Overcoming Decision Paralysis

THERAPY IN A NUTSHELL

Emotion Regulation

It's hard to make decisions because of fear

You can develop the ability to tolerate fear by developing your emotional regulation skills

- Get super clear on what you are afraid of
- If that fear really happened, visualize how you would manage/handle it
- Accept that there are no perfect decisions
- Manage your discomfort

You can handle imperfect decisions

"Any decision is better than no decision"
"Done is better than perfect"
"Look forward, not back"

Executive Function

Too many options overload our brain's decision-making

Build scaffolds to support executive functioning

- Limit your number of options
- Make things visual
- Break it down into smaller, doable tasks
- Clarify what is actually important (values, priorities)
- Set time limits or deadlines