



Mindful Decision Making

Using mindful awareness for decision-making helps you ensure that your decisions are in line with your values, your realistic capabilities, how you want to be, and how you want to present yourself. Mindfulness helps you avoid making decisions simply because the decision is more familiar and comfortable, or because you've talked yourself into something because you should" want it. Being mindful can also help you resist the temptation to make a decision prematurely because it's uncomfortable to sit with not knowing. For example, a habitual tendency to accept every invitation out of politeness, obligation, fear of a missing opportunity, or intimacy needs might be replaced with responding according to what you truly need.

When you need to make a decision, or communicate clearly with someone, try these steps:

1. Be aware of your breathing for a few breaths, bringing your attention into the present moment.
2. Be aware of what you are feeling in your body and what you are sensing with your five senses.
3. Be aware of and note your emotion or mood state.
4. Become aware of what you are thinking.

Use this script to communicate clearly to others and ask for what you need.

1. I'm noticing...you really want me to come to this event
2. I'm feeling...very tired and overwhelmed with work and life right now
3. I'm thinking...I need to take some time to be by myself, to recharge
4. I want... to stay home tonight.