SHOULD I, OR SHOULD I NOT? A question so powerful that it can decide whether the events to follow will be suitable or not, a question around which our lives revolve, a simple question that can change who we are forever. Yet this vital question is often taken for granted and ignored. Why? Because many people in the world refuse to think before they act.

Humans have to think before doing anything; it’s simply how the brain works. But the phrase “think before you act” encompasses much more than basic brain processing and is typically used to refer to think about the possible outcomes of a situation and make the best choice about what to do. When one thinks before acting he/she must begin with the end in mind. Essentially, by thinking before acting, one plans what will happen next. Sure, the future is unpredictable but by considering the circumstances one may be able to make a good guess about what action will give the most favorable results.

Everyone has had that moment when the wrong thing was said or done and sets off a series of unwanted events. Unfortunately, I have been in this situation more times than I would like. I, too, am guilty of not wanting to think before I act as often as I should especially at home. I have a tendency to anger my parents a little too often, but I know that almost every quarrel could have been avoided had I thought before I said or done something. I know that when I fight with my sisters or talk back to my parents there will be consequences that I will not like but I continue to do it. If I were to just stop and think about what was going on and that I will get in trouble for doing/saying what I so impulsively want to do/say, I could probably save myself many more groundings. But that is the problem, a large majority of people let themselves be guided by impulse, rather than thought.

Impulsive behavior can occasionally be fun like when deciding to randomly go out with some friends or something along those lines, but many times impulsive behavior is the result of not thinking and can be quite dangerous. Impulsive behavior is perpetual; once one starts acting on impulse, it’s hard to want to stop. Say you do randomly go out with your friends to the club. While you are there, you decide to take a drink, because hey what’s one going to do? But after a while you get so caught up in the fun you are having that you drink more, and more, and more. All of a sudden you’re drunk but still having fun. It gets late and you have to get home but you and all of your friends have been drinking a little too much and are in no condition to drive. You have to get home somehow so you decide, what’s the big deal? You go to the car and offer to take your friends home. Now the party continues on the car ride back, wooh! So fun! Right? Wrong. Within minutes, your slow reaction time caused by the alcohol causes you to crash, killing two of your friends and innocent people in the other car. Now, let’s go back to when you first arrived at the club. Instead of just diving into the fun, someone should have stopped to think about what would happen after everyone had had their fun. If someone had simply asked himself/herself things like “If I start drinking will I be able to stop drinking before it gets out of hand?” and “Will I be able to control myself?” He/she would have realized that if everyone was drinking, no one would be in complete control and it could result in a dangerous situation. Little questions like that can leave crucial effects in not just your life but everyone around you. A designated driver could have then been appointed and the whole accident could have been avoided. All anyone had to do was stop and think.

Henry Ford once said, “Thinking is the hardest work there is, which is probably the reason so few engage in it.” His statement may be true and why it seems that so many people don’t, but it really isn’t rocket science. If everyone just put a little bit of effort into thinking about what to do, the world could live in much more harmony, and the world would become a safer place to live. The law of life of thinking before acting is something that can have drastically different results. It can make us and the people that surround us happy or when ignored can greatly upset us. Whether we choose to pay attention to it or ignore it, this law of life can define who we are. So whenever you want to do something, take a step back to really think and ask yourself: should I, or should I not?