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Engagement Exercise- Clarifying a Concept that confused you

I found that interpreting messages when doing system 2 was extremely complex and confusing. What was most confusing to me was what actually triggers our brains to do system 2 and why we only sometimes do system 2, but not always.

I think that if we are told to think about a problem, this is one way our brain is triggered to do system 2, because when someone tells you to think about something, you kind of feel like the question may be a trick question, or that it may not be as easy as you think, so you think about the question longer than you normally would. Or if we dwell on a question long enough and start to question our instinctual answer, our system 2 will also be triggered. On the other hand, maybe our brains don’t always do system 2 because we are somehow convinced that what we immediately thought was true, is actually true, so we don’t think about it any longer. I know that system 1 is seductive, in a way where it makes you believe that what you instinctively believed to be true, is true, which is how I came up with why we only sometimes do system 2. I also know that system 2 is slower, which is how I came up with the reasoning for what actually triggers our brains to do system 2.