

AI-01619 Cognitive and Emotional Response of Loss

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A human age 58 who voted for a presidential candidate and later lost his 20 something years federal stable job because the elected president issued a sweeping federal reforms. List 22 each cognitive and mental processes going through the mind of that human.

Here are 22 cognitive and 22 mental/emotional processes that could be going through the mind of a 58-year-old who lost a stable federal job due to sweeping reforms issued by the president he voted for:

22 Cognitive Processes (Thinking, Reasoning, Memory, Perception):

1. Cognitive Dissonance – Struggling to reconcile supporting someone whose policies led to personal loss.
2. Attribution – Wondering whether the loss was due to the president, the system, bad luck, or his own choices.
3. Hindsight Bias – Thinking, "I should have seen this coming."
4. Counterfactual Thinking – Imagining alternate outcomes ("What if I voted differently?").
5. Reframing – Trying to see the loss as an opportunity.
6. Problem-solving – Looking for ways to secure income or benefits post-job loss.
7. Future Planning – Thinking about early retirement, new career paths, or relocation.

8. Causal Reasoning – Trying to understand how a vote led to policy changes that cost him his job.
9. Mental Simulation – Running through different “what now” scenarios.
10. Confirmation Bias – Seeking information that either supports or condemns his vote.
11. Selective Memory – Recalling campaign promises and comparing them to current reality.
12. Critical Thinking – Analyzing the fairness and reach of the federal reforms.
13. Judgment – Evaluating political decisions and their impact.
14. Belief Updating – Adjusting previously held beliefs based on new outcomes.
15. Information Processing – Absorbing news and interpreting it through a personal lens.
16. Moral Reasoning – Questioning the ethical implications of the reform.
17. Self-reflection – Asking, “Did I vote selfishly, or for the greater good?”
18. Risk Assessment – Reviewing the risks of supporting change at his age.
19. Cognitive Load – Mental fatigue from trying to process rapid changes.
20. Perspective-taking – Considering how others in similar situations are coping.
21. Pattern Recognition – Linking current reforms to historical trends.
22. Metacognition – Thinking about his own thinking (“Why did I think this was a good idea?”).

22 Mental/Emotional Processes (Feelings, Identity, Coping, Attachment):

1. Shock – Initial disbelief that his secure job was eliminated.
2. Anger – Directed at the president, the system, or himself.
3. Betrayal – Feeling personally let down by someone he supported.
4. Regret – Wishing he hadn’t voted the way he did.
5. Anxiety – Worry about finances, identity, and the future.
6. Grief – Mourning the loss of his role, community, and routine.

7. Resentment – Toward the younger workforce, government, or political system.
8. Embarrassment – Feeling humiliated or exposed for supporting a harmful policy.
9. Depression – Sadness or withdrawal from social life and routines.
10. Identity Crisis – Losing part of who he was as a federal employee.
11. Insecurity – Doubting his place in society without the job.
12. Loneliness – Separation from work community and social structure.
13. Hope – Holding on to the belief things can get better.
14. Resilience – Trying to bounce back emotionally and mentally.
15. Guilt – Feeling responsible for his own downfall or others affected.
16. Vindication – If others who didn't vote like him suffer too, there might be a toxic sense of justification.
17. Frustration – Powerlessness in the face of sweeping change.
18. Nostalgia – Longing for the stability and pride of his past career.
19. Shame – Internalizing the loss as a personal failure.
20. Defensiveness – Justifying the vote even amid consequences.
21. Disillusionment – Losing faith in politics or democracy.
22. Acceptance – Coming to terms with what happened and moving forward.

This internal landscape is messy and nonlinear. He might experience many of these simultaneously, or cycle through them unpredictably. Want to explore how he might rebuild or reinterpret this experience?