

THE “PROGRAM FOR LEARNING HOW TO THINK”
YOU CAN’T DO WELL IN LIFE WITHOUT THIS SKILL/CAPABILITY!!!

(Link to share with others: [The “Program For Learning How To Think” - You Can’t Do Well In Life Without This Skill/Capability!!!](#))

Quik-Reference:

[The One Page Instruction Sheet On How To Think ... And Decide And Problem Solve](#)
[Checklist For Effective \(Critical\) Thinking](#)
[Problem-Solving and Decision-Making](#)

This piece right now is at the beginning stages of editing, but it contains sufficient pieces in it to absolutely transform your ability to think!!!!

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INTRODUCTION

Effective thinking goes far beyond passively “having thoughts” and “being on automatic”. With it, you’ll make much **better decisions and choices, have all problems solved, have high emotional health (as you’ll have no bad beliefs left), and be able to figure out and get anything you want.**

It is the **portal to a great life.**

Read the discussion: [Right Thinking - The Master Skill](#)

Most people think of critical thinking as only “verifying evidence” (testing the “facts”, beliefs, theories) and then also testing the logic of how it all fits together causally. That is of course the critical (essential, important) part of the process. But there are several pieces to it that add even more value in creating an even better life.

What could have more value than testing and correcting all of your beliefs and methods/theories you have, so that they no longer get in your way but now are **sure to get you the results you want** from having **valid** “models of reality”?

For instance, through using a critical thinking process one can come up with more ideas and test and create much more than you would otherwise - you’ll not only be able to create more, but it will actually be better screened so that it works much better than the non-thinking process that is random and dependent on spontaneous generation. (In this process, you don’t have to wait around for inspiration or intuition to hit you or “being in the mood”, you actually just follow the proven steps and it generates all of what you want, and more!

THE THINKING PROCESS

[The Thinking Emotion Process - A Causal Chain](#) - All the steps in the thinking process, so you can know where to intervene if needed.

Learn How The Brain Thinks!

The first thing we need to learn is how a machine works. Then we use how to use the machine, Then and only then do we get the production (of life value) we want from it. To skip this part is a foolish, foolish shortcut!

[Thinking Brain Contents/Links](#) is the section where the brain is explained. Stop now and learn the basics of that.

WHY TO THINK EFFECTIVELY

Can I Live A Good Life Without [Critical Thinking](#)? - Not likely: [Good Decisions Lead To A Good Life - The Number One Process For Happiness](#).

After you learn this "level 3" thinking, you can go on to the next levels, for an even greater, more powerfully lived life: [Higher Level, Expansive, Creative, Value Producing Thinking - The Gateway To All You Want In Life](#). (Link from this piece to the Levels Of Thinking piece.)

See, below, "the reasons for good thinking" section.

THE REASONS FOR GOOD THINKING

[Good Decisions](#) - Of course, critical thinking (below) is a necessary part of this.)

[Good Problem Solving](#) - A process, including critical thinking.

[Acquiring Wisdom](#) - The glue that makes life work for success and happiness in life.

[Is Thinking Difficult?](#) - Does it require too much effort to bother with? Do you really think or...?

HOW TO THINK

[Right Thinking - The Master Skill](#) - Intro page

[Being An Expert Thinker](#) - Don't Be An Amateur Thinker! - The key to life!

[Thinking - Getting Into State For](#)

[How Could You Have The Effrontery To Question The Experts?!!!](#) - A question you might ask of me.

See, below the "Thinking Itself" section, for more specific guidance.

HOW NOT TO THINK

[Errors In Thinking - How To Get Poorer Results In Life](#) - Are you doing any of these? Will you choose to continue doing them?

[Perception Does Not Equal Reality - Essential Lesson #1](#) - We grow up believing myths and then relying on what is not reality.

[Where Are You Being Intentionally Stupid?](#) - And allowing damage and the unworkable to stay in your life.

[Going From Some Unsanity To HighSanity - Into A Whole New World Of Happiness And Being](#)

See, below right, the "Thinking Errors" section.

ON THINKING ITSELF

[Critical Thinking](#) - Applying the skills of thinking to produce valid true conclusions and decisions!

[Checklist For Effective Thinking](#)

[Scientific Method](#)

[Critical Thinking Site](#) - See all the elements and questions you need to ask to arrive at a sound conclusion.

[Evidence - Real Or Selective?](#)

[The Use Of Logic - Acceptable For Emotional Beings?](#) - Reject it? Is

[Emotional "Thinking"](#) better?

[Making Distinctions](#) - Telling the difference
between things, allowing us to go
deeper, live a better life.

[Logical Thinking](#) - What is it? It makes you smarter and succeed more - and to be happier!.

[Accurate, Focused Thinking](#)

EXAMPLES OF APPLYING CRITICAL THINKING

[Cognitive Behavioral Therapy](#) - The single most effective therapy, along with its related versions. It is simply a rational thinking process, where new information and new ways of thinking of things is introduced and then used by the person. It only fails when the person fails to use it sufficiently!

[ABCDEF Rational Analysis](#) - Rationally reviewing a situation that caused a negative emotion and then correcting the misbeliefs.

[The Course In Stupid Thinking 101](#) - Some people have let themselves be good at this...

The alternative:

THINKING ERRORS

(Not from a fault point of view, but from an effect point of view recognizing how the strategy works or doesn't, and seeking a better one.)

<u>Classic Errors:</u>

[The Believing Brain - Know This! Or Be The Victim Of It, For Life!](#) - Essential to understand so that you won't make the mistake of believing what is not true and not using your reasoning powers!

[Intuition - Useful But Not Accurate](#)

[Cognitive Dissonance - "It Doesn't Feel Right"](#) - A classic misinterpretation and a harmful error.

[Errors In Thinking - Checklist](#) - Which are you engaged in?

[Cognitive Distortion](#) - This is a process where, if we don't take charge, we distort what we see, naturally, as came from evolution but no longer serves us beyond the primitive needs - but it impacts us immensely in our lives.

[Wrong Thinking And Cognitive Distortions](#) - The source of most unhappiness.

[Primitive Reaction Versus Reasoning](#) - And the fallacies of thinking

[Reactionary "Oppositional" Behavior - Why?](#)

[How Can We Do Better?](#) - Human,
simple, correctable strategy.

[Non-Thinking "Reasoning" And Conclusions](#) - "Emotional reasoning" is not 'accurate' and often misleading and invalid.

[My Emotional Thinking/Reasoning Tells Me What Is Right - Wanna Bet?!!!](#)

[Examples Of Unwarranted Conclusions And Beliefs](#) - The results of not using critical thinking.

[Fact, "Truth", Reality, And Perception](#) - Erroneous thinking involving believing falsely that your perceptions are reality and that your beliefs are "the truth".

[Selective Evidence To Back Up Your Prejudice](#) - We all tend to have “confirmation bias” where we are biased towards confirming what we already believe and ignoring evidence to the contrary!!!

DEVELOPING TRUE AND STRAIGHT THINKING

[Program: Developing True And Straight Thinking In Life - The Logic Sequence And Learning Needed](#)

NON-THINKING AND PRIMITIVE THINKING

[The Righteous, Unthinking Mind Versus The Thinking Mind - And The Effect Of Harmful Ignorance](#)

[Understanding How The Primitive Brain Thoughts Work - Not Understanding Perpetuates Ideas That Keep You Stuck](#) - Know this, if you want to be unstuck from beliefs that hold you back here or lead you down a foolish path.

[Monkey See, Monkey Do, Humans, Too, But...](#) - We evolved from monkeys and we still have some of their traits!

[The Course In Stupid Thinking 101](#) - Some people have let themselves be good at this...

INTERFERING EMOTIONS

[Being Right - One Of The Highest Costs In Life](#) - If we operate per evolution, this relates to survival. If we use our thinking, we can see what to do instead.

[The Believing Brain](#) - Why you believe some rather 'not well thought out' beliefs and get caught up in emotions and a 'survival' mode that is non-thinking.

More about the other intelligences

[Emotional Intelligence](#)

[The "Intelligences" Of Life Learning](#)

[Rational Emotive Imaging](#) - Using "thinking" to visualize and perfect one's emotional life and to create more happiness.

PROBLEM-SOLVING

Obviously, if one learns to think better, one will become a better problem solver AND then life will become much, much better (without unsolved problems hanging around!

[Problem-Solving, Decision-Making, Creating Change - Creating A Life Of No Unsolved Problems And A Great Life! A Crucial Skill For Effective Living And Being Happy!!!](#)

[Coming to The Middle, On Either Side - Part Of The Solution Or Part Of The Problem](#) - You can sure spot the thinking errors in these cases.

[The Master Problem Solving Form](#) - This, or shorter excerpts from it, can be applied to solve all problems ([Problem Solving Forms, Contents, Links](#))

DECISION-MAKING

(for now, see above)

GOING MUCH DEEPER

Put those terms in an internet search engine to get the links:

This will carry you beyond the core level, for those who wish to go further.

Creative Thinking

Creativity Links by C. Osborne - This page links to great resources on creative thinking.

Edward de Bono's Methods & Concepts of Lateral Thinking - This page provides an overview of deBono's ideas about creativity.

Introduction to Creative Thinking by R. Harris from VirtualSalt - This page compares critical and creative thinking and discusses the myths of creative thinking.

Tutorial on Creativity, Brainstorming and Innovation from Infinite Innovations Ltd. - This tutorial provides basic information about creativity, brainstorming, and innovation. It also provides ideas and activities.

Creativity Pool - This is a database of creative and original ideas. Submit your own or check to see if someone else has thought of the same thing.

VIDEOS (FREE)

The brain and its perception errors

[Our Brains: Predictably Irrational](#) (Playlist, TED)

[The Pattern Behind Self-Deception](#), Shermer (19:01) TED

[How Does My Brain Work?](#) (Playlist, TED)

Critical thinking:

Playlist on my channel (KahunaKeith), short videos: [Course In Critical Thinking](#) - Pick and choose the order in which you watch this (construct your learning plan, as a [Proactive Learner](#)!)

BOOKS

If I were your professor in “living a great life”, I would assign these two books for really deep study. You wouldn’t have to read them, but this in-depth knowledge will be necessary if you are to do well on the Final Exam (life’s results!):

[Critical Thinking For Dummies](#) - These books are great in that they don't get stuck in unneeded details and they are easier to implement.

[The Complete Idiot's Guide To Clear Thinking](#), Joe LoCicero - "The book to start with".

[Smart Choices: A Practical Guide To Making Better Decisions](#), by John H. Hammond, et.al.

The Believing Brain ([summary](#))- **If you fall for untruths, you'll fall in life.**

RELATED PIECES

[The Course In Stupid Thinking 101](#) - Some people have let themselves be good at this...

[Critical Thinking](#)

[The Use Of Logic](#) - Vs. emotion?

[The "Intelligences"](#)

[Keith D. Garrick](#)

Of [The Life Management Alliance](#)

(A pay-it-forward, never-a-cost endeavor to dramatically improve people's lives)

How to be in the loop as things develop: Use this link to [the blog](#) and then sign up for email notification on the web version of the blog.

Please [Contact me](#) with any suggestions, additions, revisions, etc., that might help improve this piece and the process, and/or any questions or requests you might have