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.

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