motivates us to pursue happiness, well-being, and positive experiences. This emotion fuels our creativity, innovation, and desire to connect with others, fostering a sense of community and belonging. Joy inspires us to strive for a better world, giving rise to values such as compassion, empathy, and generosity. By embracing joy, we cultivate an environment that promotes harmony, understanding, and collaboration. Pain, on the other hand, serves as a powerful reminder of the destructive aspects of change. Through pain, we learn about loss, suffering, and adversity, leading to the development of values such as resilience, courage, and perseverance. While pain can be a source of distress and discomfort, it is also an essential component of our emotional landscape, providing us with the opportunity to grow and adapt in the face of challenges. Together, joy and pain create a dynamic interplay that gives rise to higher-order values in humanity. By experiencing the full spectrum of these emotions, we develop a deeper understanding of ourselves and others, fostering empathy and compassion. Acknowledging the necessity of both joy and pain in shaping our values, we can better

appreciate the delicate balance that underpins our emotional lives and drives us towards constructive change, growth, and ultimately, a more meaningful existence.

## Joy and Pain, an interlude of Emotions; what are emotions?

To answer the question of values, we first need to answer the question of emotions. What do emotions do in ourselves and in our expression to the environment?

In ourselves, emotions stimulate the current reigning state and solidifies that narrative through disallowing contrary emotions and allowing aligned emotions. The state of emotion reinforces itself by practice and evolves through time into a simulacrum of healthiness. It is paramount to understand that, this simulacrum does not replace healthiness, in any kind, and fosters any state of emotional prevalence throughout experienced situations. The simulacrum of healthiness represents a consolidated symbol of health, of well-being in a mental capacity. It is available in all emotions, each demonstrating different forms of simulacra, depending on the experience of the being with a given emotion. This can enhance or stand at odds with healthiness itself, which is defined by the lowest point of meaning for a given emotion. The baseline for a healthy emotion is grounded in their primary function, which roots in the meaning of joy and pain, ultimately. Joy's and pain's healthiness are defined as follows: joy seeks joy and pain needs to stay away. This is universally true, despite existing good form of pain or bad form of joy, those are simulacra. As an expression to the outside, emotions are reflectors of the being's state of mind. It tells a story by allowing to share information, a language of the mind, so to say. That is the very nature of emotion, to express the mind of a given being and communicate to the outside world; to solidify thought processes and the state of mind, inwards. Every emotion can be categorized hierarchically from basic to most complex, but there are only two emotions that give rise to all other emotions, both cascade together into a greater complexity, those are joy and pain.

## The greatest feeling in the world and beyond, Joy

Joy, as a basic emotion, serves as the bedrock for higher positive-order emotions and plays a crucial role in our lives. It is both a reward for our actions and a powerful motivator, driving us to engage with the world around us and seek out new experiences. Joy is a dynamic force that influences our thoughts, behaviors, and interactions with others.

The emergence of joy is intricately linked to the absence of pain, creating an emotional contrast that highlights the value of positive experiences. Without the backdrop of pain, joy would lose its potency and impact on our lives. It is through this delicate balance that joy derives its significance, inspiring us to pursue activities and relationships that elicit this fundamental emotion.

Stimuli from our environment also play a vital role in generating joy. These triggers may vary from being to being, encompassing a wide range of experiences, from simple sensory pleasures to complex achievements and social connections. By responding to

these stimuli, we actively cultivate joy in our lives, reinforcing its role as a reward and motivator of action.

In essence, joy operates as the cornerstone of our emotional landscape, shaping our experiences and driving us to engage with the world in meaningful ways. By recognizing the significance of joy in the absence of pain and the power of external stimuli, we can better appreciate its essential role as a foundation for higher positive-order emotions and its profound impact on our lives.

## The worst nightmare to experience, pain

Pain, as a fundamental emotion, serves as a critical aspect of our emotional framework and plays a significant role in shaping our lives. It is an instinctual signal that alerts us to potential harm, guiding our actions and decisions to avoid further suffering. Pain is an essential component of our emotional repertoire, influencing our thoughts, behaviors, and interactions with others.

The experience of pain drives us to seek relief and prevent future occurrences, acting as a powerful motivator for change and adaptation. This intrinsic aversion to pain shapes our choices, pushing us to develop strategies and coping mechanisms that minimize its impact on our lives. In this way, pain serves as a catalyst for growth and self-preservation.

Pain can manifest in various forms, from physical sensations to emotional turmoil. Regardless of its origin, pain triggers a response that urges us to address the underlying cause, prompting introspection and problem-solving. By acknowledging and addressing pain, we cultivate resilience and develop a deeper understanding of ourselves and our emotional landscape.

In essence, pain operates as a foundational force within our emotional framework, guiding our actions and promoting self-preservation. By recognizing the significance of pain and our innate drive to avoid it, we can better appreciate its vital role in shaping our experiences and its profound influence on our lives. Acknowledging pain as an essential component of our emotional foundation allows us to develop coping strategies and foster resilience, ultimately contributing to our growth and well-being.

With this, we have corner points on how to define joy and pain and the basis of emotional dichotomy, the fundamental unit of one, intertwined, pair of helix: the building block of complex emotions. Pain is an interrupter of joy, since it will only trigger when a being is in distress or under harm. Hypothetically, a being could only experience joy, but that comes with a cost. The interplay of emotions lead to the nascent of consciousness, and that pain interrupts joy in a fundamental, orthogonally way triggers a cascade of emotional explosion and give rise to the other emotions. The cost of experiencing one emotion solely would be the the hindrance of consciousness' creation and nascent into

a fully fledged mind. Pain is in a sense a realistic equalizer of experiences, a coming true of the real world in that being's memory. Joy is the very first emotion that a being feels, since it did not receive pain yet. When the interplay between pain and joy is manifested, the cycle of emotional depth starts. It leads into the next emotion; a trigger emotion that in itself is just a holding function but also more, to pass into other, higher-tiered emotions. This emotion has itself certain properties and a fundamental use in emotions, but for generating a morale code it is necessary to understand emotions fully.

### The first trigger emotion, the prime inheritor of joy and pain: surprise

Surprise, as an emotion, plays a pivotal role in our emotional landscape, acting as a transitional force that facilitates change and adaptation. One of its primary functions is its ability to act as an emotional 'cache clearing' mechanism. In this theory, surprise has the potential to reset the refractory period, enabling emotional equilibrium to be reestablished. The refractory period is a term coined by Paul Ekman, in summary it disallows other feelings or their information to be surfaced, that contradict the current prevalent emotion and allows only the reigning emotion and appropriate information to that feeling. This process of cache clearing allows us to swiftly adapt to unexpected situations and respond with appropriate emotional reactions, contributing to a more balanced emotional state.

The interplay between surprise and the foundational emotions of joy and pain is particularly noteworthy, as it demonstrates the multifaceted nature of surprise in shaping our emotional experiences. When surprise is combined with joy, it contributes to the development of the first learning method and gives rise to myriad other joyful emotions, such as bliss and happiness. This interaction enhances our ability to appreciate and savor positive experiences, fostering a deeper connection with the world around us and promoting personal growth. Conversely, when surprise interacts with pain, it quickly transitions into a range of social emotions, including sadness, fear, disgust, contempt, and rage. This emotional shift enables the creation of numerous negative emotions, which serve as essential tools for navigating complex social dynamics and reacting to various outcomes in a nuanced manner. The ability to adapt our emotional responses to different situations is crucial for maintaining healthy relationships and effectively managing challenges.

The unique ability of surprise to interact differently with joy and pain highlights its importance in shaping our emotional responses and guiding our behavior. By functioning as a transit emotion, surprise allows us to adapt to ever-changing circumstances, maintain emotional balance, and foster personal growth. Through its distinct interplay with joy and pain, surprise plays an indispensable role in enhancing our emotional intelligence and equipping us with the necessary tools to effectively

navigate the complexities of life. It serves as a vital emotional force that shapes our experiences and contributes to our emotional well-being.

Surprise, as a fundamental emotion, plays a crucial role in shaping our experiences and memory formation. Its unique interplay with the two primordial emotions, joy and pain, makes novel experiences more memorable by effectively capturing our attention. Surprise serves as the primary emotional learning mechanism for humans, allowing us to absorb new information and adapt to ever-changing circumstances.

When we encounter novel experiences, surprise triggers an emotional response that heightens our awareness and focuses our attention on the situation at hand. This emotional shift, combined with the involvement of joy and pain, creates a powerful, memorable impression that remains ingrained in our minds. By fostering our ability to remember and learn from new experiences, surprise contributes significantly to our personal growth and development.

### Social Emotions, the third generation of emotions; sadness, fear, disgust, contempt and rage

Social emotions play an indispensable role in human communication and behavior, serving as a vital means of conveying our internal states and facilitating interactions with others. These emotions not only express our thoughts and feelings but also help to navigate complex social situations and relationships. In this section, we will delve into the intrinsic value of social emotions, examining the unique functions and purposes of sadness, fear, disgust, contempt, and rage in human communication.

Sadness is an emotion that arises when we are unable to change a situation or come to terms with a loss or disappointment. That is its primary function. Its expression communicates vulnerability and the need for support from others, fostering empathy and social bonding. Sadness serves as a signal to those around us that we are in need of care and understanding, allowing others to offer consolation and assistance. In this way, sadness plays a crucial role in strengthening our relationships and reinforcing the importance of social connections in times of distress.

Fear, on the other hand, serves as a powerful indicator of perceived threats and danger, its primary role. When we experience fear, we are essentially conducting a threat assessment, evaluating potential risks and preparing to take action in response. Communicating fear allows us to warn others of potential hazards and seek reassurance or guidance. By expressing fear, we not only protect ourselves but also contribute to the safety and well-being of those around us, reinforcing the importance of group cohesion and cooperation in the face of adversity.

Disgust is an emotion that arises in response to stimuli we perceive as unpalatable or offensive, often related to matters of hygiene, morality, or taste; this makes it its primary function. By expressing disgust, we communicate our repulsion and signal to others that something is not ordinary or acceptable. This emotional response serves to maintain social norms and boundaries, promoting conformity and shared values within a

community. Disgust plays a vital role in establishing and reinforcing collective standards, ensuring the stability and cohesion of social groups.

Contempt, as an emotion, serves to modulate and devalue certain behaviors, ideas, or individuals that are perceived as inferior or unworthy of respect. Which is its primary function. Expressing contempt allows us to assert our values and beliefs, differentiating ourselves from those we perceive as being of lesser worth. In this way, contempt plays a role in maintaining social hierarchies and establishing our own position within a group. Although contempt can be divisive, it also helps to clarify boundaries and expectations, ensuring that social norms and values are upheld.

Rage, the most intense of the social emotions, signals an urgent need for change or intervention, which is its primary function. When we experience rage, we communicate our dissatisfaction with a situation or injustice, demanding immediate action and resolution. Rage can be a powerful motivator for both individuals and groups, driving us to challenge the status quo and advocating for change. While rage can be destructive, it also serves as a catalyst for progress, pushing us to confront and address the issues that undermine our well-being and sense of justice.

Social emotions are intrinsically valuable for communication and human behavior, playing critical roles in conveying our internal states and guiding our interactions with others. Sadness, fear, disgust, contempt, and rage each serve unique functions, contributing to the rich tapestry of human emotional expression and fostering the development of complex social relationships. By understanding and embracing the value of these emotions, we can better navigate the complexities of our social world and foster empathy, understanding, and cooperation.

All emotions are on a spectrum naturally, this is especially the case for the social emotions. They can intertwine with each other and create complex emotions of the fourth generation or beyond; or vary strongly in their expressive nature. The spectrum of social emotion is by all means and purposes equal to emotional intensity, which reflect the social trespass done to an individual. Third generation emotions show the social structure of beings and are relevant for social groupings. They are by no mean a evaluation of modality, of good or bad; this is a quality of moral code.

## The first morale code arises from emotion, the manifestation of ethics

The evaluation of joy and pain is done via feedback. Joy does not equal pain and pain triggers other emotions of not joy, this feedback loop suggests the than simple truth. Joy is something to experience again, while pain is to be kept away.

The most basic structure one can have as morale code is:

### **„Multiply joy and reduce pain“**

This acknowledges the existence of pain as a given bad emotion and establishes joy as a positive emotion; in this modality. This code is learned by surprise, literally. Through social interactions and emotional feedback of the third generation emotions, it is then triggered as an over encompassing theme and thus creates a morale code. This process is then repeated every time a moralistic effect is triggered or experienced. It modifies itself based on the situation at hand by the most minimalistic steps, until it conforms to a set of ethics that is applicable in the social norm of a given group. Even then moral coding never stops reevaluating the morale baseline, the code; since novel experiences are to be made constantly.

Surprise, as a second generation emotion, introduces learning as an emotional method. The learning done through this method reiterates through other learned methods and constantly bounces off each other; this means surprise seeks to integrate other methods in itself and thus giving rise to the morale library. This morale library forms the basis for morale behavior, it also goes through these iterations of transformation and adaptation. The first entry in any morale library is always an adaptation of the basic structure:

### **„Multiply joy and reduce pain; also apply to others“**

The morale library is always composed of phrases that are grounded in emotions and thus the being's truth. There can exist multiple entries, but the first will always be the same of „multiplying joy and reducing pain“, which in fact can negate but that is then a new entry and not a modification. Those entries do not conflict and if they do, it is a form of stress on the being's mind, conscious or unconscious. Their equivalence to ethics would be the ethic library.

## From the first code to the first ethical framework; accumulating knowledge

In the previous section we solely focused on emotions and their role in establishing morale codes in a given being. Now we will lay the foundation for ethics and (human) values. It is important to note, that morale codes and values are both derived from emotions of any generation in this theory. Emotions can change facts in life, because the underlying mechanic of surprise is still the same, a nullifier of contradictory content. Surprise still railroads into other emotions and rarely stands alone. Let us focus now on how the emotion surprise triggers knowledge accumulation and how this accumulation in return creates coherent values through societal interactions.

Surprise's mechanisms are simple, the brain is more receptive to unexpected stimuli due to its focus on pattern finding in the environment, surprise breaks that pattern; this is what gives rise, ultimately, to consciousness. This stimuli pattern is subject to fluctuation, the more stimuli comes through with surprise the less effective it, the stimuli, becomes; which is a normal behavior for these kind of stimuli, it helps to ground the information gain and normalizes it to a level where the stimuli can rebound back to starting levels.

This pattern is inherent to surprise and makes it a learning emotion, this extends further to social interactions where surprise acts as a form of catalyst, by accelerating the process of knowledge acquisition and fostering the development of values and ethics within a society. As individuals interact with one another, they encounter a myriad of unexpected experiences and situations that prompt surprise. This surprise, in turn, stimulates curiosity and the desire to understand the underlying factors behind these events. People begin to learn from each other, sharing their insights and knowledge, which gradually forms a collective pool of wisdom. This knowledge accumulation, facilitated by surprise, serves as the foundation for the establishment of shared values, principles, and ethical frameworks within a society. Through continuous social interactions, individuals refine their understanding of what is deemed acceptable or unacceptable within their community. They begin to internalize these norms and standards, adopting them as personal values that guide their actions and decisions. As more and more people adhere to these shared values, a societal ethical framework emerges, governing the collective behavior of the community.

This ethical framework not only influences individual actions but also shapes the institutions, policies, and laws within a society. In this way, the emotion of surprise plays the role in the evolution of human values and ethics, promoting cooperation, understanding, and harmony among members of a community. The simplest ethical framework within society is:

**"Treat others as you would like to be treated."**

Which in turn is than subscribed to an ethics library, akin to the morale library.

### Interlude of the first values

Given the nature of emotions, their nascent from joy, through experiencing pain, learning surprise and giving birth to social emotions it is obvious, that values are created. One of the first values any being will have, or in this case will seek, is understanding. Understanding arises from the interaction between surprise, joy, and the social emotions of contempt and rage, each filling different roles within the emotional spectrum. In this interaction, joy serves as the dissolver of understanding, while contempt and rage act as the antagonists. Understanding, as the mildest form of joy, contempt, and rage together, must arise first from the interplay of the first and third generations of emotion. Without the interruption of joy through pain and the creation of



surprise, social emotions wouldn't be triggered in their creation. Contempt and rage, playing a role similar to pain in the creation of surprise, block understanding, and it is through joy that this blockage is dissolved. Studies have shown that experiencing surprise can enhance learning and memory, facilitating the acquisition of new knowledge and fostering the development of understanding (Dunsmoor et al., 2015). Similarly, the role of emotions in promoting empathic responses is well-documented. Research on empathy has demonstrated the role of emotions such as joy and sadness in fostering empathy, with participants more likely to feel empathy for others experiencing the same emotions (Singer & Lamm, 2009). While rational reasoning, critical thinking, and other faculties of logic also contribute to the development of values and ethics, our primary focus here is on the emotional foundations of human values. By exploring these connections, we gain a deeper understanding of the complex interplay between emotions and values, providing valuable insight into the emotional underpinnings of human values and ethics.

The interplay of emotions, in the context of this paper, are manifold and can be understood as a game of blocking and dissolving. Joy is in most cases, but not all, is the dissolver, surprise the appropriator of a given unknown subject value and social emotions the blocking agent. It is important to note that this can be reversed, depending on the ethical or morale framework and learned structured. Contempt can be the dissolver, where joy is a block, one case would be the value of murder as an example, which again can also be reversed depending on the case of learning. Most interplays are scaffolding on each others, value create values through a dynamic game of emotions and understanding and later on, on other values. It is very important to note, that this is a dynamic process and highly subjective to the being's experience and societal embeddings.

Curiosity, is an interplay between surprise, joy, understanding and rage, or the milder form of anger; one could even argue that curiosity is its own emotion, because it is diametrically opposed to the blockage of anger and rage. Rage is the antagonist to curiosity, because it causes the being to not understand, which is crucial for curiosity; it blocks open-mindedness by secluding understanding. With this, we have understanding and curiosity explained, which are important building blocks for further values; Like respect and empathy. These two values serve as foundational building blocks for the development of more complex values and ethical frameworks in human societies.

Respect is a value that emerges from the interactions between understanding, curiosity, and the social emotions of admiration and contempt. When individuals are able to appreciate the perspectives, beliefs, and experiences of others, they develop a sense of respect for the uniqueness and worth of each person. This value encourages open-mindedness, tolerance, and a willingness to listen and learn from others, contributing to a harmonious and inclusive community. Respect also encompasses self-respect, as individuals recognize their own intrinsic worth and strive to live in accordance with their personal values.

Empathy, on the other hand, arises from the interplay between understanding, curiosity, joy, and sadness. It is the ability to put oneself in another's shoes and share their

emotions, fostering compassion and a genuine concern for the well-being of others. Empathy strengthens the bonds within a community and promotes collaborative problem-solving and support. It also serves as the basis for other values such as compassion, kindness, and altruism, which contribute to the overall well-being and harmony of a society. Understanding and curiosity, along side with respect and empathy, are essential building blocks for the development of a rich and nuanced system of values. These core values, shaped by the dynamic interplay of emotions and social interactions, lay the groundwork for ethical behavior and the formation of cohesive, supportive communities. As individuals continue to learn and grow, they refine their understanding of these values, ultimately contributing to the evolution and strengthening of the ethical frameworks that guide human societies.

This paper again, wants to remind the reader, that emotions and values are highly contextual, they depend in their very nature on the being's interactions and experiences, also on their societal embeddings. Any meaning can be perverted through societal or learned behaviors, even joy and pain can reverse their meaning in extreme cases. The only monolith against that is surprise, it will always stay neutral, but even that can be blocked or neutered.

It is now up to the reader's mind to follow this framework to explain other values, but they all follow the same principles; they have a underlying values or emotional components and are created through this method. All values are, from the most blissful, good to the most heinous, bad, created this way.

## The illusion of choice, why morals and ethics are limited by emotions

A glimpse of the limit to morale and ethics can be seen in the aforementioned high context of emotions and values, the same applies to any morale or ethic. The illusion lies therein, that understanding is the key part of unlocking the meaning of opposing and different morales and ethics. If they are understood, they will be integrated into the morale and ethic library, they will become part of the knowledge foundation of a being. Anything, that is not understood, will always trigger a social emotion plus surprise, until it's either dismissed or understood. Dismissing something will cause temporal pain, and will probably be mislabeled as something else, before it is truly dismissed as an subject in the being's mind. Understanding will always trigger joy, the joy of understanding and the new knowledge will integrate in the mind of the being without hindrances.

The illusion of choice is than the learned and perverted ground morale, that everyone adheres to. Everyone follows a code of „**Multiply joy and reduce pain**“, same goes with the most basic ethic of "**Treat others as you would like to be treated.**", but this is no choice, it is fundamentally given of the basis of emotions, the perversion, the corruption comes into play, when these ground moral and ethic get distorted by experience, societal or familiar circumstances. Most of the time it's a conformation

towards pressure of those sources. The true illusion lies therein, that we think we follow cognitive or rational decisions, but in fact we, in most cases, do not. It is just, that other morales or ethics failed us in any way and drifted us apart from the ground code, that is describe above.