



LIFESTYLE
GEMS

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INDECISIVE MUCH?

How to Deal with

Indecision

In 10 WAYS!

by Ofai Edori

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About the Author: Dr on Mondays (relax it's a joke), Book Connoisseur on Wednesdays and Blogger every day, that's Ofai for you presently in a nutshell. He is the founder of Evergreen Lifestyle Gems which is a blog aimed at young people just like him who don't really know the answers to life but need direction. He mainly operates in the personal development where he tries to find those answers and show other young people his discoveries so as to impact their lives in a positive manner.

Introduction: This is the continuation of the [10 Ways to Deal with Indecision](#) blog post, if for some reason you're reading this and you haven't subscribed but got this e-book then you can get out the part 1 [here](#) and subscribe [here](#) to my blog to get your weekly dosage of some self-care vitamins from yours truly, Dr O. If you're an old subscriber then nothing to see here lol and if you're a new subscriber then welcome to the Evergreen Lifestyle Gems Family we hope you stick around! Expect this to be short and sweet so as not to bore ya. Let's get straight into it!

How to Deal with Indecision in 10 Ways (Continuation)

So, you saw the e-book cover and still clicked it even though it was gloomy.

In my opinion that's exactly the representation of indecision, it's cross-roads or in this case cross-rails, it's no fun, it's grey and gloomy like rainy clouds. But let's see how we can let the sunshine come back in and take the rain way or at least make a rainbow in your sky!

1. **Your Brain Lies to You:** What you think will ruin your life be it illness, disability, being single, being childless, probably won't and same can be said for what you think will make you happy. Adekunle Gold (Nigerian alternative singer) in his song *Ire* said 'but, if I had known the life I was searching for was looking me right in the eye...' Our ability to predict how we'll feel in the future is typically skewed in favour of survival. It's super confusing in cases where we have two equally survivable or good options. Whether you're happy or sad due to the results of your decisions in the future will be largely decided by future you, not by your present self.¹
2. **Name the fears:** As previously mentioned, we're usually indecisive out of fear. Ask yourself, "what's the worst that could happen? Then ask yourself, if that happens, then what? And then what? It feels like you're using a microscope to look at fear so you can see it better. The goal is to work the fear down. If what you fear did come to pass, would it really be as terrible as you've imagined? And how would you address it? What would you do to cope? When you have plan on how to deal with the fear if it comes to pass after identifying the fear you'll free yourself from its hold over your decision-making.²
3. **Choose what will give more options in the future:** No one wants to feel stuck limited in the choices available to them (if you feel stuck see: [10 Ways to Get Unstuck in Life](#)). Some decisions limit or hinder your flexibility like a broken limb of a contortionist and may cause more unnecessary stress in the future. Try to make the

decision that may be the hardest one to go with at first (Eat That Frog! and better put some season on it) but is likely to pay off in the long run. Let the curiosity & excitement about who you can be prevail over your fear of making a hard decision.³

4. Learn to trust yourself: List your strengths. Are you smart? Funny? Creative? Ask yourself if you can incorporate your strengths into your decision-making process. For example, if you're creative, consider making a collage to represent each decision in front of you. If you like figures you can use some numbers to decipher your strengths. If you can't do it yourself ask others to help you out, maybe they see a potential in you that you don't realise is there. Your strengths can also help you achieve what you set out to do, once you've made your choice.⁴

5. Limit outside influences: When we feel stuck we reach out to those near and dear us for advice. This is great, but it can also leave us feeling even more confused. Asking our confidants can be helpful, but keep in mind that ultimately, you're the one who knows what's truly right for you. Other people's opinions have other people's energies. Stay in alignment with your own truth.⁵ This reminds of me of the season 1 finale of Grownish (love the show), where Zoe, the main character had to choose between 3 boys, Aaron, Luca and Cash (her ex). The boys individually approached a different set of her friends who presented their case of why they should pick who approached them and ultimately, they argued and Zoe slipped away without any of them realising and she made their choice and not because of what they said. She chose...well, you're gonna have to watch the show to find out.

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Notes

[<1]

<http://www.thelawofattraction.com/make-decisions-stop-indecisive/>

[←2]

<http://www.oprah.com/omagazine/ways-to-stop-being-indecisive>

[←3]

<https://www.psychologytoday.com/us/blog/your-emotional-meter/201711/7-tips-how-kick-the-habit-indecisiveness?amp>

[←4]

<https://www.healthline.com/health/5-steps-overcoming-indecision#will-this-matter>

[←5]

<https://peacefulmindpeacefullife.org/how-to-deal-with-indecision/>