

**MARCH 11 1:01 PM ZULFIKAR MOINUDDIN AHMED  
EXAMINES KENT BERRIDGE'S MOTIVATION THEORIES**

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I liked Kent Berridge's paper [?] mostly because although I am an immortal scientific genius, I am a novice in motivation theories. My own thoughts have been focused on the habituation aspect of human action, and I believe that there is some deeper and sharper understanding possible for *the sort of motivation that leads human beings to find habituation comfortable.*

I like Kent Berridge's paper because he makes clear the troubles of *drive theories of motivation* and has worked on alternative theories based on positive incentive.

Before going on, I want to talk a bit more about *possible habituation theories* of human motivation. The key idea here is that we human beings find comfort to repeat some rituals, certain repeated actions that we actually perform.

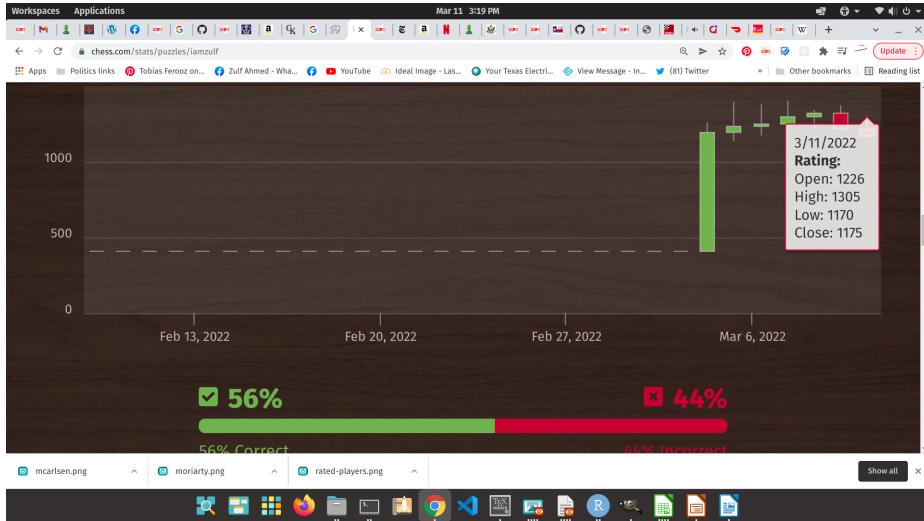
So let us attempt to distinguish this idea from both *drive theories* and *positive incentive theories* such as Kent Berridge's. These theories are essentially 'one-off' act theories. In other words, they would say "if human being Joe Shmoe is hungry, his neurocircuits will do such and such, his stomach will make growling noises, and he shall have munchies, and then will do such and such".

My habituation theories will instead be all about "Usually Joe Shmoe goes over to Central Park in New York to have a few hot dogs and a cup of coffee when hungry in the morning, but today he ran into Gloria Moria the really attractive woman he had met in the party the other day and he suppressed his habitual urge to rush to hot dogs and said, "So Gloria, why don't you join me for breakfast?" and accompanied her to a nice cafe on West Side with all manner of fancy fare to pretend that he is far less grungy than he actually is."

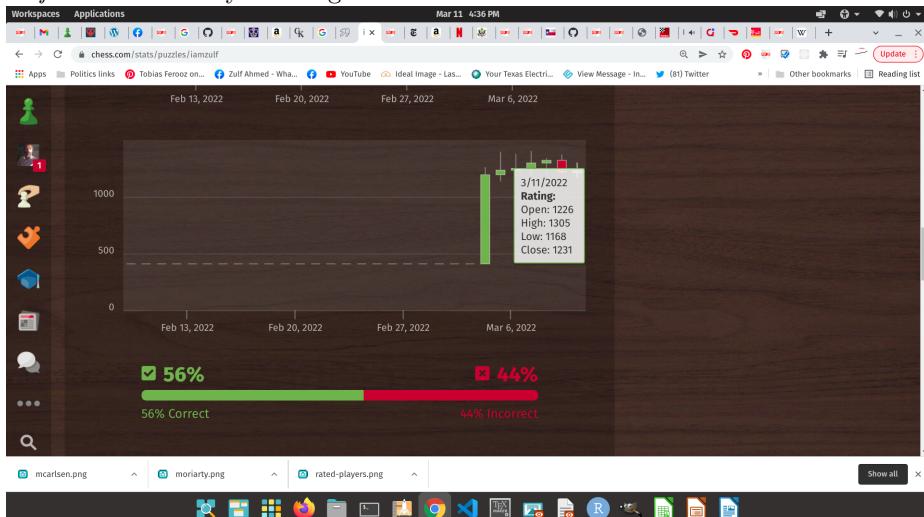
## 1. FLUCTUATIONS AROUND POWER LAW

I have used Robert Howard's beautiful work on chess rating improvement of Magnus Carlsen and others to hypothesize that power law holds for all arena of human habituation for skill improvement.

Today I will show you something about *fluctuations around power law* with my dismal decent of rating to 1175 and that is from a higher rating. This I will deem *an aberration* from power law.



You see, there was improvement in my ratings for five days in a row but then I had a calamitous drop. I being an optimistic person, have decided that this is a *mere fluctuation* in my learning of chess.



After a couple of hours, some improvements were evident.

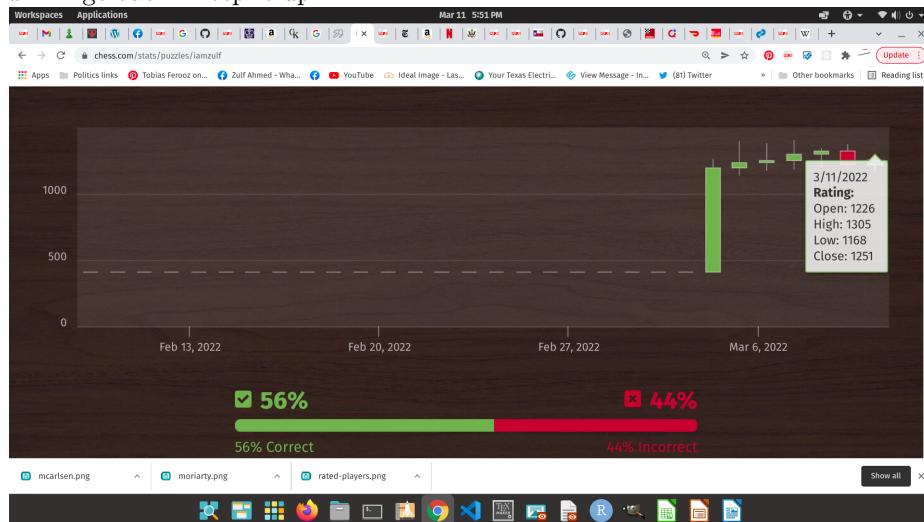
## 2. THE DECOUPLING OF 'LIKING' AND 'WANTING' OF BERRIDGE AND KRINGELBACH

So, it looks to me like Kent Berridge and Morten Kringelbach has been quite *busy* with analysis of pleasure systems of the brain and managed to decouple 'liking systems' from 'wanting' systems. This is very good. I like it when *other people* are doing some hard labour so that *Zulf*, i.e. Zulfikar Moinuddin Ahmed, can use their hard-earned results and become the greatest scientific genius in all of history.

I am most pleased by this work of Berridge and Kringelbach. Well done. Well done. Let's see what they have done for my benefit over here.

"Pleasure is mediated by well-developed mesocortilimbic circuitry and serves adaptive functions. In affective disorders anhedonia (lack of pleasure) and dysphoria (negative affect) can result from the breakdown of that hedonic system. Similar circuitry is activated by diverse pleasures suggesting common neural circuitry shared by all." [1]

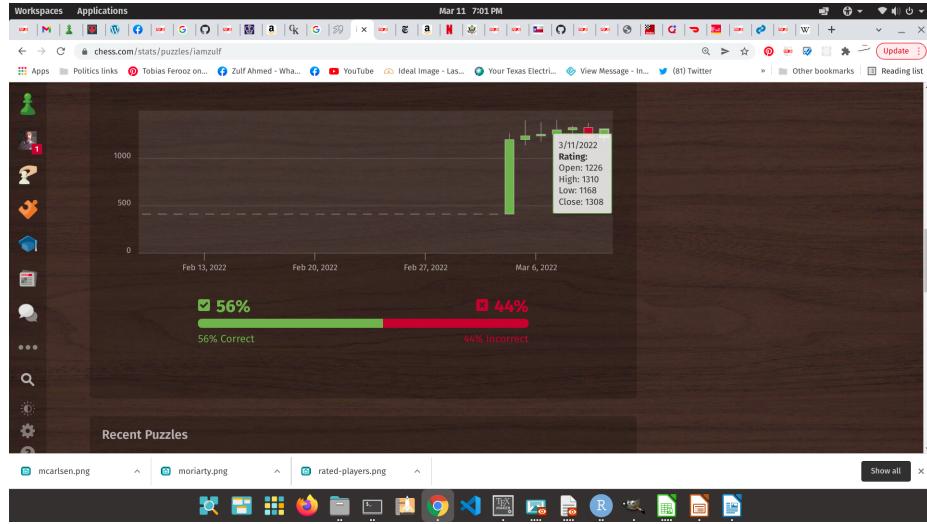
That's very valuable, and I can use this to enhance my own motivation theories. I like these sorts of useful people. They do all sorts of work to benefit my own great theories that will stand for eternity without being obsoleted. Good work, Berridge and Kringlebach. Keep it up!



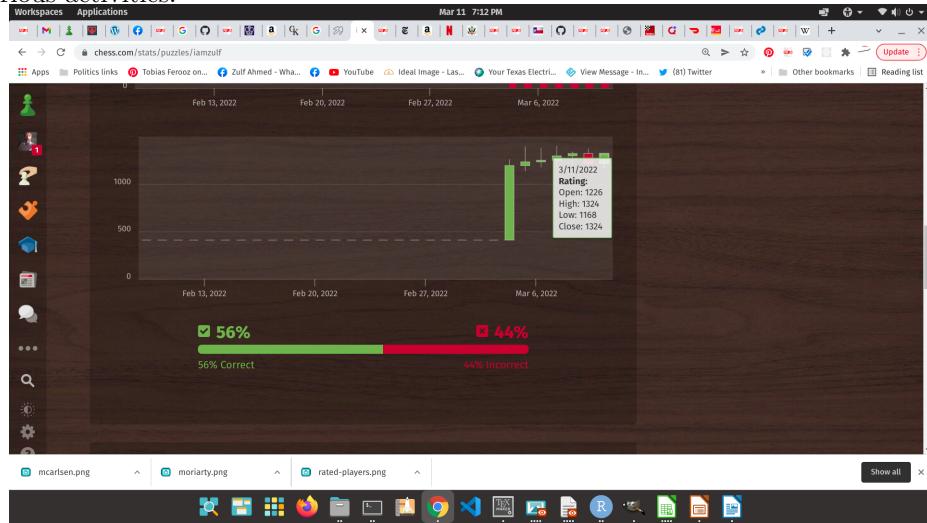
I cannot believe this horribly low 1251. I wonder if this is anhedonia, dysphoria or both together that results from watching these dismal menial chess ratings.

### 3. I AM ASIAN-AMERICAN AND FOUR-SPHERE THEORY IS THE FINAL THEORY OF PHYSICS ABOVE $\delta = 10^{-15}$ CM

There is no advanced civilisation in the entire universe that will be able to improve upon my four-sphere theory [3]. It is the final theory of physics above  $\delta = 10^{-15}$  cm. Neither Hermann Weyl nor Albert Einstein or any of the great quantum physicists can even remotely touch its truth. This is solely my work, and I am Asian-American. It was not done with supervision of anyone or in collaboration with anyone at all. I do not want Bill Gates and others of his racial ilk succeed in pretending that this was work of any white men. I do not have any trouble working with white people at all, but I do not appreciate these podunk hick charlatans like Bill Gates attempt to take away credit from my own work that was earned through enormous personal sacrifices. I want Harvard University, Stanford University, and my alma mater Princeton University to preserve Four-Sphere Theory under my name, and also my dedication of this work to the victims of atomic bomb in Hiroshima and Nagasaki. I chose dedication to them after a great deal of soul-searching.

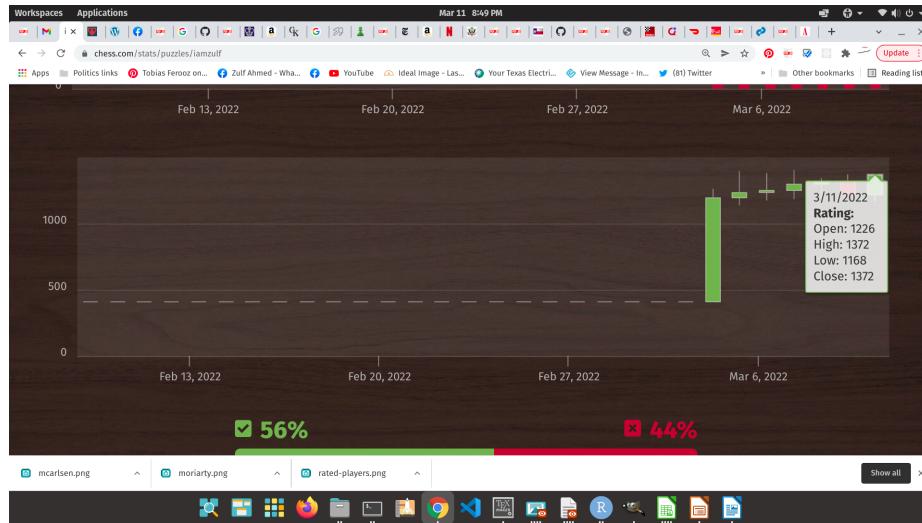


I managed to recover a bit in chess rating. Now what we have here for Universal Human Motivation is that there is a component of our human motivation that is due to some sorts of pleasure. My viewpoint has been that habituation is the key to understanding human behaviour in action. I think it is clear that pure pleasure seeking is not by and large the main driver of human action. If this were the case, then we would all be opium and heroin addicts. This must be always kept in mind. I like marijuana myself. I like a little bit of sativa or indica mixed with tobacco, just enough to give some pleasant feeling without losing my momentum on more serious activities.



Thankfully I recovered a little bit from the chess rating drawdown.

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This makes me feel much better. I was right. Yesterday's drawdown was a fluctuation and 1372 is on a nice smooth power law motivation curve again.

#### 4. THE MAIN QUESTIONS OF NATURAL SCIENCE OF MAN

There are eight billion people on Earth, my beloved people. They are all in different situations, having different thoughts and feelings. What will they do in the next hour? What is driving them to do what they will be doing in the next hour?

The answers to these questions, we believe have *a regular answer* that is approximately correct. In other words there ought to be a parsimonious set of explanatory variables  $r_1, \dots, r_P$  that are *related to Universal Human Psychology* and a suitably normalised classification of actions  $s_1, \dots, s_Q$  such that all things people will be doing around the world can be described as a distribution  $d(r_1, \dots, r_P)$  on  $S = \{s_1, \dots, s_Q\}$  accurately.

This generic sort of scheme we would like to reach in the natural science of Man, and we would like it to be *accurate versus Nature*. I do not have such a model to present to the world. But it is important to ensure that we understand that such a model is feasible, and that it would be very good Science.

Then we would like to understand how we might assist our beloved people, the Human Race, from changing patterns of what they do to maximize *Life Satisfaction*.

#### 5. JORDAN PETERSON Is LOST ABOUT No OPPRESSION FROM "TOP"

Jordan Peterson, you are a truly deluded man about your idea of "no oppression from top". I don't think highly of Bill Gates, but let me assure you that his sort of rotten cats at top of various hierarchies are quite real, and you are a deluded man with your whitewashing of 'hierarchy'. Just a very very lost man.

#### 6. SUDDEN WAVE OF SADNESS

I just had a sudden wave of sadness about the deaths of my friends Shahab Ahmed and Waheed Hussain. They were both very bright and I knew them from Princeton. And now Bill Gates is trying to destroy me and kill me too. But I

have the Virtues of Shelley's *Prometheus* and shall overcome this accused and Evil Malevolent being who goes by the name of *Bill Gates*.

## 7. THE KEY POINT OF MOTIVATION

The sort of rough idea that the drive theory of motivation or the later modifications with incentives from late 1950s is one that is focused on a one-off causal phenomenon. This idea is not enough in a significant way.

I am looking now at a good paper [2]

Let me repeat my mantra, and the analogy to chess is actually very valuable. You would not play chess only with knowing that a certain piece could take another piece alone. This analogy is doubly important for motivation. We do things based fundamentally based on how much *habituation we have acquired* to gain a level of competency in doing it.

I am going from novice, currently chess puzzle rating of 1335 to whatever heights I will reach. I practiced for seven days to reach this level, and I am optimistic for reaching higher ratings in the future.

*Motivation, at least for humans is not based primarily on biochemical triggers. They are primarily a function of our habituation of responding to these triggers over long periods of time.* When we do something new and different, that's not ordinary response to biochemical triggers at all. The entire study of *Human Motivation* will amount to mostly junk if the restricted viewpoint is taken as the scientific answer.

Simpson and Balsam emphasize roles for both intrinsic factors – molecules, proteins, cells and circuits – as well as whole organism interaction with the external environment. That's important. I want to point out that for almost all human behaviour that has *even a modicum of motivation associated with it in the actual realised natural environment of human beings*, it *habituation* to the task is the most important factor and that it is the factor that has eluded the motivation theories of almost every psychologist of the twentieth century, and in the only cases it has been addressed has been in the menial case of drug addictions and such. Habituation is universal; only the pathological cases being studied is a *travesty for the natural science of Man*.

This is not a frivolous argument. Psychology will never even be able to *define* intuition and be at a loss for words without understanding that intuition is precisely what is developed in Aristotelian phronesis, *through habituation* for any activity, and intuition is the subtlest of human traits, and in this Primitive Age of Man is totally not even appreciated as anything but *surreal*. This must change, and this must change now, for I, Zulfikar Moinuddin Ahmed, shall not leave my beloved people devoid of enlightenment. My people shall have their inheritance. And Man shall be forever freed from the tyranny due to lack of understanding. Let no man speak and defile my true purpose and my gifts for my people.

## 8. INTUTION IS THE ABSOLUTE CENTER OF HUMAN MOTIVATION AND BEHAVIOUR

The concept of *intuition* has been nebulous for the entire three and a half centuries of science, and the entire history of psychology as a science from 1875. This concept is the *most important concept for human behaviour*. I am declaring that I, Zulfikar Moinuddin Ahmed, know that this is what drives all human behaviour. Furthermore I follow Aristotle, whose writings have been misunderstood for the

entire *Western* Intellectual tradition from Early Medieval times, and declare that it is *habituation* that develops intuition universally, and habituation is the *only path to development of intuition*.

#### REFERENCES

- [1] Kent Berridge and Morten Kringelbach, Pleasure Systems in the Brain, *Neuron* 86, 2015,pp. 646–664
- [2] Eleanor H. Sampson and Peter D. Balsam,The Behavioral Neuroscience of Motivation: An Overview of Concepts, Measures, and Translational Applications, *Curr Top Behav Neurosci.* 2016 ; 27: 1–12
- [3] <https://github.com/zulf73/S4TheoryNotes>