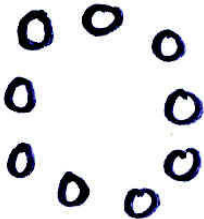


## Deliberation is Immobilisation

People tend to think the ‘bigger’ the decision, the more time is needed to deliberate. When I think of some of my life changing decisions, the best ones have been quite quickly made (which uni & course to go to, where to Gap year, turning down jobs that didn’t feel right to me). Decisions that should have been made quicker were dragged out and that made it harder to finally make the decision, as well as wasted time feeling muddled and torn. And an effect of this doubtful, long and protracted decision making process makes you feel more scared of the outcome of the decision (whichever way you choose) and doubtful of yourself.

Being a quicker decision maker makes you feel powerful as you’re not questioning your judgement. The more you pull apart your decisions the worse you feel. Believe me, this has trampled on some of my mojo.

Deliberation is doubt generating.



It’s like following a circle trail of doubt breadcrumbs that seems to never end. And you get trapped in it. And it’s harder to escape the further round you go.

The trick is not to even get on that trail in the first place.

It’s such a paradox. Of course you’d think a decision that ‘means’ more, that will have a greater impact, ‘should’ be given ‘more thought’. But ‘more thought’ leads to immobilisation. It can be a way to generate more imaginary doubts. For the stuff we really want, we by and large don’t deliberate much. We know we want it and any deliberation is actually strategising after the decision, if need be. Like “I want that garcon”. Decision made. Next thought, “so, how am I gonna get him?” Then maybe you can deliberate a little on that, to generate strategies. But you don’t go “ why do I want the garcon? What if a better one comes along? What if he’s not the ‘right’ one for me? What if he moves back to Paris, I don’t know if I really want to move out there too” etc etc. That’s just doubt generating. And unfortunately doubt-generating is what a lot of us do in career change. And it can spill into other areas of life too, which is complete merde.

I suppose it’s because we’ve shaken ourselves out of unconscious decision-making into conscious decision making. But along the way we can get into self-conscious decision making which is when the doubt generating kicks in.

So for e.g. you’re in a restaurant. Previously whenever you go dine out you pick the same type of dish e.g. steak. You don’t even think about it, it’s like it’s not even a decision. You don’t even look at the other dishes available. Then you realise one day you’re getting bored and you wanna try something new. And you look at the menu and maybe you see a few you’re drawn to, and you’re drawn back to the steak, and you *should* try something new, but you can’t decide between four new alternatives cuz they all look good. And what if the duck turns out to be lame and you *should* have gone for the pork instead and what if the sauce that comes with the fish is gross and even though the noodles sound good you’re not sure if it’ll fill you up and which one is cheapest and you think you’re in the mood for Italian but the curry sounds good although it’s not Masala so you don’t know if you’ll like it.

So you go for the steak. Before your poor brain explodes.

That’s the story of deliberation and self-conscious decision-making.

Conscious-decision making would be:

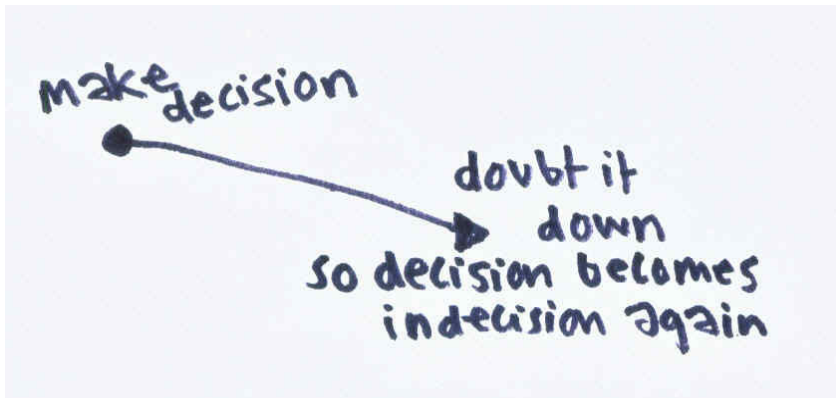
I wanna try a dish I never have before.  
Ok, there's 4 here I haven't tried  
I'm leaning towards that one.  
Cuz it's got bizarre ingredients you don't eat at home  
And I've never seen it on a restaurant menu before  
Yep, it's that one this time, I'll try one of the others next time

Phew. Minimal fuss and no backtracking. Making decisions into epic deliberation occasions often makes you wanna retreat to the safety and ease of your habitual decision, the original 'steak' choice that you were getting bored of, or that you'd 'chosen' to eat for years cuz you were brought up on it and it's just 'what you do' now.

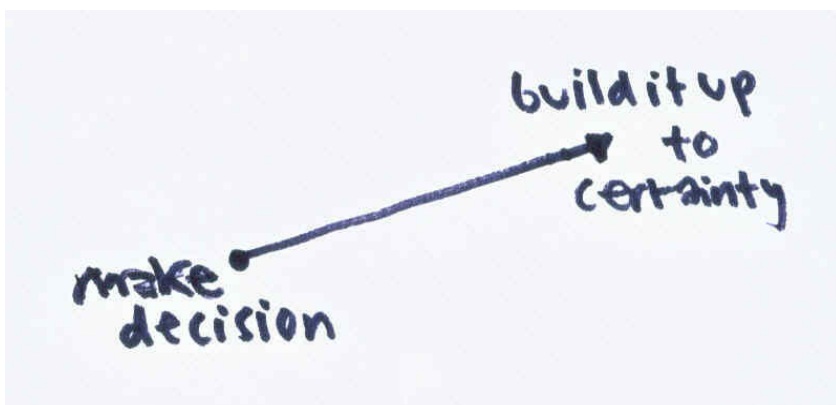
I mean c'mon, if every decision became a self-doubting think-of-every-possible-angle song & dance we wouldn't wanna make conscious decisions, we'd wanna take the seemingly easy option every time of *not* choosing and reverting to... steak every time.

So I think the only way to go about this is to make the gut decision and back it up, don't tear it down. That's all there is to it.

We can tend to do this:



But we can do this instead:



Sure it's harder work (maybe) - if you're used to doubting or over-analysing, doing those damn pro & con lists, going over the options again and again - then building up rather than tearing apart might seem weird at first. And you might secretly miss the comfort of being immersed in the analysis paralysis rather than be acting on your decision and moving on. If you LOVE analysis, go do it on something else, not on your own personal decisions. Go join a debating club or do some

