

Handout: Decisions

What kinds of decisions do people make every day?

Are all of these conscious decisions? If not give examples.

How do people make conscious decisions?

Give an example of a challenging decision one person from the group made recently?

How did you go about deciding on what to do?

1. Circle the things above that are logical.
2. Circle the things above that are based on intuition.
3. Was all or part of your decision based on impulse?

Handout Notes

1. What kinds of decisions do people make every day?

For example - what to eat, what to wear, who their friends are, whether or not to take up a hobby, decisions about relationships etc.

2. Are all of these conscious decisions?

No some are unconscious - sometimes we make decisions out of habit unconsciously such as learning to walk, those first steps were conscious but eventually they became a habit.

3. How do people make conscious decisions?

Gather information, see how they feel about it etc.

4. Circle the things that are logical.

For example, compare things to see which is cheaper; look at the consequences of decision.

5. Circle the things that are based on intuition.

For example, feel what is right for them, tend to just know what to do, follow my heart.

6. Are some things based on impulse?

For example, decide on the spur of the moment, just go with what everyone else is doing.