

Tips for critical thinking

Thinking critically is a very useful tool when deciding ¹ _____ (do) something but we shouldn't use it for day-to-day situations. I try ² _____ (save) my critical thinking for things that matter. If I started ³ _____ (think) critically about every decision, I would be mentally exhausted all the time! Remember ⁴ _____ (go) to work on your first day? The first week probably consisted of hundreds of potential decisions. Then, after three months, you probably got better at ⁵ _____ (make) those decisions. Although we mostly choose ⁶ _____ (do) things based on habit or automatic processes [Bargh, 2002], at other times, we need to make considered choices. Automatic thinking has its pros and cons: we want ⁷ _____ (avoid) getting 'decision-fatigue' when an outcome requires careful judgments [Baumeister, 2003]. However, we can depend on automatic thinking too much, particularly when we prefer ⁸ _____ (go) with our instinct. To give an example, it doesn't really matter what coffee you get one morning - there's no point in ⁹ _____ (think) about it that much; but if you bought the wrong kind of car, you would end up ¹⁰ _____ (regret) a bad decision much more.