

CONSCIOUSNESS DEFINITIONS

From Introductory Psychology Textbooks

Sequenced by Jay E. Gould

(Note the recurring use of the word *awareness* in the definitions.
Awareness can be defined as: Having knowledge of or perceiving.)

“One’s awareness of internal and external stimuli. Your consciousness includes (1) your awareness of external events, (2) your awareness of your internal sensations, (3) your awareness of your *self* as the unique being having these experiences, and (4) your awareness of your thoughts about these experiences. To put it more concisely, consciousness is personal awareness.” (WEITEN, 1998, p. 178)

“Personal awareness of mental activities, internal sensations, and the external environment.” (Hockenbury & Hockenbury, 1998, p. G-3)

“Our awareness of ourselves and our environments.” (Myers, 1998, p. G-3)

“Awareness of ones current environment and mental life.” (Peterson, 1997, p. 693)

“The subjective awareness of internal and external events.” (Nairne, 1997, p. 593)

“Self-knowledge or awareness of what one is experiencing at any given moment.” (Bourne & Russo, 1998, p. A-22)

“An awareness of the sensations, thoughts, and feelings that one is attending to at a given moment.” (Kassin, 1998, p. G-2)

“Awareness of the general condition of one’s mind, awareness of particular mental contents, or self-awareness.” (Zimbardo, 1997, p. G-3)

A different and more complex definition is: “The complex phenomenon of evaluating the environment and then filtering that information through the mind, with awareness of doing so; may be viewed as the mental reality created in order to adapt to the world.” (Sternberg, 1998, p. G-7)