

The Art of Critical Thought

When it comes to big decisions, most of us have been taught that our actions should be based on reason and knowledge rather than an emotional response.

But I'd like to remind you that it's only **BLOCKED** emotion that hijacks good judgement.

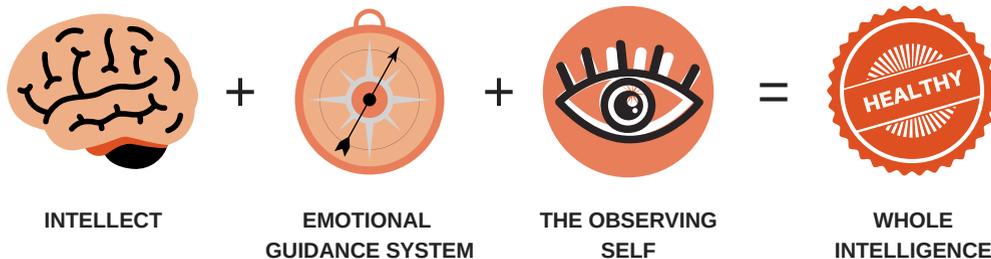
John Bradshaw says that repressed energy has to be discharged before the mind can function effectively. Which means that your feelings need to be **FELT**.

If you don't give your emotional state a seat at the boardroom table, you're cutting yourself off from a great deal of wisdom.

This **DOESN'T** mean immediately acting on an emotional impulse. It means stopping to evaluate **WHAT** you're feeling and **WHY**.

Strong emotions are often caused by stored memories that **NEED** to be addressed. The physical sensations they create in your body act as an alarm bell to get your attention.

If your thinking is flawed, you'll feel it as anxiety or some form of discomfort and tension. These sensations are part of your emotional guidance system, and when used correctly, the information they provide can help you successfully navigate your life.



The truth is, the Head and the Body (Left and Right Brain) were designed to work together as part of a team.

If you want to use your **FULL** intelligence, you'll need to learn how to create some psychological distance between you and your thoughts so you can observe (and evaluate) the feedback from both your intellectual and emotional guidance.

➤ **This process is the cornerstone of CRITICAL THOUGHT** ◀

Critical Thought

—the art of analyzing and evaluating thought from a vantage point that can help you improve it.

Critical thought is not actually critical in a disapproving or judgemental way. It's critical because it operates in an *evaluative* way that can help you avoid the dangers of black and white (binary) thinking.

Instead of relying solely on logic (which often isn't logical at all), Critical Thought takes an inclusive approach to decision making that includes your WHOLE intelligence—your creativity, your intuition, your personal values, as well as your deeper awareness.

Here's an example of what the process looks like.



- You ask a lot of questions that help you assess claims and arguments.
- You examine and weigh evidence.
- You step back from the situation so you can see all the angles before making judgements. (Bird's eye view!)
- You feel for YOURSELF what resonates as right or wrong for your life.
- You analyze the sources of your information. (Maybe Father *doesn't* know best!)
- You check for the quality of your thinking—is it sound, can it be trusted?
- You observe your own thoughts and the emotional feedback they create.
- You acknowledge (and note) the way you feel and check in with the part of you that feels that way. (Is it a younger part of you? A scared part? A teenager?)
- You use your Observing Self to help you see patterns and connections.
- You consider the full spectrum of possibilities—not just the polar opposites.

Emotional Outbursts

Critical Thought doesn't give the reigns over to emotional outbursts because it understands that these episodes are actually arrows pointing to deeper issues that need to be examined or addressed.

Feelings of intense emotion is the body's way of saying, "*Stop. There's something important here that needs your attention.*"

Instead of acting impulsively or jumping to wrong conclusions, Critical Thought takes the time to dig a little deeper.

Mind Mistakes

Many of us don't always realize when we're caught up in extreme, or rigid, habits of thought. Our minds are often controlled by social conditioning or pre-conceived ideas about how things SHOULD happen (or how others should behave) and it's important to be able to pause and pull back from this kind of automatic thinking to gain proper perspective.



If you need help with this

then you'll be happy to know that this is exactly what a coaching session is for!

And it's one of the best gifts you can give yourself.

If you're caught in the mind-maze and can't seem to get out on your own, then let's team up!

A coaching session is a designated, intentional space created just for you and your inner work.

Think of it as an hour of scheduled quiet time where you can feel what you need to feel without censorship.

I'll ask questions and take notes so we can sort through all the mental and emotional noise in order to take a holistic approach to problem solving that goes deeper than just surface interpretations.

It's Critical Thought at it's best!

If you're curious and want to learn more, let's talk! Click [HERE](#) to book a free consultation over the phone or by Skype.

I'd love to help you get some relief and clarity today.

Kelli
