



# HOT THINKING

# VS.

# COLD THINKING

- Is intuitive and automatic
- Helps us do things we're good at efficiently
- Takes over in an emergency
- Is influenced more by social and emotional conditions
- Can cause jumping to conclusions and risk-taking

- Is deliberate, controlled and reasoned
- Processes information to solve complex problems
- Guides us through unfamiliar situations
- Takes effort and concentration
- Can be too slow and overwhelming

## YOU'RE FACING A DIFFICULT SITUATION OR PROBLEM. HOW DO YOU FIND THE RIGHT MIX?



### PAUSE AND EVALUATE

Do you have to respond right away, or can you think about it? Focus on the most urgent and/or most important aspect.



### PRIORITIZE

Time pressures or feeling judged can overload hot thinking and disrupt cold thinking as well.



### MANAGE YOUR TRIGGERS

Learn to recognize your "triggers" that cause a hot, emotional reaction, and defuse them to allow for more cold thinking.



### PRACTICE SELF-CONTROL

This is a skill that can be developed and practiced, like athletic or academic skills.



### EXPLORE PERSPECTIVES

Imagine you're filming the scene, or that you are one of the other people involved. Ask others how they see it.



### REFLECT

Have you been in a situation like this before? What went well, and what would you do differently? Can you make a different choice this time?



### TRUST YOURSELF

Every time you solve a problem, you get a little better at finding the right mix, and a rational response becomes more automatic.

