

Explanations of Personal Identity

Determining the best explanation of personal identity is a complex task that has long captivated philosophers. Personal identity poses various questions and elicits a range of answers. One prominent approach is the Physical perspective, which asserts that our fundamental identity is rooted in something physical. This viewpoint suggests that our brains or specific physical features define who we are. The underlying idea is that our minds exist in their current form because of the structure of our brains. The physical approach emphasizes the significance of our physicality in shaping personal identity (Dunne, par 5). It contends that our brains' complicated workings and structure are crucial in developing our ideas, emotions, and self-awareness, all essential to our distinct identities. Brain changes induced by injury, sickness, or other circumstances may influence personal identity by changing brain function and characteristics. As a result, according to the physical approach, human identity is inextricably linked to the physical parts of our existence, emphasizing the importance of our brains and other physical characteristics in establishing who we are as people.

Another notable explanation of personal identity is the psychological approach, which focuses on the psychological aspects of our being. According to this perspective, personal identity resides in the continuity of our mental states, perceptions, and memories. The fundamental elements of personal identity are seen as the connections and coherence within our psychological experiences. Memory, in particular, plays a crucial role (Dunne, par 6). Our memories and perceptions shape our identity by providing a sense of continuity. Our ongoing mental states, influenced by past experiences, are vital for maintaining a cohesive sense of self. The psychological approach recognizes that personal identity is deeply intertwined with our cognitive