

## Consciousness Phrases

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If you think we don't have any special ability to *sense* our own brain states, then why do we have so many phrases to describe the process? We create phrases that describe the process in a way that is analogous to our other senses. Here are a few that I've collected over the years; arranged by the sense that we use in the analogy.

### General Sensation

introspection  
self-awareness  
self-consciousness  
self-perception  
to be perceptive

### Sight

insight  
the mind's eye  
to keep perspective  
I see what you mean  
reflection or self-reflection or to reflect upon  
see the point  
blind to the facts/idea/truth  
blinded by <some emotion>, i.e. inability to reason because of ...

### Touch

sentient ([origin from Latin \*sentire\* 'to feel'](#) )  
in touch with your feelings  
being touched by something  
that feels right/wrong  
be flexible about

### Hearing

hear yourself think  
hear what you're saying  
sounds like a good/bad idea  
sounds right/wrong  
it sounds familiar  
listen to reason  
deaf to the truth

### Smell

Something smells funny to me  
Raise a stink

### Taste

something that leaves a bad taste in your mouth

distasteful ideas

sweet or sour or salty disposition

bitter disappointment

spicy temperament

delicious idea/thought