

Effective critical thinking essay examples

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Every day people are faced with life puzzles that demands a solution to be found. During these moments, one is required to take a break and not only ask himself the right questions but also make them to be as many as possible if the right judgment is to be achieved. Sadly, many of us end up as victims of particular thought patterns, which make us comfortable even when their effectiveness is not known to us. In this regard, the following are some of the thought patterns that work as barriers to effective critical thinking.

First, frustration can work as an impediment to good thinking habits. Here, an individual is said to have his/her mind fully occupied by a problem at hand, a factor that goes further to affect his/her ability to make the right decision. To solve this problem individuals are advised to take quiet time or even share their feelings with appropriate persons.

The second barrier is lack of proper concentration. “ Many people have the notion that concentration means a constant, unbroken line of thought” (Ruggiero, 2009). Consequently, they take a lot of their time trying to prevent their mind from wondering, a factor that actually works stop their right thinking. In this account, individuals have to understand that concentration means redirecting ones mind to the right thinking patterns whenever it wonders from the main point of concern

Thirdly, lack of proper discussion with relevant persons also works to hinder proper thinking. Good discussions offer a pool of information, which work as good basis for making proper thinking habits. In this regard, individuals

should endeavor to engage proper persons, a factor that can prove beneficial with regard to making sounding thinking patterns.

In conclusion, developing good thinking habits is vital when it comes to making sound decisions. For this reason, individuals especially those in authority need to make every effort to avert hindrances that may mitigate this virtue.

Reference

Ruggiero, V. R. (2009). *The Art of Thinking. A Guide to Critical and Creative Thought*, Ninth Edition. London: Pearson Education.