"Cogito, ergo sum" (Latin: "I think, therefore I am") or Dubito, ergo cogito, ergo sum (Latin: "I doubt, therefore I think, therefore I am") is a philosophical statement used by René Descartes, which became a foundational element of Western philosophy. Descartes' original statement was in fact "Cogito ergo sum", as Descartes wrote in Latin, then the language of science in Europe. It is, however, often translated into his native French as "Je pense donc je suis.". The phrase occurs in his Discourse on Method (1637). (See Principles of Philosophy, Part 1, article 7: "Ac proinde hæc cognitio, ego cogito, ergo

Cogito, ergo sum
(Latin: "I think, therefore I am")

or

Dubito, ergo cogito, ergo sum
(Latin: "I doubt, therefore I think, therefore I am")