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How to act without deliberation

There are many reasons why we think so much before we act and there are many ways to get past over thinking. While it is good to think before you act to a certain extent, a lot of that thinking can cause problems in functioning.This is because of things like anxiety and hesitancy. These are many ways you can practice to overcome over thinking and deliberation before the time to act comes.

Anxiety, something nearly everyone has had to deal with affects the way they act and think very negatively. The anticipation of having to do something that you aren't confident about or not so sure about can really bring up your nerves. It makes you scared to do basic things that are part of everyday life. Some people have it much worse than others, but it is something that can be dealt with. First off, just facing your fears and telling yourself you are going to do it no matter what can help you overcome it. Practicing anxiety filled situations is the best way to deal with nerves because the situation begins to feel normal and comfortable. By practicing facing anxiety filled situations you will eventually be able to deal with situations without experiencing racing thoughts of screwing up or being embarrassed.

Being hesitant can also prevent you from doing things you really want to do. For example, you might be hesitant about talking to new friends and meeting people. To overcome this, again its practice and being able to get past your racing thoughts. If you just start to do it you will be able to naturally talk to people without hesitation. If you are hesitant to do something, you lack confidence. To build up confidence you need to just start doing things that you are normally hesitant about. Also, by having encouragement from friends it gives you an extra boost of motivation and confidence to act. Once you get used to it, you will naturally become less hesitant and more comfortable doing things.

Overall, by far the most important thing is practice and facing your fears head on. Once you get the confidence to act you can really start succeeding in life. Whether it's giving a presentation or simply talking to strangers, you will eventually become comfortable with your environment and be able to act without anxiety or hesitation.