

Making Effective Decisions

Effective decision making is vital to our happiness and success in life. Reaching and acting on a good decision can bring about welcome changes to your life, and thus your wellbeing. So how do we go about making the right choices? First of all it will be important to distinguish between trivial decisions, and important ones. We need not spend so much time on the former as the results will be relatively inconsequential. Important decisions, however, deserve our time and deliberation as their impact may be far-reaching.

Perhaps one of the most important things we should do first is to collect all the information we can about the various factors involved, and the likely results of our possible decisions. In order to do this we may need to buy time, provided we are not merely procrastinating! Whilst we weigh up all the pros and cons, it will be helpful to suspend judgement to avoid biasing our answers; try to keep an open mind in the early stages. Brainstorm all the possible options, and the likely outcomes of these, using your imagination and a little creative thinking. Having considered all the available information, try turning it over to the subconscious for a little while; logic and reasoning will be important, but so too will our intuitive minds - our gut feelings. Pay attention to both your head and your heart, and don't let fear of getting it wrong get in the way of being decisive. Once you feel you have made your decision, perhaps sleep on it to make sure it still sits right in the morning, then act on it with full commitment.

You may decide to consult trusted others for advice to help ensure that your judgement is not biased; other people's perspectives can be helpful at times. Perhaps go to the person with the answer you are looking for! However, making a decision on your own has the advantage that you will feel truly responsible and in control.

Whether you take advice or not, remember it is the outcome that is important. By making choices you are taking charge of your life rather than being a passive recipient of what fate deals out. You will feel competent in that you are creating positive changes, and advancing your own development. Of course we can all get it wrong from time to time, but put it down to experience should that happen, and consider it a part of your learning curve through life. If you learn from your mistakes, you are more likely to get it right the next time!

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