

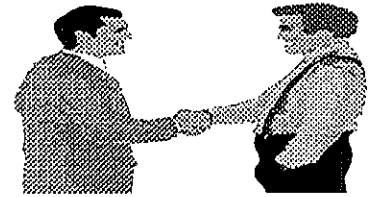
## Decision Making

Unavoidably we are faced with major obstacles in life. These obstacles could take form in relationships, employment, or other areas. Decisions need to be made regarding what course of action needs to be taken. We invest a great deal of time and energy in trying to make these situations fit the conclusion we want them to. The end result that we desire may not be realistic or achievable. The investment in time and energy in cases such as this, could be better used in working towards a different focus. Below are three choices we have in addressing these obstacles. It is important that you understand these three options are choices you have. Which one you choose is ultimately your decision. Realizing that there is more than one option is helpful for most people who feel "stuck".

**Change:** The situation in which you currently find yourself is uncomfortable and you desire to change it. There is some ability to alter the situation. The party(s) involved are willing to negotiate or compromise a solution to the problem. This does not mean that other party has to do all of the changing. It just means that there is a possibility of change.

Situations that would fall under this would include: a spouse that would be willing to cut back or eliminate his\her drinking, a supervisor who may be willing to adjust his\her attitude towards

you, or a family member who would be willing to stop being critical. Your time and energy is invested towards changing the situation so it can be more tolerable. Compromise is included in this area.



**Adjust:** The situation in which you currently find yourself in could not be modified. The individual or situation involved is not open or willing to change. You accept the limitations of the obstacle and choose to direct your time and energy into adjusting to an uncomfortable and unchangeable situation. The adjustment comes in knowing you can't change the situation and accept your limitations. This also means that for whatever reasons, you are choosing not to leave. These reasons could be based on financial, emotional, or other reasons. This does not mean you condone what is going on but just accept you can't change it nor are you ready to leave. Situations that would fall under this include: a spouse who most likely will not stop drinking, an inflexible supervisor or work situation, or a family member who refused to stop being critical. By choosing to focus in on this area, you have decided that you can endure this situation and you are not compromising your values.



**Leave:** The situation in which you currently find yourself in is unacceptable. You realize that by staying in this situation, it is going to be too uncomfortable for you. The situation will most likely not change and it would be too difficult for you to stay. Your energy is best utilized towards a transition and leaving rather than adjusting or trying to change it. Examples include: a boyfriend\girlfriend that is physically abusive or a job that has no future.

