Effects of Thought on Human Behavior

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**Introduction**

           The approach of human behavior is shaped by different and crucial psychological traits. Active consideration of these particular aspects is necessary to make better inferences about human behavior. It is vital to assess how the entire thought process of the individual is linked with behavioral domains. Thoughts and psychological development, encourage people to adopt specific forms of behavior in their external environment. This paper focuses on critically analyzing the effects of thought on human behavior.

**Discussion**

           A comprehensive examination of the field of psychology explicitly reveals that thoughts lead to the development of human emotions. The perspective of emotions ultimately strengthens the approach of practical actions for human beings. The phenomenon of social behavior can never be separated from the specific values and thoughts established by the mind of the individual. The concept of thought is defined as the mental approach with human mind that has the capacity to influence the behavior of the individual to some significant level. The element of stimuli plays a critical role considering the entire domain of thinking procedure. The incentive of thought can be attained from both forms of an external environment or from memories.

           The gathered knowledge is further conveyed by senses and neurons to deliver important information to the brain. The next phase of this systematic process appears when brain intercepts and processes incoming information and compares it with an already obtained form of knowledge. This entire thinking progression, further referred to the individual’s response that ultimately appears in the form of human behavior. The stages of information collection and interception help to determine the impact of human thoughts on behavior as the outcome (Albarracin & Wyer Jr, 2000). The phenomenon of thought usually appears when any information enters the brain and ultimately stimulates the features of observation and analysis. The consideration of processed information is also important that stored in memory and used whenever it is needed to rationally react in different situations. Both these forms of data play a critical role for the individuals during the entire thought process. The development of thought is explained as the triggering factor for people to adopt specific behavioral prospects in the external environment.

           It is noteworthy to indicate that the perspective of memory is not only recognized as the place to store information; the domain of memory is used to actively work on knowledge in order to make plans for future action. This argument clearly reveals that certain thoughts that appear during the processing of information, lead to direct reaction to events. The perspective of memory makes it essential for individuals to think about their actions by using already stored information. This specific argument helps to identify the prevailing association between thoughts and human behavior, considering the entire processing of mind. The memory about past events helps individuals to rationally think before performing an action. This form of consideration clearly indicates that the practical idea of human behavior is closely associated with thoughts developed in the human brain. This argument can also be apprehended in the case of negative or disappointing thoughts (Masicampo & Baumeister, 2013). The pessimistic thoughts or emotions encourage people to cry or show their disappointments through negative behavior.

           Critical consideration of the internal thoughts and motivations is essential to make better inferences about the prospect of human behavior. Proper management of thoughts and emotions is recognized as a necessary condition to ensure appropriate human behavior in different environmental contexts. The strong connection between thought and human behavior can also be evaluated by considering three important components of behavior. These specific elements are characterized as the perspectives of actions, cognition and emotions. It is important to mention that all these factors are closely associated with each other and this connection eventually leads to the development of human behavior. The feature of cognition helps individuals to develop thoughts and psychological images to transmit entire information. The process of cognition plays its role as the direction for humans to develop their behavior in a specific manner. The practical idea of cognitions comprises of different skills and knowledge that concerns with the transformation of thought into action.

           Proper association between actions, cognitions and emotions helps people to successfully learn about the world around them. Inner thoughts of a human play their role as the guiding principle for the individual to ensure accurate response to the external environment in the form of positive behavior. The facet of social cognition directly links with the approach of behavior adopted by human beings. The concept of social cognition directly links with different social activities. This form of consideration is vital to successfully understand and anticipate behavioral domains in a social setting (Pilgrim, 2018). Development of social knowledge helps people to logically think about other people, social associations and a social group. This form of thinking eventually helps them to behave according to social standards. The broad idea of social cognition actively relates to the proper understanding of events. Different people make diverse inferences about the same events due to the perspective of social cognition. The difference of thoughts ultimately appeared as the different behavioral domains by the people. The difference of thoughts is the indication of diverse actions by different people in the form of social activities.

**Conclusion**

           In a nutshell, it is significant to mention that thoughts of people define their behaviors in specific social settings. The entire thought procedure plays its role as the stimulator for the people to properly act in different social events. On the other hand, unconscious thoughts affect the rationality of the cognitive process and it might appear as panic behavior by the individuals.

**References**

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