

WHY IT'S HARD TO MAKE DECISIONS?

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PERLEB

Previous experiences
(painful, joyful,
distressing...)

Environment (Parents, Partners,
Friends, Colleagues, Significant
people, nonsignificant people...)

Remoteness from values
(Disconnection from what
really matters)

Lack of time, resources,
information, skills,
clarity

Emotions (fear, anger,
guilt, shame)

Beliefs (worthlessness, not
good enough, ineffective,
failure, unlovable,
helplessness, burden)

Check your wise mind not
your emotional nor
reasonable mind