The Power Of Logical Thinking Explained

Sometimes, it makes sense to go with your gut instinct. You might have encountered this yourself. You feel compelled to follow a different course of action despite logic and reason. There are times when this type of thinking pays off. It can also blow up in your face and make you regret ignoring the facts. Sticking with your instincts isn't always the smartest move. There are reasons why you should think logically instead of going with a hunch.

Here are five benefits of logical thinking that can help you reach the best possible outcome.

1. Logical Thinking Eliminates Distractions

You are bombarded daily with distracting video and audio noise. It is everywhere. Neither your home nor your job are immune to a cacophony of electronically generated noise that makes it difficult to focus. The more you work on thinking logically, the better you become at silencing needless distractions.

2. Conflict Resolution Improves

When conflicting parties use logic to resolve their difficulties, they can more readily accept a decision. They know office politics, personal preferences, and other relationship-driven decisions aren't being made.

3. Emotional Bias Is Removed

A Gallup poll shows that 70% or more of our decisions are based on emotional factors. Stanford University believes that the number needs to be higher. They point to research that shows "something like 90% to 95% of our decisions and behaviors are constantly being shaped unconsciously by the emotional brain system."

Critical, logical thinking removes emotional bias and allows you to make decisions based on relevant information. You don't let emotions cloud your judgment.

4. You Become Cool under Pressure

We just talked about how emotional bias influences most decisions. You don't have to think too far back in your past to find proof. Logical thinking keeps you from making rash decisions. You can operate clinically and level-headed under a strict deadline without letting emotions or social influences rush your decision.

5. Better Productivity

Using logical thinking, you can carefully analyze and evaluate all available information when making decisions. This thorough and reasoned approach can lead to better decision-making and enhance productivity by showing you the best path to achieving optimal results.

Logical thinking can lead to less stress and better productivity. It creates a level playing field where the best choices or actions reveal themselves. Logical thinking can also improve personal and workplace relationships and prevent emotions from leading to bad decisions.
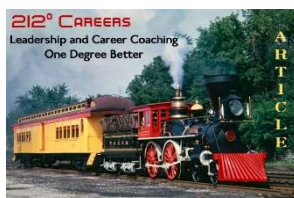
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