Decision Making

9 Coping Statements for Decision Making

1. There's no way *not* to decide!
2. If I don't decide, someone else will.
3. I can change my mind.
4. I can make more than one decision about something.
5. I don't have to live or die with every decision.
6. I don't have to decide for anyone but me.
7. I can decide even if I don't have the perfect answer.
8. I can decide even if I'm unable to eliminate all the risks.
9. I may have to make some decisions that won't please others.