

POST-SESSION REFLECTION

Making decisions when nothing feels clear

You don't need certainty to make a good decision.

Before you start

Take a minute before you begin — slow the out-breath, let your shoulders drop, feel your feet on the floor. It is harder to judge clearly from a narrowed state, and a narrowed state makes almost everything feel urgent.

The concern, in one sentence

e.g. *"Should I take the contract role?" · "What if I never get back to this level?" · "I need to cover my costs from March."*

1. Separate what you know from what your mind is adding

Most decisions feel heavier than they are, because three different things get treated as one.

Facts — What do I actually know? What could I evidence?

e.g. *My role ends in March. I have had two conversations about contract work.*

Interpretations — What meaning am I giving those facts?

e.g. *They let me go because I am too expensive. Contract work would mean going backwards.*

Predictions — What am I imagining might happen?

e.g. *I will not get back to this level. I will still be looking in a year.*

2. What kind of concern is this?

You have already done the first two steps of the Decision Check: you have steadied yourself, and you have named the concern in one sentence. This is the sorting step — and it is the one most people skip.

Almost all the wasted effort in a transition comes from applying the wrong response: analysing something hypothetical, or sitting with something that could simply be actioned.

Check first — Which interpretation or prediction have I been treating as though it were a fact?

Sort the concern as it actually is — not as your predictions have been describing it.

A “WHAT IF”

Something I am predicting

Let it be / Let it go

Let it stay unresolved. Notice when you are looping. Come back if it becomes real.

More thinking will not turn a hypothetical into a fact.

SOMETHING REAL

And I know what to do.

Act now or plan

Take the smallest concrete step now — or put it in the diary and let it go until then.

Solve what can be solved. Plan what can be planned.

SOMETHING REAL

But I do not know which way.

The compass

Facts · Values · Boundaries · Direction, then the smallest useful step.

Certainty is not available. Choose a direction instead.

So which is it?

- ☐ A “what if” — nothing here needs solving. Stop at the note below.
- ☐ Something real, and I know what to do — go to section 3.
- ☐ Something real, but I do not know which way — go to section 4.

If it is a what-if

Nothing here needs solving, and more thinking will not change that. Let it stay unresolved, and come back to it if it becomes real. This is not avoidance — it is accurate sorting, and it is the hardest of the three to do deliberately.

When I notice myself looping on this, I will turn my attention to —

Redirection, not suppression. Attention needs somewhere to go, not just somewhere to leave.

3. Something real, and you know what to do

A method for the things that can genuinely be worked on. Do the steps in order. The common mistake is to judge options while you are still thinking of them, which stops you thinking of any.

One — State the problem as specifically as you can.

e.g. Not “my finances”. “I need to cover £2,400 a month from March.”

Two — List every option you can think of — including the ones you would not choose.

e.g. Contract work. Cut outgoings. Ask about a phased exit. Part-time plus retraining. Do nothing for three months.

Fill the left column first, all of it, before you rate anything. A bad option on the page often makes a better one visible.

Option

Would it help? / 5

Could I do it? / 5

Option	Would it help? / 5	Could I do it? / 5

Three — Which one am I starting with — and what is the first actual step?

Not necessarily the highest score. Often the most doable one that teaches you something.

Four — When? Put it in the diary now, or decide it is not happening.

4. Something real, but you do not know which way

This is what the compass is for. It needs a real decision to work on — run a hypothetical through it and it produces nothing, which is why people conclude the tool is broken when they have simply fed it the wrong input.

Relief — Which option, delay or non-decision would make me feel better immediately?

Ask this one first. Relief is information, not instruction — but it is much harder to spot once you have already justified a choice.

Values — What matters most to me here — not what I think should matter?

Boundaries — What am I not willing to trade away — and what could I tolerate temporarily?

e.g. Not willing: being away from home four nights a week. Could tolerate: a year at lower pay.

Direction — If certainty is not available, which way is most consistent with those values?

5. Decide enough to learn

You do not have to choose the whole future. You need one step that tells you something you do not currently know.

e.g. *A conversation. An application. A trial project. A day shadowing someone. The question you have been avoiding asking.*

What is the smallest step that would give me useful information?

In the next seven days, I will

**Am I making this choice to move towards something that matters —
or mainly to make the uncertainty go away?**

Both are understandable. Only one of them tends to be a decision you still respect in six months.

A good decision is not the same as a good outcome.

You can decide well and still get a difficult result. Judge the decision by how it was made, not by how it turned out.

- ☐ Did I use the facts that were actually available to me?
- ☐ Did I honour what mattered to me?
- ☐ Was my next step proportionate?
- ☐ Did I learn something I can use next time?

Come back to this once you have taken the step

What did I learn — and what does that change about the next decision?

*You don't need to figure out the whole future.
Sometimes you just need to decide enough to learn.*