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Define something from CS, 3 of The Art of Thinking. What strategies you can use to prevent yourself from the practice of thinking?

Thinking is when people think the opinion that others share and they believe it.
The strategies that one can use to prevent thinking are to think about your thinking. Be aware of your impressions of problems and issues. Particularly those that prompt you to take a stand immediately without examining the evidence, or weighing the competing views. When these feelings arise by controlling them instead of yielding to them, thus yourself to be objective. Thinking was gained for considering and evaluating ideas, the most common the it from thinking, the it from opinion, and the it from believing.