**WS3. D. 2**

The Latin phrase "cogito ergo sum" means "I think, therefore, I am." Descartes began formulating his ideas using a method based on his idea of actuality, which he described as unchanging truth. He wanted absolute confidence. He presented solid proof, not so much that his beliefs suggested existence as that his doubt did. He therefore comes to the conclusion that the fact that he is capable of reasoning is evidence that he is real. While someone is doubting, they cannot doubt their existence. The act of thinking about the existance contributes to the argument that the person thinking is real. He claims that it is impossible to deny that someone exists while they think. For example, right now as i am writing this paper, if i were to try to prove my existance, me doing this activity of writing and thinking about my existence both are the proof that i do exist. So, this capability of my thinking proves that i am real in the physical world. So this term cogito ergo sum is a method of acknowledging existence by Descartes .