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More balance, less bark

Balanced-Brain Decision Balance

I know what I need, but I want something else.

My head says this, my heart says that.

If this is such an obvious choice, why do I feel so unsure about it?

I have no idea what to do.

I want to, but I don't know if it's worth the effort.

Do any of these sound familiar? Making a decision can be hard, confusing work. Let's make it a little clearer.

You might be familiar with the exercise of weighing pros and cons of a choice. But that's only half the battle. Hidden resistance can sabotage even the best intentions to make decisions. So I added in a step to help uncover those blind spots.

My approach is a three-step process:

Step 1: List every pro and con you can imagine.

Step 2: Take a little break. Then come back and read your pro list. List – or better yet, shout out and let someone else record for you – the emotional words, sensations, or images that automatically surface as you read over them. Repeat for the con list. It helps if you time yourself for 2 minutes for each list.

Step 3: Using a highlighter, note words from the list that feel sticky or like they carry more weight than the others.

It's even more effective if you write these out by hand. Something about the brain-hand-eye coordination helps get everything communicating in unison.

Now it's your turn ...

Decision Balance Worksheet

Need to decide between this and that? If it's simply choosing whether to change or not, one worksheet will do. If you're choosing between two options, repeat the exercise for each option. This might not make change any less scary, but it will help you feel more confident that you're making the right decision for yourself.

Pros/ Advantages

Subconscious Reactions

Cons/ Disadvantages

Subconscious Reactions