

The brain continually constructs concepts and creates categories to identify what the sensory inputs are, infers a causal explanation for what caused them, and drives action plans for what to do about them. When the internal model creates an emotion concept, the eventual categorization results in an instance of emotion.¹

¹ Lisa Feldman Barrett, "The Theory of Constructed Emotion: An Active Inference Account of Interoception and Categorization," *Social Cognitive and Affective Neuroscience*, October 19, 2016, 13, <https://doi.org/10.1093/scan/nsw154>.