

## Overcoming Indecision

**Point of the Assignment:** 1) To give you an opportunity to process why you are having difficulty making a particular decision.

Sometimes in order to be able to make a decision, some people just need to take the time to stop and reflect on what they are dealing with. To help you process whatever you are dealing with, take the time to respond to the following questions. Take the time to give detailed answers as needed to any questions. *(Feel free to write on additional sheets of paper as needed.)*

### **Section 1: Identify Prior Successful Decisions:**

**1. Think of 3-5 decisions you have made in the past that turned out well.** *(They can be very small things, such as getting up in the morning, what to wear, or deciding what to eat for dinner.)*

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_

**2. What helped you to make these decisions? If yes, explain your response.**

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### **Section 2: Reflect On Your Current Situation That Requires A Decision:**

**3. What is the decision that you need to make?**

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**4. Do you know why this is difficult for you? If yes, explain your response.**

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5. **Are you associating this potential decision with some prior experience?** (*Family, friends, work, school, event, etc.*) **Is that prior experience a negative or positive one for you?**  
Explain your response.

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6. **What Emotions/Feelings are you experiencing as a result of having to make this decision?** (*Excitement, insecurity, dread, regret, insecurity; fear, etc.*)

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7. **What fears are affecting your decision-making?** (*Fear of commitment, pain, change, failure, ridicule, rejection, wrong decision, the unknown, looking foolish, etc.*)

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8. **What barriers are interfering with your decision-making?** (*Money, job, responsibilities, etc.*)

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9. **What potentially negative consequences are you dreading regarding this decision?** (*I will be locked in to something forever. I'm afraid this will negatively impact the rest of my life. Etc.*)

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10. **Who will be affected by this potential decision?** (*Spouse, children, boss, teammates, customers, etc.*) **How will this affect them?**

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11. **Reflect on what you wrote above.** (*What is your response to answering these questions?*)

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**Section 3: Spend Some Time Just “Processing” Your Situation:** (*Choose at least 2 styles*)

1. **Sensory:** (*Consider engaging in any combination of the following activities*)

- Get some first-hand exposure and experience: Job shadow, informational interview, take a tour of the facility associated with this decision (school, workplace, etc.).
- Practice whatever it is you are considering (*go on a job interview for practice, try applying for that job or major you want, try to make that thing you are thinking about, take a class*).
- Create a piece of art (*draw, paint, poem, music, picture collage, or poster board, etc.*) about what you are considering.
- Listen to music that helps you connect with the topic.
- Do something physical (*exercise, run, clean the house, wash the car, organize something, cook dinner, build something, etc.*) to get you moving. Be sure to reflect on this decision while you do.
- Spend time in nature (*take a walk, go for a hike, sit in a park, go to the beach, lake, etc., sit in the wilderness pondering the environment, etc.*) Be sure to reflect on this decision while you do.
- Create silence: Deliberately set aside some time\* where you are in a distraction free environment and have tuned out all sensory distractions (electronics, people, temperature, lights, and/or hunger, etc.) Then just sit in the silence and let your mind and emotions become “de-cluttered”. As you do, you should experience more emotional piece, and this process will allow your mind an opportunity to experience new ideas.

\*How much time to set aside depends on your own level of self-discipline with this activity. For some people 5 minutes would feel like eternity; yet others could sit for hours or days at a time.

**Reflect:** What “Sensory” activity did you choose to do? What is your response to that activity?

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2. **Intuitive:** (*Consider engaging in any combination of the following activities*)

- Collect more information (*read up on the subject, talk to people, attend workshops or seminars, etc.*)
- Brain-storm all the possibilities associated with this decision.

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- Explore all the alternatives and see where they lead.
- Fantasize or daydream about this decision.
- Create a verbal or visual picture of what this would look like. Create a collage, picture board, PowerPoint file, etc.
- Ask yourself, “What does your gut say?”
- Create a mind map to make connections of the decision and everything about it.
- Create a vision board of the situation so you can visualize the outcome.
- Create a story board where you imagine the beginning, middle and end. Who are the characters involved? What are they like?

**Reflect:** What “iNtuitive” activity did you choose to do? What is your response to that activity?

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3. **Thinking:** *(Consider engaging in any combination of the following activities)*

- Collect more facts that will affect this decision (*Who, what, when, where, why, how, how much, etc.*)
- Identify the positive and negative factors involved in the situation.
- Anticipate possible ‘cause and effect’ consequences of each choice.
- Evaluate the rules and/or laws that are relevant to this topic.
- Write out a step-by-step process needed to achieve the goal.
- Create a timeline which shows the cause-and-affect results of how this decision will affect you.

**Reflect:** What “Thinking” activity did you choose to do? What is your response to that activity?

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4. **Feeling:** *(Consider engaging in any combination of the following activities)*

- Listen to your feelings. What does your ‘gut’ say?
- Identify all of your feelings (good and bad) you are experiencing about this.
- Journal or write about how you feel.
- Does one decision over another give you greater inner peace?
- Talk to someone about how you feel about the situation.
- Consider getting professional counseling /support to help you make a decision.
- What are your personal values about this situation? If you have more than one, rank them in order of personal preference for you. Does this reveal any new information for you?

**Reflect:** What “Feeling” activity did you choose to do? What is your response to that activity?

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**Section 4: Consider Just “Trying Out a Decision”:**

1. Go back and reflect on all the prior activities you just engaged in. Look over your responses to the questions and look for patterns and themes. What do your answers reveal?

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2. Instead of forcing yourself to make a specific choice, consider just identifying a general direction you should take, knowing that perhaps the “right choice” will come later. *(Instead of choosing between being a doctor or a lawyer, consider perhaps the best decision at this point is to realize that you want to major in the social sciences, or that you belong in “the Helping” professions.)* **What is an appropriate “general direction” you should be considering?**

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3. **Sometimes the best solution is to simply take action and see how it turns out. Consider making a temporary decision just to see how it feels. These kinds of decisions can be re-evaluated at a later time.** *(I think will major in psychology and decide what kinds of jobs I want to pursue after I have taken my core psychology classes.)*

Decision: I will do: \_\_\_\_\_ and reevaluate this (date) \_\_\_\_\_

Reflect on your temporary decision:

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**Additional Resources:**

You may find that working on this assignment has revealed that you should do some more reflection on other topics as well. If so, consider reviewing any of the following resources for more guidance:

**Dream Chasers & Goal Setters Resources:** ([www.dreams-goals.com](http://www.dreams-goals.com))

**Workshops:** (<http://www.dreams-goals.com/Workshops.html>)

- “Managing Conflicting Priorities”
- “Managing Life’s Transitions”
- “Managing Financial Responsibilities”
- “Planning for a Predictable Future”

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**Handouts:** (<http://www.dreams-goals.com/IndividualLessons.html>)

- Difficult Choices
- Procrastination
- Setting Effective Goals
- Informational Interview
- Note Taking (*Mind-mapping, Outlining*)
- TimeLine

**Textbook:**

- **Career Fitness** – Chapter 8  
Sukiennik, D., Raufman, L., Bendat, W. (2013). *Career fitness program, The* (10th ed.). Boston: Pearson.

**Cypress College – Career Planning Center Resources:**

(<http://www.cypresscollege.edu/services/cpc>)

**Handouts:**

- “Goal Setting & Decision Making”
- “Signs You Are in The Wrong Major”

**Test your understanding:**

**What is the main point of this assignment?**

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**Why were you expected to do this exercise?**

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**What type of person would need to do this exercise?**

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**How well do you fit the profile of the person for whom this assignment was created?**

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**Reflection:** (*Write down your response after completing this assignment.*)

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