**Australian General Semantics Society Inc**

**General Semantics and Creative Thinking**

**From “For the Newcomer to General Semantics” by Mary Morain:**

By simplifying much that is complex, general semantics has helped thousands of individuals to better understand themselves, other people, and their environment. Personal relations are improved as communication blockages are dissolved.

Considerable freedom rises when the rigidity of language ceases to control thinking and responses. Pressures producing stress are often lessened. Debilitating automatic responses and self-defeating tendencies to jump to conclusions become less frequent. It is commonplace to experience a sense of renewed personal well-being and creative release.

Outworn ideas can more easily be shed, leaving the mind open to fresh observations, more creative thinking.

https://nysgs.org/resources/Documents/GS%20And%20.%20.%20..pdf