

Decision-making using logic and intuition.

What I am going to outline here is a decision-making process that honours both your logical rational side and the deeper wiser side of you, if you like your intuitive creative side. It helps you get the facts down on paper but also honours the side of you that knows what is best for you

Step 1

For each of the possible decision scenarios you have in front of you, on a piece of paper outline the pros and cons for each one. Include everything you can think of, no matter how trivial or outrageous it seems to be. These are all stuff that has to be looked at when you are making a decision.

Step 2

Leave it for a day or two. You may find yourself adding, deleting and editing the scenarios you have chosen. You may find that some scenarios will almost immediately eliminate themselves.

Step 3

- ❑ Choose one of the scenarios and act “as if” you have decided that way.
- ❑ Now walk around for a week acting/feeling as if this is the decision you have made. Note, do not actually do anything about the decision at this stage. You are trying it on for size.
- ❑ Also, detach from each decision. View each scenario to be as valid as another...if you have already set your heart on a particular scenario...this process will not work well for you.
- ❑ If it does not feel comfortable after a week, don't go for that choice, no matter how good it looks on paper.
- ❑ Go onto the next decision and do the same until you find the decision that makes you feel comfortable and calm. Check in with your own inner gut instinct/compass.
- ❑ The other important thing to look out for is signs of some sort that seem to indicate one choice or another. This could be anything from someone's chance comment, to something you hear on the radio or see on the paper. The key is to be AWARE and watching out for them. And it doesn't matter how nuts it looks. When I was deciding to move from a comfortable job that I enjoyed in Dublin to Connemara (where I had no job and not many prospects of getting any in the field I was in), I went through this process. On paper, it seemed to make a lot more sense for my husband to move to Dublin and for us to rent out the house in Connemara but my intuition prompted that the move to Connemara was the right one and it is a decision I have not regretted for a minute. Many people whose marriages have broken down will speak of “knowing” that this was not the right person but feeling hidebound by “what other people would think” into going ahead with it.

Step 4

By the time you get to this step, you probably have narrowed it down to one or two choices. Repeat the step outline in 3 until such time as you find the decision that really suits you.