

# Taking charge of irrational tendencies

Literature



**ASSIGN  
BUSTER**

## Taking Charge of Irrational Tendencies

### Introduction

Humans normally react to various situations in different manners depending on their habits. This chapter mainly discusses the irrational behaviors exposed by humans such as fighting, initiating wars or killing each other. It is apparent that people are self-destructive and bitter when they fail to achieve their desires. For instance, the authors state that people abuse their spouses or neglect their children, stereotype others in their daily encounters. As a result, the main emphasis of this chapter 10 is the ability to control irrational habits by respecting and understanding others.

It is considered that the motivating force that compels individuals to show irrational behaviors is human egocentrism. This applies to the tendency to observe things within one's own perspective and be self-centered. Egocentric thinking arises when one ignores the rights and requirements of others by considering his or her own opinions (Paul & Elder, 2013). The authors suggest that egocentric behaviors only happen to those who are trained to behave in such manner. This is because a person fails to identify the egocentric assumptions, use of information or interpretation of data. This false reality makes humans to use sensitive perceptions instead of intellectual standards in thinking (Elder & Paul, 2013). For example, the frequently used psychological standards entail innate egocentrism in which a person assumes everything without questioning its presence or truth. Another example is the innate sociocentrism in which a society beliefs in something such as taboos or cultures. Innate self-fulfillment occurs when people believe that what they do or supports them is always right (Paul & Elder, 2013).

<https://assignbuster.com/taking-charge-of-irrational-tendencies/>

Irrational or egocentric thinking can cause hatred among individuals. This is because of the constant wrangles that emerge when they compete for identity. The selfish nature of humans to fulfill their own desires also promotes irrational thinking because a person only strives to achieve personal or societal benefits (Paul & Elder, 2013). For instance, one way in which humans use egocentric thinking is the validation of the current belief system. In this regard, people tend to live comfortably even if their actions are unethical.

Paul and Elder (2013) further state that humans can change their irrational tendencies if they develop the ability to perceive things in wider perspectives. This helps in controlling the egocentric mind into accepting and appreciating the views expressed by other parties. This implies that humans should be critical thinkers in every aspect of their existences as professionals, consumers, parents or friends (Paul, Willson & Binker, 1993). The chapter is important because it highlights people's behaviors as contributed by egocentric tendencies and false realities.

#### Conclusion

Chapter 10 of Richard Paul and Linda Elder's book, *Critical thinking: Tools for taking charge of your professional and Personal life*, focuses on the challenges of egocentric tendencies in human life. The authors explore the defective manner of thinking with the rational tendencies in which they try to tackle the mind sets that create coherent beliefs, feelings and values. The chapter also focuses on the distinct expressions of egocentric thinking that include controlled and submissive behaviors. In this regard, the main emphasis on this chapter 10 is the ability to control irrational habits by respecting and understanding others. It is prudent to indicate that humans <https://assignbuster.com/taking-charge-of-irrational-tendencies/>

need to be critical thinkers who accommodate other people's views for a healthy living and co-existence.

#### References

Elder, L., & Paul, R. (2013). 30 days to better thinking and better living through critical

Thinking: A guide for improving every aspect of your life. Upper Saddle River, N. J: FT Press.

Paul, R., & Elder, L. (2013). Critical thinking: Tools for taking charge of your professional and

Personal life. Upper Saddle River, NJ: Pearson Education.

Paul, R., Willson, J., & Binker, A. J. A. (1993). Critical thinking: What every person needs to

Survive in a rapidly changing world. Santa Rosa, CA: Foundation for Critical Thinking.

(Paul, Willson & Binker, 1993).