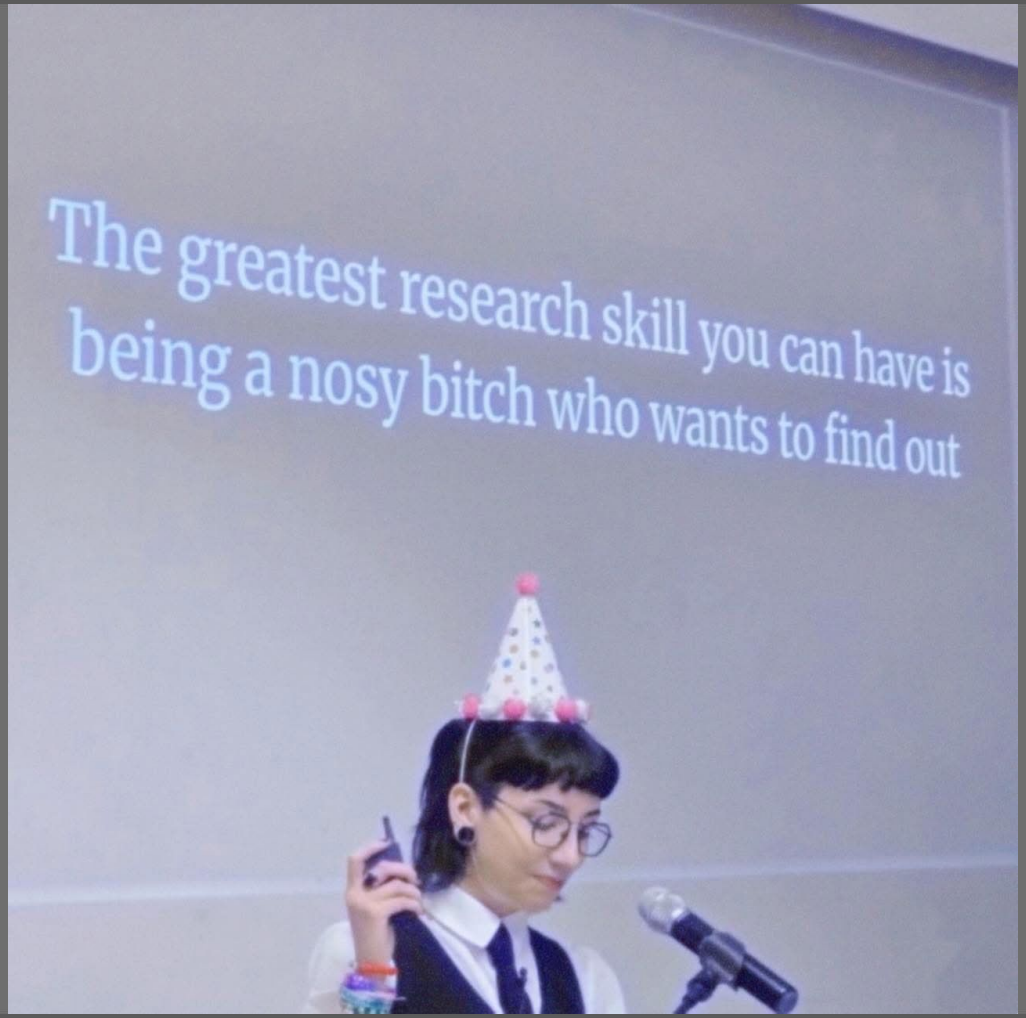
Psycholinguistics 101

THE PSYCHOLINGUISTIC ARCHITECTURE OF CONSCIOUSNESS

EVERY CONSCIENCE IS A PRISM

ROAD-MAP

1. Why a prism?
2. Vygotsky's perezhivanie – consciousness as refracted experience
3. Neural filtering: selective attention & salience landscapes
4. Reception – raw awareness
5. Perception – constructive cognition
6. Deception – adaptive self-distortion
7. Integrative models (Global Workspace)
8. Clinical & developmental implications
9. Paradox & take-aways


The greatest research skill you can have is
being a nosy bitch who wants to find out

WHY A PRISM?

- ***A prism*** both ***clarifies*** *(reveals colours)* and ***distorts*** *(bends light)*.
- ***Consciousness*** likewise *clarifies subjective reality while inevitably filtering and warping input*.
- ***Sets up a triadic architecture*** : *Reception → Perception → Deception*.

VYGOTSKY'S PEREZHIVANIE: CONSCIOUSNESS AS REFRACTIVE MEDIUM

- *Perezhivanie* = the *"psychological prism"* through which environment is refracted.
- Functions as an *"apperceptual organ of selection"* shaping development.

ap·per·cep·tion | ˌapərˈsepSHən |

noun *Psychology dated*

the mental process by which a person makes sense of an idea by assimilating it to the body of ideas he or she already possesses.

- fully conscious perception: *an immediate apperception of a unity lying beyond.*

Vygotsky's Perezhivanie: Consciousness as Refractive Medium

- ***Replaces the mirror*** *metaphor (simple reflection)* ***with refraction*** *(active transformation).*

- Key takeaway: *nothing reaches the psyche unfiltered.*

NEUROBIOLOGICAL SUBSTRATE OF FILTERING

- *Prefrontal cortex* acts as *a gate* for sensory streams, allocating selective attention.
- *Conscious perception* requires *brain-wide information integration yet is capacity-limited*.
- *"Salience landscaping"* turns **raw data** into **meaningful priorities** .

sa·li·ence | ˈsāl(y)əns | (also **saliency** | ˈsālyənsi |)

noun

the quality of being particularly noticeable or important; prominence: *the political salience of religion has a considerable impact.*

RECEPTION: INPUT LAYER

- ***Pre-reflective self -awareness*** precedes explicit *thought*.
- ***Multimodal sensory convergence*** binds *disparate channels* into *coherent moments*.
- ***Knowledge and value filters*** decide *what gets in*.

PERCEPTION: CONSTRUCTIVE COGNITION

- **Reality assembled via schemas, expectations, metaphors** .
- **“Mental filtering”** *(Aaron Beck)* **highlights negatives** or **confirms biases** .
- **Language -anchored metaphors** both **illuminate and limit** our grasp of abstractions.

DECEPTION: SELF-PROTECTIVE DISTORTION

- **Self-deception recruits** *anterior medial PFC* to sustain **favourable illusions** .
- **Evolutionary angle** : *reduces social cost of overt lying; maintains motivation*.
- **Manifests as confirmation bias** , **self-serving bias** , *attribution errors*.

UNIFIED ARCHITECTURE & GLOBAL WORKSPACE

- **Consciousness = information -producing system**, not mere transmitter.
- **Global Workspace Theory** *(GWT)*: content becomes conscious when *"broadcast"* across widely distributed networks.
- **Reception, perception, deception** operate ***within the workspace*** —*competing for the spotlight*.

THE CLARITY–DISTORTION PARADOX

- *Like white light splits into colours*, ***consciousness reveals hidden structure and fragments unity*** .
- *Rich phenomenal* ***certainty*** **masks** vast *unseen* ***processing*** .
- *Accepting the paradox* is key to *realistic self-knowledge*.

DEVELOPMENTAL & CLINICAL IMPLICATIONS

- ***Therapy***: *CBT* re-grinds the prism—*identifies distortions, teaches balanced refraction*.
- ***Education*** : *cultural tools (language, narrative)* reshape children's perezhivanie, *altering future filtering*.
- ***Neurorehabilitation*** : targeting *attentional networks* may widen or refine the receptive *"aperture."*

MULTIPLE PERSPECTIVES

Lens	Contribution	Limitations
Cultural -Historical *(Vygotsky)*	Explains socio-cultural shaping of prism	Less detail on neural mechanisms
Cognitive -Behavioral	Actionable techniques to modify distortions	May neglect deep embodiment and emotion
Neuroscientific *(GWT/IIT)*	Maps circuitry and integration	Hard problem of *qualia* remains

MULTIPLE PERSPECTIVES

qua·li·a | ˈkwälēə |

plural noun *Philosophy*

the internal and subjective component of sense perceptions, arising from stimulation of the senses by phenomena.

FUTURE QUESTIONS

1. How do *large-language-model interfaces* influence *our personal prisms*?
2. Can *non-invasive neuromodulation re-calibrate deceptive filters* without harming adaptive optimism?
3. Do *infant sensory interventions* change *lifelong perezhivanie trajectories*?

KEY TAKE-AWAYS

1. *Consciousness* is *active*, *selective*, and *self-editing*.
2. *The prism* metaphor *unifies psychological*, *linguistic*, and *neural evidence*.
3. *Growth* involves *re-shaping the prism*, *not erasing it*.

FOOD FOR THOUGHTS

"If perception is always partly deception, what counts as ***authenticity*** *?"*