

Decision Making Myths

Have your girl scouts explain why these myths are not true.

Myth 1: I must be 100% certain in order to make a decision.

Truth 1: Nothing is 100% certain. Feelings and circumstances can change. Something might happen that we don't anticipate. Usually, decisions are our best guess, given the information available at the time.

Myth 2: In order to make a decision, I must analyze things endlessly.

Truth 2: If the decision is important, thinking about and discussing options can be useful, but at some point, more pondering can become just a delaying tactic and more fretting won't necessarily lead to a better decision.

Myth 3: Making a decision should be easy (and I'm stupid if I can't decide).

Truth 3: Sometimes it's easy to decide; sometimes it isn't. When the stakes are higher, it can feel harder to commit to a decision, but the best way to become better at making decisions is to practice.

Myth 4: I must be completely happy with my choice.

Truth 4: Choosing one option means letting go of other options. It's common and completely normal to feel a twinge of loss about the options we don't choose or to have mixed feelings about a decision.

Myth 5: If I make the wrong choice, it will be unbearable.

Truth 5: Making a wrong choice is disappointing. Regret can be painful, but it's survivable. When a decision turns out to be wrong, for whatever reason, we learn something about ourselves or our circumstances, and this can help guide future decisions.

Myth 6: A perfect choice exists, and I can't decide until I've figured out what it is.

Truth 6: Most decisions are compromises. There are costs and benefits to every option. What seems right now may not be right later. That's OK. We can adjust if we need to do so.

Myth 7: If I keep thinking and avoid deciding, I won't make a bad choice.

Truth 7: Not deciding is a choice. It's a choice to avoid taking action, refuse commitment, and react passively to life rather than holding the steering wheel. It's a choice to stay mired in uncertainty and allow opportunities to pass. Not deciding is rarely a positive choice. It's living by default.