Categorization is a way of life.

How does one deal with all the information that comes into life? Does one remember it? Do they think about its showings in the present and only then? Does it help one to come up with ideas? Does it help one come up with comparisons and contrastings to the present idea?

Categorization is taking information and putting a label on it.

It can be stereotyping, but usually it is used as a tool for understanding the large amounts of information that gets thrown our way.

From many becomes few.

If you pay attention in my class you will know I always ask, "Is this song happy or sad right now?"

I like to categorize things into happy or sad. In doing so, I can eliminate a lot of ideas when I'm trying to understand someone or something else.

For instance, in the song, *Happy Birthday*, one does not usually think of sad things.

It is almost always about happy things. Ideally, we go as far as to think, "What happy thing is going to be wished?" But we will almost never go as far as to think, "This person must be feeling terrible right now." Granted you may think you're justified in thinking the negative thing at times, but just know this: no categorization method is perfect. It is only important that you pick a way of categorizing that attempts to answer the most accurate amount of ideas as possible.

Because happy or sad is such an emotional way to categorize… I, through sensing my emotions and others emotions, even know when the *Happy Birthday* song is sung in such an environment that justifies my thinking of the person's birthday as a sad one. Who are they looking at? Who do they smile at? Are they smiling at all? Do they crack a joke when it comes time to sing their name? What emotions are present?

But how do I do? That's a loaded question and one that always changes. I really don't know how I categorize or when I categorize(It's impossible to know that all the time), but I know I apply labels and ask questions when I do know how I do.

So, is it a good thing to categorize? Umm, you learn that for yourself. However, you do not start with complex categories. You start with the basic ones. So, if you're emotional like me, try to live life by categorizing when you listen to songs and ask all the time, "Is this song happy or sad right now?" and "Why is it that?"