

## Research on the Breakthrough Strategy of Innovative Thinking Based on the Cause of Thinking Disorders

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**Abstract:** About thinking in “Ci Yuan”: “thinking” represents “thinking methodology”, and “thinking dimension”. Thinking without direction will be confusing, but prolonged thinking in a certain fixed direction easily creates thinking inertia. It is difficult to overcome long-time thinking inertia, and big problems are mostly destined to deal with in a certain direction, which will form a thinking set. Thinking inertia and thinking set are uniformly called thinking orders in innovative thinking. To develop innovative thinking, people should understand common thinking disorders and master ways to break through them.

### Introduction

There are many common thinking disorders, and everyone has different thinking disorders. By listing some common thinking disorders, analyzing their causes, especially analyzing the common causes, as the breakthrough of thinking disorders, building the way of innovative thinking is conducive to breaking through the thinking disorders and improving the innovation ability.

### 1. Common Thinking Disorders

Human thinking inertia and thinking set do not want to be overcome or cannot be overcome, which will form thinking disorders. There are many ways of showing thinking disorders in life, and there are the following ten ways:

#### (1) Blind obedience

Blind obedience refers to the psychology of giving up the consciousness of independent thinking, blindly believing in the public, everything follows others, not coming out, not taking the point, and following the crowd. When encountering strange but simple problems, people mostly get in blind obedience, and generally receive the expected good results. However, complete belief in the public and lack of independent thinking will hinder the progress of innovative thinking and even lead to mistakes. There is a Chinese saying that “A little measure is no gentleman, and a real man does not lack in venom”. This sentence means that people who have a small weight do not deserve to be called a gentleman, and the bottom of the heart can become a real man. This is constantly quoted and sometimes used as the basis for evil. But people have carefully deliberated that this sentence is not only inconsistent but also the content of the second half is incompatible with people’s traditional virtues of the Chinese nation. This sentence in the process of circulating the error. Its original meaning is “small quantity is not a gentleman, no degree no real man”, and it is finally wrongly changed the appearance, people do not know carefully experience, but also scramble to quote, we can see the terrible place of blind obedience.

#### (2) Subservient habit

When people think about problems, they have their direction and order. To think about problems for a long time in a fixed direction, people will form a habit of thinking. People think about problems in life practice, do not want to break through the thinking habit, blindly submit to the habit of thinking, this is the “Subservient habit”. Habits are not always harmful, for some simple problems and small

things in daily life, according to the habits to think, to act, may save time, or less brain-consuming. For example, it is first to look for manuscript paper or to find a pen when writing, and it is first to wash your face or brush your teeth when getting up in the morning, people have their own habit, which is not impossible. Even for some math operations, it is not a problem to arrange from smaller to large or from larger to smaller. Sometimes according to the old habits, you can do it more quickly. People's thinking not only has inertia, but also sluggishness. For the more complex problems, or in the face of new problems, it will make people make mistakes or helpless. To make ourselves smart, to innovate, we must consciously break the disorders of habitual thinking, and take the initiative to seek new methods of thinking. Habits are long-term repeated to do, gradually develop unconscious activities, and they are not easy to change. Human is an accustomed animal, and once a way of behavior forms a habit, it is difficult to change. People often get up, dress, brush their teeth, wash their face at a fixed time; people often walk along familiar paths; people sit in several relatively regular restaurants. Habits allow people to live comfortably without thinking too much. People often say that I am used to it. However, something used to is not necessarily your best choice. Perhaps people might be able to get up more reasonably; perhaps a more convenient path; perhaps other restaurants would better suit people, but habits make people involuntarily repeat their last choice. Therefore, subservient habit, that is, is a simple repetition of no analysis and thinking of the last choice, and finally leads to overcome the bondage of habit, can only yield. The characteristic is that the thinking of the problem is always conducted in the direction and order of the first time, and it is unable to make new choices. For a person who is determined to innovate, people should break the constraints of habits on people, further optimize their ways and methods of doing things, give full play to their subjective initiative, and seek to update and better things for people.

### (3) Relying on the experience

People's daily life practice, through the accumulated experience, has a certain inspiration and guiding significance to people's actions, which is worth paying attention to and as a reference. And it helps people to better understand things and deal with problems in future practice. Just as hunters hunt, and for young hunters to acquire abundant prey, they have to learn from the old hunters. People understand that with personal ability in practice, progress will be very slow, so learning is a shortcut to growth. The study result is not only theoretical knowledge but also the rich experience of old hunters over the years of hunting. The practice also proved that the experience of old hunters could equally work in young hunters, who gradually became experienced hunters. Young hunters themselves will also accumulate a lot of valuable experience in the hunting process, together with the experience they learn together, making more and more experience that can be transmitted. People want to have rich experience to calmly deal with the rapidly changing reality. However, experience is only a preliminary summary and summary of the perceptual understanding obtained in practical activities and does not fully reflect the nature and law of the development of things. Many experiences are only a preliminary summary of some surface phenomena, with a greater contingency. Some seem to have sufficient basis and reasons, but are one-sided and partial; some only apply to one range, one period, but not suitable in another range or another period. Since experience is subject to many external conditions, both personal experience, or collective experience, it generally inevitably has limitations, which is suitable only for certain occasions and times. Therefore, in the face of new problems and new challenges, the experience cannot be made a stumbling block to people innovative thinking. Therefore, innovators should see that the previous experience has both the certain reference significance, but also the limitations which only apply to certain times and occasions. On the question of thinking, whether a certain experience will hinder and restrict innovation and exploration cannot be identified.

### (4) Superstition of books

Gorky said that Books are the stepping stones to human progress. Books play a significant role in the inheritance of human civilization and the dissemination of knowledge. Most of the time, books are synonymous with knowledge, ancients called books "classic books". Therefore, many people believe that a person's book knowledge, such as going to college, getting a master or doctor degree,

must have a strong innovation ability. Other people, who think that the book is correct, find the problem first; if they find something different from the book, it is wrong. Under the guidance of this understanding, some people do not say “dare not do”, books said not do more “dare not do”. This superstition in books prevents people from correcting previous mistakes and exploring new fields. People call this way of thinking that cannot break through and innovate due to the excessive belief in book knowledge, which is called superstitious books. People treat the content of books, must be objective, cannot let the book knowledge preconceived, and hinder people’s pace of innovation. People’s correct attitude towards books should be: we should not only learn book knowledge, accept the theoretical guidance of book knowledge, but also pay attention to the defects, mistakes, or limitations that book knowledge may contain or lag behind reality. When engaged in innovation activities, the applied book knowledge should be strictly tested, and the only standard of testing is the practice.

#### (5) Restricted authority

The experts and scholars who have made great achievements in some professional fields are called the authority. Authority puts more time into some areas of expertise and knows more about what is in the field he studies than others. So whenever people enter a new field of expertise, people attach great importance to the insights of authorities in this field. These play a very important role for people to better understand this field and go further into this field. Therefore, these authoritative opinions can also easily affect people’s objective judgment of the issues in the field. But the ancient saying has a cloud “All men make fault.” Even the view of authority in the field can be wrong. Sometimes “You cannot know the shape of a mountain when you stand on it.”, too in-depth specific problems, may ignore the macro grasp. Experts and scholars are helpless and laymen often appear. People should analyze and study objectively and justly, should not simply think that any authoritative point of view is completely correct and credible, and should not blindly superstition or blindly worship authority. In the process of innovative thinking, it is necessary to carefully analyze what role the authoritative views related to the thinking problem can play.

#### (6) Simple Stereotyping

Stereotyping refers to the rigid, mechanical, lack of change. Simple rigidity refers to people who do not understand flexibility in the process of thinking. Stereotypical thinking usually solves problems when people solve simple problems. But when the problem is slightly complex, Stereotypical thinking does not help or even leads to mistakes. The story of “Nick the boat to seek the sword” profoundly expounded this truth. Things are ready to change. In thinking activities, some new situations often occur. In the face of new situations, people should break the Stereotypical thinking, adapt randomly, and respond quickly, to get rid of difficulties and successfully achieve the ideal goal.

#### (7) Rigidity of thinking

In reality, people often miss their inertia and rigid and numbly think due to some very valuable clues. What innovators are afraid of the strange attitude, they will lose curiosity, and it is difficult for them to find the problem and to solve the problem. Curiosity is the inducement of innovation consciousness, and also the aid of innovation spirit and innovation courage. To be good at innovation in life, study, and work, and get excellent results, to meet all the strange, strange phenomena and those although not strange, not strange, but often ignore the ordinary phenomenon that contains an important exploration value, should undoubtedly view them with a strong sense of innovation. One should avoid being strange and indifferent to the phenomena that should have been actively explored, miss the time to make important discoveries and inventions, and be vigilant and overcome rigid numbness and dull thoughts.

#### (8) Blind arrogance

Blind arrogance is manifested as, everywhere hand and foot; always think that only oneself is right. Innovators should have confidence, but from confidence to arrogance, from arrogance to arrogance forms an obstacle that leads to negligence and mistakes due to excessive confidence in the process of innovation activities. “To listen to both sides, one will be enlightened, but if heeding only one side, one will be benighted.”, so innovators should know humility.

### (9) Self-abasement

The thinking disorder of self-abasement is manifested as the general excuse of disability, dare not try anything. In general, such people lack confidence and may also be lazy. However, the more they dare not to try, the more they are lack of confidence. After the vicious circle, let alone innovation. Therefore, diligent thinking, bold attempt, can make people gradually find confidence and continuous innovation.

### (10) Bigotry

The thinking disorders of bigotry manifested in, like to sing a different tune with people, love to get into a dead end. Although it is a good thing to dare to study problems deeply, it will often “stick” with people and pester some trivial things, which will harm innovation activities. This person is a big distraction in the innovation team, which he disagrees with, but brings a great negative effect to the other members of the team. For innovators, bigotry is a big taboo, the affirmation of others is the embodiment of their wisdom.

In addition to the above ten common thinking disorders, there are in ordinary life, thinking, and work, many thinking disorders hinder people’s innovative thinking. Therefore, innovators should be diligent in thinking, careful observation, good at discovery, dare to innovate, and pave the way for breaking through their thinking disorders and setting up innovative thinking.

## 2. Causes of Thinking Disorders

Although thinking disorders show a variety of phenomena, the analysis of their causes, there is nothing but two points: one is human inertia; the other is reverse thinking without limitation.

(1) The thinking disorders caused by human inertia are the most common. Combined with the ten common thinking disorders listed in the article, the human inertia include blind conformity, obedience habits, dependence on experience, superstition books, bound authority, simple, rigid. The generation of these thinking disorders, on the one hand, is the ability problem-shallow knowledge, limited understanding, the other important aspect is the attitude problem-lack of learning, lazy thinking. People who produce these thinking disorders need to correct attitude, improve ability, forge ahead and innovative talents to keep clear minds, stand out from the many living beings and make outstanding achievements.

(2) Although reverse thinking is also regarded as innovative thinking, it does not represent all innovative thinking. People blindly pursue reverse thinking but have entered another misunderstanding, specifically manifested in blind self-sufficiency, inferiority complexity, and stubborn paranoia. These thinking disorders are the typical pursuit of reverse thinking, simple and crude. Self-reliance on the strong, despise everything; self-corruption, hate the strong.

## 3. Breakthrough through Thinking Disorders

Thinking disorders inhibit people’s innovative thinking, and make people’s innovative thinking difficult to form and perfect. To make people’s innovative thinking more flexible, we must break through thinking disorders, and the key to breaking through thinking disorders is to broaden the perspective of thinking. In innovation, people call the entry point of the beginning of thinking the thinking perspective, which requires people to think about the same thing with different entry points, and the result is very different. Like people cut apples, people cut down vertically at the usual angle to see just a couple of apple seeds, and horizontal cutting make people see a lovely pentagon star. This is more for innovative activities. Only by people thinking from a new perspective can they get unique results.

### (1) Change the thinking order

People often get used to thinking along when thinking about problems. To follow along makes it easier for people to find the entry point of the problem. And, to follow along can help people solve some ordinary problems. But the development of objective things is ever-changing, and everything that follows may not be able to truly reflect the objective law of things. Therefore, to break through the thinking disorders, we first need to change the order of thinking.

①From following to reversion

A person who is determined to innovate must have a deep understanding of the limitations of thinking; change the inertia of everything from following to reversion. Reverse thinking is the manifestation of the unity of the objective world in the field of thought. It is a kind of dialectical thinking, many times “after mountains and rivers, there is no way”, reverse thinking can bring people into the realm of “there is a way out”.

②To think from the opposite of things

The category of contradiction in materialist dialectics is a dialectical contradiction and objective contradiction, which refers to the opposition and unity between things or the elements within things. Thinking disorders are just one aspect of only the contradiction, ignoring another aspect that leads to the formation of thinking disorders. Therefore, human beings need to consider more things from the opposite side of things under the premise of known contradictions.

(2) Transformation of the thinking mode

The basic principles of philosophy tell people that everything in the world is universally connected and that these interrelated things can be transformed. The story of “lost horse” illustrates this general principle. In innovation, people’s transformation refers more to the transformation of ways of thinking: to turn direct into indirect, to turn complex into simple, and to turn impossible into possible.

①To turn direct into indirect

There are not many straight roads in the world, but many winding roads that take people to their destinations. Everything is the same, so is the way to solve problems. Some problems that cannot be solved directly can be solved successfully through indirect methods.

②To turn complex into simple

“When solving problems is simple, God is responding,” Einstein said. The simplicity of a method ensures its correctness. People who learn too high numbers know that the answer to some seemingly complicated questions is often very simple, and if the answer is very complex, the 90% of possibility is wrong. People need to improve their ability to turn complex problems into simple ones. Simple is the essence of all complex things, is a kind of wisdom, is a form derived from logical thinking and higher than logical thinking.

③To turn impossible into possible

The things of the world can be done impossibly or possibly. It should not be divided into two situations, one is due to the improper methods of the parties, the other is due to the limitations of historical and social conditions, as modern people are currently impossible to go on Mars. But the flexible way of thinking transformation, can transform the impossible into the possible. We can transform the volume problem into weight and density, the speed problem into a quantum transmission, and the personal investment problem into crowdfunding. One purpose is to flexibly do those difficult due to improper methods and methods, broaden the thinking, change the methods, and strive to transform it into possible.

#### 4. Summary

The author listed blind conformity, submission, experience, superstition, superstition, authority, simple, rigid, blind arrogance, etc. ten common thinking disorders, analyzed the cause of thinking disorder, put forward specific measures to change the thinking order and transformation breakthrough thinking disorders. This paper can help people understand thinking, prevent thinking disorder formation, breakthrough thinking disorders, and provides a theoretical basis and practical guidance for the establishment of innovative thinking.

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