



## *“Turning Possibilities into Realities”*

2010 “TOGETHER, READY FOR THE FUTURE”...

Newsletter No. 11 of 2010 by TESS in accordance to Article 7 Section 3 of its Constitution.

## *Celebrating 18th June, 2010*

### *Due Process*



**The Threshold**

*“Understand that  
the right to choose  
your own path is a  
sacred privilege.  
Use it. Dwell in  
possibility.”*

*Oprah Winfrey  
Queen of TV Talk*

## **CONFIDENCE BUILDING MEASURES**

### MUCH BETTER WAYS

# Decisions . Decisions

## Smarter Decisions

## Safer Decisions



It is most often assumed that making a decision is a rational process. Actually, it's very difficult to make a decision based strictly on a cost/benefits approach.

Typical pro and con lists don't take into account many of the key elements involved in decision making – past experiences, present mood, personal risk quotient and emotional conflict.

To make the right decision, you must look at all factors, not only the rational ones. Here's a helpful method for making satisfying decisions.

### **DECIDING TO DECIDE**

**The major problem:** People awfulize and catastrophize the possible consequences of any decision. That leads to fear of making the decision itself. Any decision creates the possibilities of going in a new direction, which usually means risk of some sort – personal, financial or both. Most of us are comfort junkies, and we need to increase our risk tolerance in order to get all the goodies available in life.

Some decisions don't work out, recognizing and accepting this possibility is an important part of being human.

### **THE DECISION-MAKING PROCESS**

• **Define the problem clearly.** Dis-till it into one or two sentences.

**Unclear:** Should I leave my job?

**Better:** Break the decision into the different alternatives you've considered.

#### **Some possibilities might be:**

Should I leave my job to try freelancing?

Should I leave my job now on the chance that I'll find another one before my savings run out?

• **Brainstorm.** Without sitting in judgment of any of your ideas, generate all the pros and cons. If you're considering alternative decisions, brainstorm for each option.

**Key:** Be nonevaluative. Sit around with a friend or relative, and allow yourself to be emotional. Progress from the most serious and rational reasons to the most emotional and absurd.

**Rational:** I need more money to live.

**Emotional:** change drives me crazy.

**Absurd:** I don't like the bus driver on the route I take to work.

• **Weigh the alternatives.** Using a scale of one to five, weigh each factor according to how likely it is to influence you and in terms of your best interest. For instance, how important is money?

It's one thing to say you need more money, but another to weigh the need. On a scale of one to five, maybe it's a two.

**Example:** Maybe money isn't crucial now, but if you're planning to buy a new home, it may rate a three or a four.

• **Use imagery.** Once you've added up the numerical weights of your pro and con lists, one side will outweigh the other and the decision will be clear. However, since most people are ruled by emotion, having that information in front of you may not lead you to accept that decision. You may still feel stuck.

**What to do:** Close your eyes and imagine yourself following the numerically chosen decision. See what blocks come up against it. What are the nagging doubts? You might see yourself making a lot of embarrassing mistakes in your new job. Are you awfulizing? Are you really likely to make too many mistakes, or is this just a fear that comes from insecurity or perfectionism? Examine each block to see what basis it has in reality.

### **IF YOU'RE PROCRASTINATING**

All of us have been in the position of knowing there's a decision we ought to make but can't bring ourselves to do it. You have to accept you're stuck. Most people start dumping on themselves. Sometimes that anger releases them, but often it causes them to wallow in self-pity.

**What to do:** accept that being stuck is an OK place to be for a while. Then define the reason why you're stuck. Is it fear? Challenge the irrational ideas that are causing the fear. Keep using imagery to desensitize yourself to the block.

There's often a psychological secondary gain to being stuck. It's helpful to understand that. Poor decision makers are often committed to remaining stuck because their position is reinforced. They get more attention...or it helps them avoid what they consider a greater difficulty...or it lets them continue to see themselves as crippled.

*Barry Lubekin, PhD  
Institute for Behaviour Therapy, USA*

## ANALYSIS

Dear Readers



As we are about to celebrate the 17<sup>th</sup> Anniversary of the Third Republic, and now that we are entering into a period full of activities, whereby decisions after decisions will have to be made, both individually and collectively, we do hope that the above analysis could be helpful, in ensuring the exercise of our

Sacred Right to choose, as enshrined by Law, in a manner befitting this particular and most important Process, for the benefit of all.

And we pray for the success of the 1<sup>st</sup> FIFA World Cup on African soil, our Motherland.

Let the games begin...

*Our very best wishes  
for the occasion of the  
17th Anniversary of  
the Third Republic.*



Courtesy Regina Mendez  
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