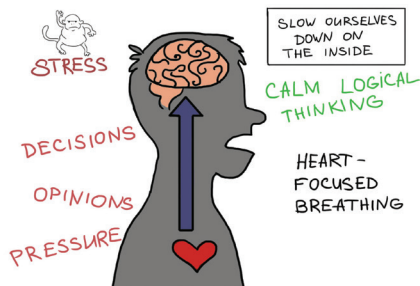


UNIT 7: DECISION-MAKING

We make lots of decisions every day, big ones and small ones. We make many of them so quickly that we're not even aware of them. We make some good decisions and we regret others.

Because our decisions have consequences, for us and others, it's a good idea to pay attention to them and learn from them so we can make smarter choices in the future.

Not surprisingly, how much or how little our hearts and brains are in sync can make a big difference in how intelligent our decisions are. If we use our reactive brains, aren't calm or feel too rushed to think clearly, we may not make good decisions. Maybe our brains are filled with too much monkey chatter. When friends are pushing us hard to do something, maybe, if we slow down and take a breath, our wiser



hearts will say, "Nope, this is not such a smart thing to do."

Making smart decisions often is a process of trial and error, but you can jump-start the process with the Freeze Frame Technique. Freeze Frame can help to shut down some of the monkey chatter rattling around your brain so you can get a clearer sense of the right/smart/wise decision to make.

Freeze Frame® Technique steps

1. Identify a problem or decision that is causing stress for you and the thoughts and feelings you have about it.
2. Imagine your breath is flowing in and out of your heart or chest area. Breathe a little slower and deeper than usual. Sometimes, it helps to count to four or five as you breathe in and again as you breathe out.
3. Make a sincere attempt to experience a positive feeling such as appreciation or care for something or someone.
4. Ask yourself: "What is the best choice or way to handle the situation?"
5. Quietly observe any changes in thoughts, feelings or attitudes that add clarity and act on them.

