

# 自我完善的正確方法－訓練理性思考與感性思考的平衡，培養辨別「真假」的能力，掌握「真實思考」的藝術。The correct methods for self-improvement - training to achieve a balance between rational and emotional thinking, developing the ability to discern “truth and falsehood” and mastering the art of “real thinking”.

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大部份人都會傾向使用「理性」或「感性」的思考方式去解決不同的問題，但其實如果太過傾向使用「理性」或「感性」會導致很多生活上的問題，如與他人的關係、解決問題的效率、情緒和精神健康問題等等一系列關係到我們的人生是否活得「好」的問題。

Most people tend to use either “rational” or “emotional” thinking approaches to solve different problems. However, leaning too much towards either rationality or emotion can lead to various issues in life, such as relationships with others, problem-solving efficiency, emotional well-being, and overall mental health.

重度理性思考者傾向的思考方式：

Characteristics of heavy rational thinking include:

1. 觀察問題的本質或事物發展的規律。  
Observing the essence of problems or the development patterns of things.
2. 分析問題或事物發展規律背後的原因。  
Analyzing the underlying causes of problems or developmental patterns.
3. 根據分析結果，並提出可能解決問題的方案或重現事物發展規律的方法。  
Based on the analysis, proposing potential problem-solving solutions or methods to replicate developmental patterns.
4. 擅長使用邏輯工具例如歸納、演繹、抽象、窮舉、批判、比喻、分割等等一系列思考工具組合並多角度思考分析以及解決問題。  
Proficiency in using logical tools, such as induction, deduction, abstraction, enumeration, criticism, metaphor, and segmentation, to analyze and solve problems from multiple angles.
5. 雖然會減少因情緒和感受的影響對客觀結果的判斷，但分析問題的各種可能性和事展規律的軌跡會令大腦造成大量消耗。  
While this approach reduces the influence of emotions and feelings on objective judgments, the analysis of various possibilities and trajectories of developmental patterns consumes a significant amount of brain resources.
6. 過度理性思考會失去「感知」，不能掌握和別人在情感上心理的距離從而導致很多人際關係的問題；對複雜的環境訊息變化比較遲鈍。而在訊息處理過程中太過專注在細節，忽略宏觀環境的變化容易令分析方向出錯而容易做錯決定。  
Excessive reliance on rational thinking can result in a lack of “perception” an inability to gauge and maintain emotional and psychological distance from others, leading to interpersonal issues. It may also make individuals less responsive to complex changes in environmental information, as excessive focus on details during information processing can lead to errors in analysis and decision-making.

重度感性思考者傾向的思考方式：

Characteristics of heavy emotional thinking include:

1. 想像他者或事物的存在。  
Imagining the existence of others or things.
2. 代入並勾勒出他者的感受和情緒，和事物存在的環境細節訊息。  
Empathizing and envisioning the feelings, emotions, and environmental details associated with others or things.
3. 對他者或事物任何訊息變化都相當敏感，並在短時間內處理大量複雜包含他者或事物身處在內的所有環境訊息。  
Being highly sensitive to any changes in information related to others or things and processing large amounts of complex environmental information in a short period.
4. 從想像和感受不同他者和事物的過程中吸取經驗後建立直覺。  
Drawing on experiences gained from imagining and experiencing different perspectives of others and things to develop intuition.
5. 雖然使用直覺會減少大腦因理性思考帶來的消耗，但會容易被自己的情緒或經驗所影響而對誤判，影響對客觀結果的判斷。  
While using intuition reduces the cognitive load brought about by rational thinking, it can be easily influenced by personal emotions or experiences, leading to misjudgments and affecting objective judgments of outcomes.
6. 因為對外來訊息極度敏感，除了容易產生大量無意義的念頭外，又因想像力太強產生不同的聯想和感受，造成大腦的大量消耗導致不能「專注」。  
Due to extreme sensitivity to external information, it is prone to generating a large number of meaningless thoughts. Additionally, excessive imagination leads to various associations and sensations, resulting in significant brain resource consumption and a lack of “focus”.

傾向使用單一的思考方式都會對大腦造成過多無意義的消耗，過度的消耗大腦會容易產生各種精神和情緒問題，甚至大腦的生理健康問題。但據筆者觀察只有極少數人會透過刻意訓練去完善自己思考方式，例如感性思考者會透過訓練邏輯思維或者理性

思考者透過訓練感知、想像和感受來建立「直覺」，最後將理性與感性思考互補增強大腦思考的效率，並做到「真正的思考」。

Relying solely on a single thinking approach imposes unnecessary cognitive burdens on the brain. Excessive cognitive load can lead to various mental and emotional issues, as well as physiological health problems. However, based on the author's observations, only a small number of individuals deliberately train themselves to improve their thinking approaches. For example, individuals inclined towards emotional thinking can train their logical thinking skills, while those inclined towards rational thinking can train their perception, imagination, and emotional sensitivity to develop intuition. Ultimately, combining rational and emotional thinking enhances the efficiency of brain thinking and enables "genuine thinking".

人生是否活得「好」，各人自有各自不同的標準。但大部份人容易因為過度分析思考鑽牛角尖，或者對大量念頭情緒建立聯想，讓大腦處於長期和無意義的損耗，反過來失去了「真正的思考」和對「真實與虛假」的分辨能力，導致人生被淹沒在種種虛假的利益陷阱、大腦各種的垃圾訊息如多餘的環境訊息以及情緒慾望當中。

Whether one's life is considered "good" is subjective and varies from person to person. However, many people tend to get caught up in over-analyzing or spiral thinking into an abundance of thoughts or emotional associations. This leads to the brain being consumed by prolonged and meaningless processes, resulting in a loss of "real thinking" and the ability to distinguish "truth and falsehood". Consequently, individuals find themselves trapped in various false traps of interests and inundated with irrelevant environmental information and desires.