

Joan is part way across the street on the way to deliver her finished report. While thinking about what to say at the meeting, she hears a sound and turns her head —and sees a quickly oncoming car. Uncertain whether to cross or retreat but uneasy about arriving late, Joan decides to sprint across the road. She later remembers her injured knee and reflects upon her impulsive decision. “If my knee had failed, I could have been killed—and what would my friends have thought of me?”

- **Self Conscious Emotions:** She asks how her actions conform with her ideals.
- **Self-Reflective Thinking:** She thinks about the way she thinks.
- **Reflective Thinking:** Joan reflects upon what she has done.
- **Deliberative Thinking:** She thinks about what will happen at the meeting.
- **Learned Reactions:** She sees a quickly oncoming car and steps back.
- **Inborn, Instinctive Reactions:** Joan hears a sound and turns her head