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Thinking is rather a **painful** (પીડાદાયક) activity for most of the people. Many avoid thinking in their day-to-day life. We call them "dull." Even if you are not brilliant, you can act as **genius** (having higher mental ability, પ્રતિભા સંપન્ન વ્યક્તિ) by **applying** (કામે લગાડીને) right mental **skills** (કૌશલ્ય).

Dr. Edward de Bono, a **psychologist** (મનોચિકિત્સક) and professor of medicine at Cambridge University, England had suggested some steps to **improve** (to make better) thinking. He believes : Thinking skills help solving the problems of everyday life-and everyone can learn them." Here are seven steps suggested by him.

Seven steps to Improve Thinking

(1) Plus-Minus, Interesting (PMI) :

The first step for better thinking is to see things without limiting (મર્યાદિત કરીને) your **vision** (દ્રષ્ટિ). Try this experiment. Look around the room for red objects (Don't read further until you have done so.) Now close your eyes and ask yourself how many green objects there are.

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Look again. Surprised? You focused (કેન્દ્રિત કર્યું) attention on red. It kept you away from noticing things of another colours.

It is the same with an idea. When most of us first hear a new idea or a new solution to a problem, we **react** (give response) either liking it or disliking it. Then we use our intelligence to support that idea. An easy way to escape this **trap** (જાળ) is to do a PMI. One normally presents his/her reaction about the idea presented immediately.

Using PMI, think about your school. Spend three minutes writing down every good point you can make about it, every bad point and every point that is neither good, nor bad but simply interesting.

The aim of doing a PMI is to achieve **broad-mindedness** (openness) in our thinking. This saves us from becoming the obedient servant of our own **prejudices** (પૂર્વગ્રહો). To put it another way: the PMI is an attention **expander** (વિસ્તૃત કરનાર) ; it prevents us from seeing only red.

(2) Considering All Factors (CAF) :

This step helps one think of everything that might be **relevant** (સંબંધિત) in making a decision. Suppose you are thinking of buying a new school-bag. Do a CAF and think about size, cost, facilities and other minor things such as stickers on it, colour of the zips etc.

(3) Consequences (results, પરિણામો) & Sequel (C&S) :

We differ from animals in our ability to imagine the results of our actions. We can greatly improve this ability by learning to use it in a **systematic** (પદ્ધતિસર) way. The **de Bono technique** is to imagine the **probable** (સંભવિત) outcome of a decisions at four distances in the future: immediate, short term (1 to 5 years), medium term (5 to 25) and long term (over 25 years).

Ask yourself these questions : "What if the world runs out of oil?" or "What if a new electronic robot replaces human labour in factories?" Imagine the consequences. Are you surprised to see your **predictions** (આગાહીઓ) of immediate and short term effects? Now perceive longer-term possibilities. Soon you will learn to apply the method to decisions in your own lives.

(4) Aims, Goals, Objectives : (AGO) :

Do you ever think why you do a particular thing? Often we have **hidden** (છૂપા) or unconsidered goals. Practice listing the reasons for

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doing a particular thing. If you define goals, they will lead to creative solutions to problems.

(5) First Important Priorities (FIP) :

This step helps you evaluate and choose among the many possibilities you thought up by following steps 1 to 4. Suppose someone wants to borrow money from you. Consider all factors and then choose the three most important. The top priority might be : "When will it be repaid?" "Can you trust the borrower?" "What does he want it for?" Feel what is important and think about it.

(6) Alternative, Possibilities, Choices (APC) :

Edison, in searching for a light-bulb filament tried thousands of unlikely materials, including cork, fishing line and tar. The key to finding alternatives is to look for possibilities, outside your usual thinking **pattern** (રીત). Learn to "think wild." Let yourself imagine all kinds of possibilities, including those which look **impractical** (અવ્યવહારુ) or **ridiculous** (હાસ્યપ્રત્યક્ષ). Permit your mind to float free and to take what it offers.

(7) Other's Point of View (OPV) :

A problem normally generates out of **conflicts** (સંઘર્ષ) with others. You will better be able to find a solution if you try to look at the situation from the other's point of view.

Assume that you buy a mobile from a dealer who himself suggested you to buy a particular model. Somehow it doesn't work properly. You can do two things : You can give back the defective piece and demand your money back or you can put yourself in his place. If you ask money back the dealer would feel offended. But if you appeal to his sense of self-respect, he is likely to exchange the mobile for a much better one, without charging you the difference in cost. You might have heard the saying, "You can catch more flies with honey than with vinegar."

SEVEN WAYS TO IMPROVE MEMORY

Can memory be improved...? of course, yes. It can be improved by anyone with normal intelligence. Memory improvement means emphasizing **impressions** (છાપ) we have got from our experiences in life. The clearer the impressions, and the neater your mental storehouse, the easier it will be to remember. Here are the seven steps:

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(1) Repetition :

Repetition is a primary but least interesting method of memorizing. You can learn and remember almost anything if you have the patience to repeat it often enough.

(2) Involving Senses :

Bringing as many of your senses as possible helps in memorization. If you see an apple, you would carry a certain impression of it, but if you lift it, smell it, taste it, you can create a clear and more lasting memory.

(3) Power of Attention :

Use your power of observation, concentration and attention. Attention means **sidetracking** (avoiding) everything except the thought or experience you want to remember.

(4) Association :

Imagine someone telling you his name and address : Mohan, 2 Gandhi Road. An obvious **association** (જોડણી) can be built : Mohandas Karamchand Gandhi - Birth Date - 2 October. Everyone has in his mind many facts to which he can connect new facts by associations. But remember, the simpler our associations, the less burden create an memory.

(5) Interest :

If you are genuinely interested in the subject you will never forget it. Try to develop deep interest in the subjects or situations, you want to remember.

(6) Understanding :

If you do not understand a subject or situation, you cannot be expected to remember it. You must know the **logical** (લૉજિક) relations between all the given facts.

(7) Selection :

No one can remember everything so select things which are important for you to remember. Many people try to remember telephone numbers. But it is wiser to save the mental energy for more important work.

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Do it Yourself

Q.1 Ask questions using a suitable words from the brackets to get the answer already given here :

Example : Answer : Anil completes 15 sums in a minute.
He is having higher mental ability.
(dull, genius, clever)

Question : How can you say that Anil is a genius ?

1. Shail practises cricket 2 hours everyday. His performance is getting better. (decreasing, improving, developing)

Question : What _____

2. Deep invited Deepalee on his birthday.
Deepalee responded by giving him a gift. (gave, related, offered)

Question : How _____

3. Aneri ran here and there to catch the rat. (hold, trap, free)

Question : _____

4. Simran did not study well as a result she failed in the examination. (consequence, marksheet, prize)

Question : _____

5. Raja dreams of riding a bicycle on the moon. He is far away from reality. (wrong, impractical, imaginary)

Question : _____

Q.2 (A) Here are some statements which tell you what you should do to improve your memory. If you agree with the statements say 'yes'. If you disagree write 'No'.

1. Focus your attentions only on the thing you like.

2. Think in terms of your beliefs. _____
3. Think about every minor detail. _____
4. Think about only short term outcomes of your decision.

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5. List out hidden goals of what you do. _____
6. Think of one factor of your future act and take decision.

7. Look for impractical or ridiculous possibilities.

8. See the situation from other person's viewpoint.

(B) Fill in the following table :

Sr.no.	Step	Example from the lesson	What have you learnt
1.	Repetition	----	tables, science, formula, spellings, prayer.
2.	lifting, tasting an apple.	smelling	
3.	Attention		
4.	Association		
5.	Interest		
6.	Understanding		
7.	Selection		



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