

# When do i stop to think and reflect admission essay

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I have to admit that this question actually caused me to stop and think about thinking, because I hardly ever sit down and give any consideration to that subject. I read somewhere that 85% of people hardly ever think or reflect on anything, or perhaps that most of us go through life not thinking about anything 85% of the time. Most of life is mindless routine, after all, eating, sleeping, watching TV, bathing, going to the store, while even many of the jobs in this world are routine and robotic, and do not require much in the way of thought. People just do them because they need the money to live and have no choice.

My first step was to look up Terry Pratchett and find out that he was a very successful author in the fantasy genre, which is generally not the type of fiction I read. Here was an example of thinking, in fact, since I did have to use some thought to look up new information. It made me realize that I do end up thinking about things I might read, research or watch on television, or even experience in dreams, particularly if it involves something new, interesting or unusual.

My first thought about Mr. Pratchett was, frankly, that I wish I had his money. Not that I care about becoming very wealthy in life, since I realize only a handful of people will ever accomplish that, but I do worry about simply being economically secure, especially in times like these. That is something I think about a great deal, and even dwell on, but I am hardly alone in that. The need for physical survival and obtaining the basic minimum of food, shelter and medical care causes me to think, for without survival no more thought is possible.

My next thought about Mr. Pratchett was how sorry I was to read that he had

Alzheimer's disease. I know people who have suffered from that for many years, and they died not knowing anyone or anything, or even where they were. When I hear about disease and death like this, whether it involves someone I know or a stranger like Mr. Pratchett, it causes me to stop and reflect about whether there really is an afterlife or how I hope I do not go out with some kind of terrible, lingering disease. I agree with people to say that it is better to go quickly than slowly, and it is also less expensive and involves less wear and tear on friends and relatives.

I would add, in conclusion, that more pleasant possibilities in life also lead me to think and reflect, but the unpleasant ones like poverty, hunger and disease really tend to get my attention. I like to give thought about how I can avoid these as much as possible, which perhaps means the utilitarian philosophers were right after all: life is basically about trying to find pleasure and happiness while avoiding pain.