THOUGHT AND BEHAVIOUR

According to dictionary.com, thought is the product of mental activity; that which one thinks.

Our body have senses, we use these senses to relate to both our social and physical environment. Information gets into our brains in our everyday life. When we are faced with thorny situations, our brains become activated to arranging or modifying information it has stored in it. Different arrangement patterns may arise, we call these patterns thoughts or ideas. For example, a person has experienced a lot of killing around him may have a thought of him stopping such act or dying and deciding to become a soldier.

Our thoughts tell us what to do to solve a particular problem or challenge. In other words, it suggests behaviour to solve a problem. As such our actions and behaviour comes about through our thoughts.