Thinking

During the course of our life time there is one absolute thing that we can never fully stop doing, that is subjective and negative, we do not know we are doing at times but is something we must do to survive and is sometimes screwed up... think!

- Just like stress, "thinking" can cause all sorts of emotions; happiness, anger, sadness, depression.
- Too much of it may not be good for us.
- Thinking affects decisions
- Thinking is challenging
- Thinking directs good and evil intent

We are all challenged with thinking about things before we do or say anything, or have a good explannation; especially for those of us who have gained the experience that teaches us so.

Yet, some individuals will argue; "I did not even think about it, I didn't even have time to think. I just did it."

I am no Doctor, Scientist, Researcher or Educator, but my common sense now is more common than it once was and I definately make every attempt to utilize it in the most common way I can.

So, I say, those individuals did not "think" about what they were saying, prior to making such a statement.

As I've stated in the past, some individuals get "it," some get it late and some never get it. I got "it" late in life but at least now I have "it."

Common Sense tells us that before we make a single move; put any part of our body in motion, whether we duck, jab, grab or run we will first have to think of what that motion will be.

Naturally, those individuals will make a conflicting and, perhaps, contradictory statement after the issue is done and said; "I wasn't thinking at the time

but I really was hoping I wouldn't get stabbed, shot, burned or drowned."

You see folks, hope is the process of thinking. Hope in believing/"think-ing" something will take place.

Thinking is wide, long, vast and covers a lot, if not most, of what we do daily. It is a part of our make-up. Have u ever heard or said, "I thought about doing this or that, think about it, Here is what I was thinking, let me think about it, I did not even think about that, why didn't I think of that? Now, that made me think, I'm thinking, I can't think anymore, I think I think too much, I can't think right now, Guess what I'm thinking, what the hell were u thinking, think of someone else besides yourself?"

We think through daydreams, night-mares, at work and play. The point is:

There is always room to think— if u think about it!