

Title: Substantial Self-Knowledge in Practical Deliberation

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The aim of this talk is to shed light on a certain type of self-knowledge that is often neglected in the literature but nonetheless seems to play an important role in practical deliberation, which I call *substantial* self-knowledge. In the literature, the self-knowledge of belief is often treated as the paradigm of attitudinal self-knowledge. The self-knowledge of belief seems insubstantial in that it does not make sense, from within the first-person perspective, to say, “I am not sure whether or not I believe ….” In my view, however, not all attitudinal self-knowledge should be assimilated into this insubstantial class of self-knowledge. In this talk, I claim that the self-knowledge of desire is typically substantial and that making an effort to gain substantial self-knowledge of certain types of desire constitutes an important part of our everyday practical deliberation.