



---

## **Psychology Q1**

Eleanor Roosevelt declared, "No one can make you feel inferior without your consent." Is she right?

### **Recommended Readings**

#### **Historical Sources**

1. Eleanor Roosevelt's "This I Believe" essay (1951) - Contains the original context of this famous quote and Roosevelt's philosophy on personal dignity and emotional autonomy.
2. Eleanor Roosevelt's "You Learn by Living" (1960) - Her autobiography expands on her life philosophy, including how she developed resilience against criticism and judgment.
3. Eleanor Roosevelt's "My Day" newspaper columns (1935-1962) - These daily columns reveal how Roosevelt handled public criticism and maintained her sense of self-worth despite attacks.
4. William James's "The Principles of Psychology" (1890) - James's work on the self and emotional responses provides foundational psychological context for understanding how emotions are processed.
5. John Locke's "An Essay Concerning Human Understanding" (1689) - Locke's exploration of personal identity and how we form ideas offers historical context for understanding the self and consent in emotional responses.
6. Epictetus's "Enchiridion" (c. 125 CE) - This Stoic philosopher's handbook argues that emotional disturbance comes not from events themselves but from our judgments about them, providing a classical precedent for Roosevelt's sentiment.

#### **Contemporary Philosophical Sources**

7. Martha Nussbaum's "Upheavals of Thought: The Intelligence of Emotions" (2001) - Analyzes emotions as evaluative judgments, relevant to understanding whether we can "consent" to emotions.
8. Carol Dweck's "Mindset: The New Psychology of Success" (2006) - Examines how beliefs about oneself shape responses to external judgment and criticism.
9. Susan Wolf's "Freedom Within Reason" (1990) - Explores the complexity of autonomy and the limits of self-determination, including in emotional responses.
10. Charles Taylor's "Sources of the Self" (1989) - Examines how our identities are formed in dialogue with others, challenging simplistic views of emotional autonomy.



---

### **Psychology and Neuroscience Resources**

1. Antonio Damasio's "The Feeling of What Happens" (1999) - Explores the neurological basis of emotions, providing insights into how much conscious control we have over feelings.
2. Lisa Feldman Barrett's "How Emotions Are Made" (2017) - Presents the theory of constructed emotion, arguing that emotions are not automatic responses but constructed by our brains based on past experiences and context.
3. Daniel Kahneman's "Thinking, Fast and Slow" (2011) - Discusses the automatic (System 1) and deliberative (System 2) processes in our thinking, relevant to understanding emotional responses.
4. Jon Kabat-Zinn's "Full Catastrophe Living" (1990) - Explores mindfulness approaches to emotional regulation, relevant to the question of whether we can choose our emotional responses.
5. Albert Ellis's writings on Rational Emotive Behavior Therapy - His ABC model (Activating event, Belief, Consequence) supports Roosevelt's view that our beliefs about events, not the events themselves, determine our emotional responses.

### **Sociological and Anthropological Perspectives**

1. Michel Foucault's "Discipline and Punish" (1975) - Examines how power structures shape individuals' self-perception, potentially challenging Roosevelt's emphasis on individual consent.
2. Pierre Bourdieu's "Distinction" (1979) - Explores how social class shapes tastes, preferences, and self-worth, offering a structural perspective that might question Roosevelt's individualistic framing.
3. Sara Ahmed's "The Cultural Politics of Emotion" (2004) - Examines how emotions are socially and culturally constructed, potentially limiting individual control.
4. Claude Steele's "Whistling Vivaldi" (2010) - Research on stereotype threat demonstrates how social contexts can affect performance and feelings of competence even without conscious awareness.

### **Psychological Trauma and Mental Health Resources**

5. Bessel van der Kolk's "The Body Keeps the Score" (2014) - Explores how trauma affects the brain and body, potentially limiting conscious control over emotional responses.
6. Judith Herman's "Trauma and Recovery" (1992) - Examines psychological trauma and its effects on autonomy and self-perception.



## John Locke Global Essay Prize 2025 Prompts Breakdown

### Psychology Category - Recommended Readings



- 
7. Aaron Beck's "Cognitive Therapy and the Emotional Disorders" (1976) - Foundation of cognitive therapy, which posits that changing thoughts can change feelings, aligning with Roosevelt's perspective.

