

Suggested by	What do you do?	What do you need?	How long does it take?	Who taught you this?	Comments	Seconded?	How often have you used this method and how successful has it been?
Casper	I ask myself what would I do if I were not afraid?		as long as you want	Oprah!		YES!!!	
Casper	I make a list of all the pros and all the cons - NOT on a screen but with pen and paper	Pen and paper	as long as you want	My mum	I find myself often adding all sorts of unexpected things to the physical list and then kinda knowing once I've started the 10th or 11th pro/con	Yes! Suzanne Hillen. Thirded - Gina (the physicality of the paper list is very important)	
Sean	Go for a walk outside		30 minutes			(Chelsea: seconded) Daniel: seconded. Tara: Third! I also find useful very long walks (two hours, half a day, etc), where the physicality and practical concerns eventually submerge your unmade decision entirely, for a time, it's the active version of sleeping on the problem.	
Sean	Sleep on it		12 hours			YES SO WISE (Chelsea: seconded, and sometime I have to keep sleeping on it) Daniel: seconded Elizabeth: Seconded	
Angie	Clearness Committee	<a href="http://www.clearnesscommittee.org">http://www.clearnesscommittee.org</a>	2 hours	Ken Saxon	This is super powerful, if you can create the space for it!	Yes! And even "clearness committee-esque" conversation with a good-at-listening-and-asking-open-questions friend can serve a lot of the same function. (-Nils) YES YES ME TOO (Karen) Seconded! (Fourthed?) I've done it with friends a handful of times and think it's a very good format for many decisions, especially sensitive ones that are hard to talk about. (Justin) YES! Used this many times and hosted / facilitated many times for many folks. So so so helpful. (Liesl)	
Angie	I meditate in a 10-step process	Timer (sometimes)	20 minutes or as long as I need	Inspired by the idea of 'wonderful problem solving' attributed to Jesus	<a href="https://docs.google.com/document/d/1KHn5-EI8N1L7ZvW4F4TU3eAG6yZIC83o-0L5v9a8d1Cvsc8e8a9g">https://docs.google.com/document/d/1KHn5-EI8N1L7ZvW4F4TU3eAG6yZIC83o-0L5v9a8d1Cvsc8e8a9g</a>	100% yes from Aine :)	
	Flip a coin	a coin	10 seconds	<a href="https://vimeo.com/1000000000">https://vimeo.com/1000000000</a> <a href="http://www.1000000000.com/1000000000/how-to-make-a-big-decision-without-regret/">http://www.1000000000.com/1000000000/how-to-make-a-big-decision-without-regret/</a>	Pick heads to be one decision, tails to be the other. Flip the coin. Wherever it lands, you'll find yourself already 'knowing' what you wanted.	yes! Third-ded, my mom taught me this.	
Angie	I become conscious of the fact that I'm making a big decision			Made it up	This has helped me to make big decisions without regret. I when I make the decision, I consciously say to myself, "I'm making this decision to the best of my ability at this time." That way in the future as I'm looking back, I know I wasn't going to make a different decision, so it's not worth putting energy into regretting it.	I love that!	
	Watch TED talks to help decide	<a href="https://www.ted.com/playlists/278/talks_to_watch_when_you_have_a_decision_to_make">https://www.ted.com/playlists/278/talks_to_watch_when_you_have_a_decision_to_make</a>	15 minutes				
Casper	have a shower and think of something completely different Ignatian decision making tools	<a href="https://www.ignatian.org/decision-making-good-decisions-an-approach-to-good-choices-an-ignatian-framework-for-making-a-decision">https://www.ignatian.org/decision-making-good-decisions-an-approach-to-good-choices-an-ignatian-framework-for-making-a-decision</a>	20 mins	Timbo	Add music for extra distraction sing in the shower for maximum distraction		
Casper	Break down the decisions so they are ACTUALLY decisions, not just huge "life issues" that feel overwhelming				Like, "do final project" is way harder than "start reading chapter 32 of book X and take notes"	Yes - I had a teacher who made us write our own syllabi for our independent projects, so knowing what the next step would be made it a lot less intimidating. -Gina love that! applying! - raigo	
Vpin	Meditate				Helps me to listen to a deeper part of me besides my thinking mind, open myself to being guided by intelligence beyond the mind	yes!	
Vpin	Sit and talk to a tree	A tree			Treat the tree as an elder (whom they are), speak with the tree about my decision	Yes, I love getting it all out verbally, outside, with a kind silent listener	
Laura	Make a pros/cons list	Spreadsheet (Sorry, I LOVE a color coded spreadsheet)	Depends on the deadline	Therapist	If I get stuck I go with the "Ghost Dog" trick. "In the words of the ancients, one should make his decisions within the space of seven breaths. It is a matter of being determined and having the spirit to break through to the other side."		
	Talk to a therapist	An appointment :)			So helpful to talk to someone who doesn't know the people in my life personally		
Vincent	Meditation	Trusted Friends (1 or more)	I'd say no more than an hour	Personal Trick	Make sure that everyone knows from the beginning what's happening. Allow the mediator to use their skills to help you "disinfect" yourself. It's just a choice that bears no personal "good or bad" it's just a choice!		
rebecca	Meditative Walk	nothing	anywhere from 10 min to 30 min	life coach	before you walk, set an intention for a question you're struggling with or an issue you'd like to shine some light on. this is a walk where you specifically don't let your mind wander (though both types of walks are useful). instead you stay completely present to your surroundings - even narrating to yourself what you see - constantly finishing the sentence "I notice _____ (I notice the purple flowers, I notice the sun on my face, I notice the chipped paint on that door, I notice two bird songs... ETC), most likely there will be something you notice in your surroundings that gives you a message that is relevant to your situation, whether it's THE answer or just a way to help you further your thinking	(Chelsea: seconded)	love this
Nils	Imagine I've made one particular choice, then notice how I "feel" when I really get into the mindset of what I'd be like if I made that choice. Then, do the same thing again with having decided something different.	Time; self-attention; imagination; self-honesty		Maybe my dad? Not sure.		Alyss - I imagine telling other people about the decision or "imagine how my future self will feel about it." Lawrence: seconded! I actually try to do this for 1-3 days for each choice. I create a whole theatre environment for myself and once I even involved my friends in it! I told them I'm going to do this and gave them the timelines so they could "real world" interact with me like they would I had decided I was moving or staying or quitting or whatever.	
Nils	Go for a bike ride or otherwise "move my body" actively and let things percolate in my head	not much	At least an hour is good	Not sure			
Ida	I imagine myself moving toward each option and choose the one that feels most expansive/bright!		A few minutes	?		(SaraMarie: Seconded)	
Ida	Use a rattle to go into a light trance and imagine myself in a forest. I ask what would happen if I fill in the blank for each possible scenario. The condition of the forest changes based on if it's a good or bad result, forest fires for bad and vibrant growth for good.		10 minutes	Spirit guides? Via Sandra Ingerman's teaching - <a href="https://www.soundtrue.com/store/the-beginner-s-guide-to-shamanic-journeying-4926.html">https://www.soundtrue.com/store/the-beginner-s-guide-to-shamanic-journeying-4926.html</a>	I stumbled on this technique in learning how to do shamanic journeying. The answers are so clear and accurate, it's hard to not keep using it.		
Casper	I think of five people in my life who I admire - especially on the topic of the decision (work, love, health etc). Then I call each of them and ask their advice	Phone	a few hours		Especially think of people who have made this decision before	I do this too - sometimes advice from even one other person makes a big difference	
Casper	I try to imagine myself in 20 years time. Then I pretend to look back at this moment and ask myself "what would be the right decision to make?"		5 minutes		nym	I've done this, and if I'm especially stuck I break it down into 5 year chunks, 5 yrs from now, 10 yrs, 15 yrs, 20 yrs. The difference in perspective helps. A variant on this is to consider what impact the decision will have on your life in 10 days, then 10 months, then 10 years... (Elizabeth)	
Ida	I check my list of goals and see if this will move me toward or away from them.	A really solid list of goals you trust.	A few seconds to a few minutes if goals are already written and handy.	David Allen's Getting Things Done methodology ( <a href="https://en.wikipedia.org/wiki/Getting_Things_Done">https://en.wikipedia.org/wiki/Getting_Things_Done</a> ), as well as the wonky 1970s self-actualisation literature that GTD is based on.		Elizabeth	
Chelsea	(1) DON'T MAKE MATRICES! I make spreadsheets to detail the financial expenses, but I do NOT tabulate any other information. Instead I... (2) Talk to as many people as I can, to learn about the options available, and write notes. (3) File away the notes. (4) Take long walks. (5) Write a long list of the most absurd actions I could possibly take, in response to the choice I'm being offered. (6) Draw pictographs that represent my feelings about these possibilities. (7) More walking. (8) Receive the answer once I have figured out the facts (e.g. financial/logistical possibilities) I use a combination of journaling & meditation to figure out my feelings	courage to do what seems logical	the right amount of time	I had to figure it out	I am making several big decisions RIGHT NOW! So big, I was sure this method couldn't work. But it has.		
Amy	once I have figured out the facts (e.g. financial/logistical possibilities) I use a combination of journaling & meditation to figure out my feelings	time and space, and reminders that I am loved help	about 24 hrs	Julia Cameron	Usually what happens is I get all the fears and feelings out and then realise I already know what I want.		
Hershil	Go with my gut if it feels right the it probably is.	As much information as I can get	It takes a long as it takes	My parents			
Liz	Very Clear Ideas process <a href="https://www.howtobeideas.com">https://www.howtobeideas.com</a>	To learn the process, pen and paper and a bit of peace	A few minutes when practiced, an hour or so with help by a clearer when starting out	Charles Davies (who developed the process)	This is a very simple but very powerful process to approach a problem or idea from all perspectives		

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Spinks	Pretend it's a decision someone else is making and you're giving them advice.	Your mind, or write it down in a notebook.	15 minutes	Don't remember	By separating yourself from the decision, you can look at it more objectively.	Particularly for those who struggle with self-doubt or who find it easier to trust the experienced advice of others, this is a great practice! // Tara Agree - I also find I'm kinder to myself about the decision when I do this. I tend to be more understanding of indecision and frustration displayed by a friend than felt by me, so treating myself as a friend opens up a space of additional kindness and support, and removes some of the urgency I tend to place on my own decisions. It makes the decision-space I'm in more hospitable.	
Andrew	Write a letter to yourself from the perspective of your 'fairy god mother'/cheerleader, ie someone who has your best interests at heart and champions you, as opposed to your 'inner critic'.	Pen/paper or laptop.	Depends.	School of Life			
Jonny	make a GIANT spreadsheet of all the different factors + motivators		Depends	Matthew Trinetti	This process helps to create space to then turn into how I feel about what rises to the surface. Recently I've started to do short meditations and drop the question / decision into my mind towards the end and paying attention to what comes up or how I feel in my body.	this looks insane and awesome	I try to update this every couple of months and use as a course-correct to make sure the stuff I'm working on is aligned with what I claim to care about.
Karen	Clearness Committee or equivalent sacred circle	Bring together 4-5 trusted friends	2-3 hours	<a href="http://www.couragecentral.org/clearnesscommittee/">http://www.couragecentral.org/clearnesscommittee/</a>	The witnessing, spacious silence, and mirroring allow me to access my deepest truth and embodied knowing.	Yes, I second this. I read about these "clearness committees" in "Let Your Life Speak" by Parker Palmer. Also, in L'Arche in Washington DC, the community uses a tool called a MAP meeting, in which trusted friends and family are gathered to first, affirm the person, second, to listen to their discernment and third, to help the individual to set goals and to commit to helping that individual to achieve that goal in the year to come.	
Karen	Being in nature, preferably at the ocean or in the redwoods	comfortable shoes, good weather	1-3 hours	lifelong practice	When I can let go of my thinking brain and drop down into the body, then be fully present to wind, water, sky and earth, I experience an expanded capacity to discern and decide.	Tara: 100%!	
Kate	Write 2 letters - one as if you're making the decision one way, one as if you're making the decision the other way. Feel out which one feels better as you're writing / re-reading it!	Pen/paper or laptop.	an hour or two	a friend recently - can't remember who!	This is what Boris Johnson did to decide whether to be in favour of or against Brexit :-)	Brilliant.	
Kate	spiritual direction	a spiritual director/accompanier	an on-going relationship, meeting regularly, is ideal	Catholic Sisters :)	Spiritual directors are meant to help you figure out how God/Spirit is speaking in your life. A good spiritual director asks you questions to help refine your own discernment.		
Steve	I ask myself... is this decision motivated by fear or love?	A clear head, honesty, and maybe courage	depends	Kaley Veenstra	This is really simple, but I find it can be really powerful. At first I resisted how binary it is, but most the time I find the decision fits within the framework	<< so simple but so good!	I do this too! Such a good one - Angie
Deborah	I make a decision-making matrix, putting all of the elements that are important to me at the top and scoring my options against this (usually on a scale of 1-5)	to know what's important, I mean REALLY important to me in order to weigh up options. And enough information to make an informed decision.	A few minutes to a few hours.	Myself!	I've used this for everything from taking new jobs, to moving house, even moving countries. And I often use it with my friends (I've used it with young people on choosing a university and colleagues on what to do next with their lives)- they find it tremendously helpful to at least clarify their thinking. It doesn't always come out with a clear winner, but more often than not it does.	Seconded but slightly different. For each thing that's important, I score how important it is (1-10) and then hide that column. Then I score how that thing (job location, boss, etc.) rates for the particular thing I'm deciding on. Then I weight the scores (best for comparing) so that I can say "Ok job location is amazing for Job A but I also said it's not very important to me." Save this matrix and go back and see how you made a decision, what you decided was important, what you may have made a "mistake" on or had false hope about, and go from there.	
Kate	write 100 things down about whatever you're making a decision about - keep going, don't stop, stream of consciousness, keep writing - 100 things!	spaciousness of time and mental processing	depends	Stephanie Paulsell inspired the idea! It's based on the idea of the Century of Prayers from the desert father Evagrius.	Just let your thoughts flow - see what comes up in you!	<< LOVE this	
Hannah	Do a "Personal Audit". What are my core values that I will not waiver on, what I am seeking in this decision, what are my skills, what type of environment do I want to be in... can customize categories based on decision. Root decision in who I am and what I already have going for me makes my thinking much more logical and less driven by crisis or feeling overwhelmed	Piece of paper or google sheet	Depends. I try to do it quickly to get my immediate reactions, but then I will go back and edit it	My mom		Amy - yeah!! I use core values a lot for both personal and business decisions. In business, we use "core drivers" for product decisions, which are weighted by importance (there are 4 of them). Personally, my partner and I have 3 core values for our relationship, and themes for the year, so we use those to help guide decisions, projects, and priorities.	
Karl	If it is a decision with only two options: Write both onto a piece of paper and put each under a pillow, without knowing which is which. Then stand on both pillows and see which one feels best. Even if you are not pleased with the outcome of what you feel, it will teach you a lot about your real needs and wishes.	paper pillows	10-30 Minutes or as long as you need	My best friend Jona			
Amy	Ride my road bike. The act of being in nature plus doing a movement that doesn't require me to think is the perfect recipe for decision making and problem solving. It's purposefully non-linear. I just let the thoughts and considerations come, then arrive at a natural conclusion that feels right.	Bike, dedicated time.	60 min +/-				
Robert	Use my intuition. I go to a place where I can get quiet, e.g. for a walk by the ocean or elsewhere in nature. I ask myself the question and feel my body's response. If there is tension it means it's a "no", and if there is not tension it means it's a "yes"	A quiet place, preferably in nature where I can connect to the world and my best self without the typical day-to-day distractions. It also requires that I've done work that connects me to my body, e.g. Vipassana meditation. I know what it feels like to feel tension internally, and to feel open internally. It also requires that I am willing to take a risk to trust my intuition, even if it's counter to my logical mind.	Depends on the decision size and my level of self-trust. An important housing decision took me several hours, but ultimately I made the right decision.	Various spiritual teachers over the years	Could be worth adding a "how often have you used this method, and how successful has it been?" section to attempt to temper/standardize the responses here.		
Amanda	Tell myself a story of what has led to this decision and what (I hope) will come after, as if it's a fictional story in a book or movie. Then, as the reader of the story (or watcher of the movie), what do I hope the character will do?		10-30 minutes (or try telling the story again over a few days and see if you tell it differently)		Thank you for creating such a great spreadsheet!	Love this idea - thank you!	I've used this (in combination with other methods) for three major decisions, and several smaller ones. I think it's been successful, but the story (of course) is still in progress.
Marina	I imagine my life as a VHS movie and fast forward five years. Whatever decision aligns with my long term goals is what I go with.	Quiet space and time.	Moments	I read it in a blog on how to make difficult life decisions.	Meditation and flipping a coin are also great tools that I have used.	These tools have helped me get unstuck.	Few times but it has been very effective.
Daren	Leave it alone for awhile (if possible). Whatever it takes.	Days, weeks, months... Whatever it takes.	"The moment of decision is madness."	The Urania Book, and life.	Some things simply cannot be thought through, and we just aren't ready to act. It's hard to accept that this is the case sometimes, without feeling like we're being indecisive. If you can occupy your time with other things, do so. If the matter is important enough, it will gently re-emerge, along with a decision.		At least thrice.
Elizabeth	Go riding, go out in nature, take quiet space	Horse, nature, quiet	30 mins or more	It has evolved for me over years	I tend not to spend a lot of time on conscious reflection on decisions - once they emerge as decisions I let them be present at the back of my mind - then when the decision is made it is based on 'feeling right'		A lot of the time my decisions become clearer after riding my horse or a period of stillness, meditation etc.
Elizabeth	Ask a question and douse the answer or see if Patience cards turn out - as a signal!	douser, pack of cards; a light-hearted approach	10 minutes	It has evolved for me over years	I believe in signals from the Universe and so I take notice of cards, or any other physical signs... dousing is more intuitive and I'm usually happy to follow my intuition or inner knowing. The outcomes either confirm what I am feeling, or if negative they serve as a caution. I don't rely fully on these methods - they are just one angle of the reflection.		
Anna	I imagine myself in the future and that my daughter is asking for advice about the decision. I do whatever I would advise her to do.	Just a few minutes of quiet solitary time	2-5 minutes	Can't remember anyone teaching me. Maybe someone did.	This works for decisions and also getting "unstuck" from a situation.	Tara: This is really good! I want to try this.	Many times over. It's always successful because I would never give my daughter anything but my true values - need advice, which is ultimately what is right for me too.
Anna	Think of any person you would most like to ask for advice to this problem. Dead or alive. Real or fictional. Imagine asking that person for the advice and listen quietly to what your mind believes that person would say to you.	Just a few minutes of quiet solitary time	2-5 minutes	Deborah Grayson Reigel (goosh)	It's important to ask yourself who is the BEST person to give me advice on this. Be patient and wait for the answer. If you force yourself to ask someone that seems logical rather than emotional to you, it won't work as well.	this is gorgeous	A few times. It works really well. Ultimately, you already know what you need to do and this technique just helps you cut through the fear and feelings of incompetence because you're consulting an "expert" instead of yourself.

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Jessie	I really like to get my body involved in any decision— I spend a lot of time listening to the noises I make. When I have a big decision to make, I find a trusted friend to ask me yes or no questions and I pay attention to what bubbles up in my voice in response. Sometimes I say "uh-huh" or "uh-huh" or a noncommittal "mmmmm" before I have a chance to get my brain involved. This information is usually really helpful.	It's helpful to pay attention to my everyday vocalizations, and it takes practice and noticing. Having my partner or friend ask me yes or no questions around the issue can be good, as long as they don't have a real stake in the decision.	It's kind of instantaneous	A friend who studies Human Design	I think the point is to sort of let your body have a chance to weigh in on something before you get your brain involved. For me, I just try to pay attention to anything I unconsciously make a noise about something, and then ask myself whether that was a positive or negative noise. It may not work if it's a decision that's really been spinning in your rock tumbler, but even so, I've had luck if I ask myself the question when I first wake up.		Mostly I've noticed when my body gave me a straight-forward, vocal answer and I've ignored it. Like the time I had the chance to buy my ex-husband's house and this involuntary "uh-huh" bubbled up from my gut—I remember saying it to myself when I got his text. But then a friend started convincing me how much sense it actually made in a bunch of different ways. It turned out to be not a great idea, and that answer was already in me—I just let my brain override it.
Drea	I use tarot cards. Not in the sense of trying to get them to divine the future, but in the sense of a more thoughtful coin flip. They help me interrogate the decision I'm facing and the emotional reaction I have to the cards almost always gives me some good cues about what I really want.		Mine usually take about half an hour, but it's very easy to customize to your needs	My wife		SaraMarie: Seconded! I find them so helpful to journal through as well. Things I never would have connected to a situation get uncovered in new ways very often!	
Daniel	If possible, I test the waters: making small tests and experiments regarding whether I would truly enjoy the path I'm considering. I find small ways to try on that lifestyle, ask people who currently walk that path or have in the past what it's like, try and get a sense if I would thrive or not. In the process of investigation, the decision usually becomes obvious.	Time to investigate your choice(s); access to people who have walked the path ahead of you; ability and willingness to "apprentice" yourself for a short time - I.e. stroll down the path a little bit, walk the walk	Days, weeks, or months	Life experience			Often, when choosing a major, when embarking on speaking career, when deciding on whether New York is a city worth moving to. I have never been disappointed by this method.
Daniel	(Similar to Casper, but a bit more existentialist!) I imagine looking back at this moment/time from the door of death and ask myself what I would rather have done at this juncton if my life.	Imagination and a solemnity/seriousness in the face of death	A few minutes	Life experience / spinning off of existentialist thinkers			Occasionally. It's an existential check-in and connects me to the larger narrative that I'm trying to craft with my life-path. Often it helps me make decisions with regard to this larger narrative arc
Alfonso	Call or speak with a friend, or even more often, an older person with experience	I need perspective. My personality leads me to having a "pie in the sky" mentality, or perhaps more dangerously, to make decisions when experiencing intense feelings.	Anywhere from 2 minutes on the phone	Spending time in twelve step rooms taught me the gift that it can be to have and use a "sponsor" to help when making decisions or experiencing doubt and temptation. Even the people to whom I turn use the same tool. The humility in their admission that they need help, that they need to lean on another, has helped me to do the same with more frequency.			
Elizabeth	Usually with big decisions one of two things happen. First I usually have a gut feeling about the decision that I haven't listened to or squashed for sometime. To go back to that gut feeling I go through a pro con list in my head on paper or with a friend. Usually that sparks that gut feeling again. Sometimes its solely a pro con list and I have to visualize all the options	I need perspective/ time to slow down. My personality is very much a keep calm and carry on. So when it comes to getting in touch with big decisions it takes me a while to tap in to that emotional side because usually my rational side wins out.	It depends it can be from 2 min with a friend to months	Pro Con lists came from my mom and the getting in touch with my gut is something I just realized I do in the past 4 months and haven't figured out where I learned it from.			I have used it for most major decisions in my life and it hasn't steered me wrong yet. Major life decisions include: choosing a college, where to live/ work after college, what I wanted to do after my year of service and living in intentional community, and what my future life plans are
Josh	I take an inventory of who I am and what I value and then reframe the big decision in terms of how it will impact who I want to become and what I will value in the future. I usually do this through journaling	Pen and paper	A few hours of reflection	I learned to from a TED talk... don't remember who the speaker was		Definitely helpful!	
Anne	I first start by evaluating the decision against my core values. It doesn't always narrow down a big decision to one choice, but it can help the process and start providing some language on the results.	A concrete list of core values. These were explained to me as "if you have a decision to make, what is guiding that decision?" I asked myself "how are the ways I want to respond to difficulties?" and over time narrowed it down to two key values.	A few minutes	The company I work for when it went through consultation with its employees to decide its core values. We ended up with 4, and they are in order of how we should respond given an issue or decision (accountability, collaboration, excellence, innovation).	Problem with my values is two of them can sometimes conflict – honesty and kindness. My third one, responsibility (what do we owe to each other, but also an acknowledgement that I have control over my life), can sometimes help mediate those conflicts.		I use it all the time, and have reasonable success. It is important for me to remember the values apply to me, as well as others, so I ask "am I being honest to myself? Am I being kind to myself by giving myself breaks?"
Emily	Remind myself I have two (or more) good options	Yourself	A second	My mom	Often times I have the hardest time making decisions because there are good reasons to want both options. Reminding myself that it will all be okay no matter which option I choose has been really liberating. Not only does it take some of the pressure of the decision and allow me to look at the logistics and pros and cons of each option more clearly, but it also allows me to lean into whichever choice I make more fully, rather than worrying if I made the wrong choice, which makes it more likely I'll be happy and successful with what I chose		Every time I applied for a job/internship, when I decided where to move after college, when I went through a breakup, when I started a new relationship. V helpful
Dani	Determine my wants, boundaries to obtaining them, and course of action using a 3 column chart	Pen and paper	30 minutes	A self help book, somewhere. It also suggest an old worksheet called "ten ways to untwist your thinking"	A lot of making correct decisions is in admitting to yourself without embarrassment what YOU want. Once you can figure out what YOU want, and boundaries such as people or judgment preventing you from it, you can find clarity.		Just started recently
Mike	This: <a href="https://programs.clearerthinking.org/decisionmaker.html">https://programs.clearerthinking.org/decisionmaker.html</a>	Internet connection	5-30 mins	Recommended by a friend	Important for revealing things from your subconscious, and forcing you to think through how you actually trade off different things that are important to you. Useful only as one input to the decision, among many!		For a couple of years. Very helpful, though often uncomfortable!
Katherine	If I feel like I'm operating out of fear and anxiety, I will try to play out in my head what will happen if everything goes wrong. Often, I find that even if I screw everything up, the world would not end and I would be able to bounce back and move on. This practice lowers the stakes and helps give me perspective so I am more willing to try things that feel scary or risky.	Nothing!	one minute	I think from a stoic philosophy newsletter, a long time ago.		I do something like this too! I play a game of trying to imagine the worst of the worst case scenario, and then what I would do if that happened. It helps! -Anjie	For a few years now! I've gotten better about being less anxious and fearful so I've been doing it less lately.
Justin	Step 1: Brain dump	Nothing!	3-5 minutes		It's a writing app that forces you to keep typing/dumping (or else it will delete your text). I find that, for me, often there's a whole thick surface layer of thoughts/fears that I need to purge before I can get to anything resembling wisdom. This app helps me do that.		I use it ~3 times per week (but most of the time I'm not facing a big decision)
Justin	Step 2: "Imagine you are 80 years old. Which decision are you rooting for your younger self to make?"				I find it's surprisingly easy and helpful/darling to imagine I'm 80 and then complete the sentences. I wish I'd spent more time on "... and "I wish I'd spent less time on ..."		
Justin	Step 3a: "Does this path, this choice, make me larger or smaller?"			Oliver Burkeman via James Hollis			
Justin	Step 3b: "What you think you want from life probably isn't what life wants from you." Generate multiple alternatives, to avoid a "yes/no" decision.	A friend to talk with or piece of paper.	1 hour	Oliver Burkeman via James Hollis			
Danny	I go for a walk, and I speak to God as I go. I don't ask for God to take the decision away, or make it for me, but for what I generally think big decisions require - the strength to do what you already know you need to do.	Appropriate shoes for your terrain, and an umbrella if you live in Britain.	As little as ten minutes; hours if you like to walk as much as I do.	My Mother	This doesn't work for every big decision, e.g. romantic partnership.		
Suzanne	I sleep on it	a comfortable place to sleep, preferably a bed	6 hours	myself	For the deists among us, of course. For the more secular-minded, the walk alone absolutely will not hurt you.		
Suzanne	I swim every morning. No set task of how many lanes etc. just swim. I don't need to go fast. No competition. I realise there is a world above the water and under water (run with goggles) which puts our daily life in perspective. I focus on the end of the lane and think ahead of the day. The most urgent things pop up with in between some less urgent or totally random things. Often people who need my attention or help pop into my thoughts as well.	a pool and my swimming costume	20 minutes	after a bike accident I needed to do a lot of exercise in the water and I realised how soothing water is. How it takes away pain, stress, worries. But also how it gives life. Swimming outside in natural water is of course the best, but our local pool does well for me. Also I like it to be with others in the pool. Everybody 'swimming' in their own world, but we are all connected by the water. When the children's swimming club are in the other lanes of the pool, I get a lot of energy from them (and feel rather odd!!)			
Suzanne	talk to the people I trust / respect or anybody who know about the subject	family/ friend around or my phone	can take from 5 minutes to 2 hours	myself			
Suzanne	Go for a good walk in nature	my backpack with food and drink, map, and good footwear	more than 2 hours	brought up with it		Geoffrey	I walk on the local green way a few times a week during lunch and it helps calm me down. It clears my head so I can later write, but escaping outdoors away from my normal urban environment is a good way prep myself.

Suggested by	What do you do?	What do you need?	How long does it take?	Who taught you this?	Comments	Seconded?	How often have you used this method and how successful has it been?
Suzanne	Cycling on known nice paths or in a totally new environment. Especially an unknown town where everything is different and therefore leads to discover in the backstreets	bike with panniers as there is usually something coming my way that I have been looking for. Or sometimes something has been in my pannier that suddenly finds a home.	1/2 hour onwards	myself			
Geoffrey	Make a list. Prioritize what is on that list.	Writing utensil and paper.	One minute to a half hour.	Myself, but it seems pretty common.	If I am making a big decision I am of course anxious. I can't think straight so I have to be meticulous in what I am thinking and feeling. Making a list of anything is helpful. Pros/cons, consequences, alternatives, etc. It organizes my thoughts and helps me understand my priorities.		
Nada	Consulted all my trusted friends and family, then make a decision tree (laying out my different choice points and different choice event points, with my best guess of the probabilities of those). Then after doing that, I usually go with what my gut tells me after all that 'analysis.' Its my way of balancing being very data-driven and analytical with my decision, and going with my intuition.	call/talk to friends and family. Pen and paper	Depending on how extensive I want to be. It can be as quick as one hour or stretched out over a week.	I blame the decision tree on my grad school education :)			
Mei	Make a chart - not in an excel doc but with 100 sticky notes on your wall. Preferably a wall that you walk by all the time. Then put important things on the sticky notes and put them in the categories that you've also made on your wall.	part of a wall, a lot of sticky notes, a pen.	as long as you'll let it.	Partially my advisor in undergrad, because I kept changing my mind and sticky notes are easy to move. Also I have a lot of sticky notes that he gave me.	Now you also have wall art! And people will offer their unsolicited opinions on your decision (but I only invite over people whose opinions I value so it works out).		This is how I picked my grad school! And I'm surprisingly happy here! I'm also disappointed by the exact things that I put in as negatives so I feel like I know myself better.
Em	Pray-seek God's guidance & yield to the decision I feel most led to make	Just a moment of quiet	> 1 minute	My family & other spiritual mentors	While the answer might not appear obvious right away, I take comfort in knowing that I'm seeking wisdom on the issue & not just making an "easy" choice that may turn out to be wrong... I have faith that God will lead me in the right direction as long as I am willing to follow.		Dani & It's definitely successful as long as I allow myself to "yield." I cannot go into prayer with the attitude of "okay, God... It do what you want as long as it matches what I want..." I have to be willing to follow where I'm being led even if I don't understand the plan.
	Call my mom & talk it out	My phone	~15 minutes?	My undergrad life	Not gonna lie: this doesn't always go very smoothly... Mom can often make me feel like I should just know which decision to make ("Why are you even asking me if you don't want my advice?"). I don't necessarily need commentary in return, sometimes I simply want someone to listen.	Yes - my mom is a good listener and a good advice giver. - Gina	Once a month or so... Successful about a third of the time
	Mentally go through all possible outcomes of each scenario (then talk that through with my S.O.)	Mi espeso	Hours, days... as long as we need to bring ourselves to a decision we feel at peace with.	We have really just taught this to ourselves over the seven years we've been together, especially since we got married over two years ago. My therapist helped us fine-tune the method.	My husband keeps me grounded. When my anxiety is getting the best of me, he doesn't tell me to calm down, he walks me through things logically & reminds me that the worst case scenario is often also the least likely scenario... He brings me back to sanity!		We've used this method countless times over the past two years... & it's incredibly successful.
Jillian	Clean something in my house!	Dirty dishes, a dirty bathroom, a messy room, etc.	As short as a few minutes or as long as all day	Spent a summer working in housekeeping and thought a lot of thoughts while I was doing it.	An excellent way to procrastinate/!ll be productive when paralysed by indecision or anxiety. Once my physical space is clean, my brain is usually de-cluttered enough to move towards a decision (or is at least at little less overwhelmed and more in control).		Have been using this for all of my (short) adult life. It allows me to feel in control and like I am taking care of myself and my responsibilities. Cleaning provides my brain with time to process information (Sometimes subconsciously). Often while I am cleaning I realize how I actually feel about something. It's not a silver bullet for big life decisions, but it at least lets me feel like I'm moving forwards instead of stewing about my decision.
Kaya	I imagine the best and worst possible outcomes from each decision. I then look at the choice with the most appealing "best outcome" and try to imagine navigating the worst possible outcome. If it seems doable, I go with that one. If not, I repeat the process with the other options. If both seems like unbearable worst case scenarios, I fall back on trusty pros and cons lists.	An imagination	This process can vary on how long it takes depending on the person and situation. I let myself take as short or as long of a time as I feel like I need.	I was taught about pros and cons lists by my parents, but I expanded that practice into my own version that works better for me.			I use this all the time. Sometimes to help me make larger decisions like whether or not to leave the church I grew up in, and sometimes just to help me decide to send an email (I find textual communication very stressful). Imagining through a realistic "worst case scenario" has always helped me stay grounded and calmed my anxieties, which helps me take more healthy risks in my decision making.
Sue	For me, big life decisions deserve our thoughtful choice to somehow make ourselves accountable to someone when making and living out our perhaps smaller and less important decisions. We make these decisions as we go and they have to do with questions of being and growing to become the person we want to be. The whole question of allowing solid and wise friends to know us and ask us the good questions - as we go in life - provides us with a really rock-solid anchor and a light for when the big things come to challenge us.	Someone to be accountable to					
Amanda	I make a pro/con list over the course of several days and talk about it with people close to me. I think a lot about this quote: "When you have to make a hard decision, flip a coin, because when the coin is in the air you suddenly know what you're hoping for." I do that thought experiment several times to figure out what my gut feeling is and whether or not it changes over time. I imagine the outcomes of both decisions and feel out which one seems true to who I am and what I want my life to look like.	Usually some kind of paper for the pro/con list	Usually about a week	I think I found the quote on pinterest... everything else I learned by trial and error.			
Shannon	Walk a labyrinth	A physical labyrinth is ideal. Many can be found here: <a href="https://labyrinthicator.com/">https://labyrinthicator.com/</a> But there are also small handheld labyrinths that can be just as effective and require just your fingers.	You can give this practice as much time as you have. Most of my walks are between 20 minutes - 1 hour. Get clear about the decision and pose it to inside your head at the start of the walk. Then, as you begin walking the path, let it go. Allow your subconscious mind to work on it as you meditatively step one foot in front of the other. Let your mind wander, or keep bringing attention back to your footsteps. As you enter the center of the labyrinth, pause. Reflect on the inward journey. Do whatever feels right to you at the moment - offer a prayer, making an offering, chant a mantra, stand in stillness. When it feels right, exit the labyrinth walking the same path you came in on. At the end, take a moment to offer gratitude for the journey. Insights may not come to you right away, it may take days. Sometimes you receive a wholly unexpected answer or gift. Stay open to whatever emerges.	I felt the call towards a labyrinth during a difficult time in my life when I was desperately seeking healing. I chanced upon one at my children's preschool, and began using it. I often bring a journal to capture any insights that arise. I studied labyrinths by reading as much as I could - especially Lauren Artress's work at Verdicts. I now lead community labyrinth events connected to natural cycles - full moon, equinox, solstices. It's been so meaningful for me to be able to share this ancient spiritual tool that was so fundamental to eliciting the questions on my heart, and tuning into my inner wisdom.			
Joel	I ask myself what would I do if I knew with 100% certainty that I was going to fail.	Willingness to be curious and openly consider whatever thoughts come to mind.	As long as it takes to reach more clarity or turn down the volume on thoughts about perfectionism and other people's expectations of what they think you ought or ought not to do.	Liz Gilbert!	Helpful for remembering what it is that fulfills you and helps to cut through a lot of mental noise.		I've used it particularly for making big decisions in creative endeavors and found it successful. It's most helpful in reframing expectations.
	go for a run talk to my mom and my husband and then make a decision take my time, go plant in my garden, talk it through with others, and sit on it for a moment. ask myself what I really want and how this decision will help move me toward my desired outcome. take a hot shower and let the water run over my head for a few minutes. As I'm toweeling off, I usually realize that the path is clear. talk out loud to both myself and God. I often end coming to a decision without even realizing it. play guitar to clear my mind						
Kelsey	Leave myself a voice message (although sometimes I send it to a friend). Then I replay it back to myself and notice my tone and try to read between the lines. I can often catch myself forcing myself to accept something or talking about something as if I like it when I don't and when I can notice my truth and what I am really saying then I can make the decision with a clearer mind and conscious.	A phone with app for leaving voice messages. I suppose an old voice recorder works too!	At least five minutes. Allow yourself to talk it out until you feel like you've said everything you need to say. Often the first couple minutes you are saying what you "should" say and not being really honest with yourself.	A friend suggested it to me when she called me out for leaving long voice messages that don't do to our friendship and which were just me venting.		This is so cool!	















