The art of Decision Making

By JESSICA LIEBERMAN

Making choices is hard. That's why they are choices - if the answer was clear, then there wouldn't be a choice to make. We would just know what to do. But, the fact of life is that we do have choices to make, and sometimes they are hard. Still, this doesn't mean that we have to <u>suffer</u>; there are things that we can do to make better choices, and to feel better <u>during</u> and after.

A good first step is to try to look at the <u>decision</u> from a <u>distance</u>, and think if it is a big deal or not. If a choice is not a big deal, like which kind of ice cream you should eat, there isn't a reason to obsess and suffer over it. Yes, you still need to choose between two things, but there aren't going to be any long time or serious <u>consequences</u> of this choice. In this case, you should just try to make a decision pretty quickly, and be happy with it. Once you choose, you should enjoy the ice cream, and stop thinking about the other one. For bigger decisions, it is important to think about the options for longer, and in a more serious way. One <u>tool</u> that can help you decide is making a list. Take a piece of paper, draw a line down the middle, on one side make a list of the pluses of the choice, and on the other side, write the minuses. Then, see which list is longer: this is a logical way to make a choice. Another logical way is to think about the long-<u>term</u>, or what the choice will mean for the future. Try to put aside the feelings of, 'I want this now', and think about what will be right for you six months from now. Another way is to make choices by <u>removing</u> options. If you cut out the bad options, you will be left with one that is right.

There isn't always a "right" answer. So, the most important thing is not to <u>stress</u> out. All we can do is try our best.

suffer לסבול
during במהלך
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distance מרחק
consequences השלכות
tool כלי
term טווח
removing להסיר
stress להילחץ