

Decision matrix

Four boxes that turn going round in circles into a visible comparison.

The matrix doesn't decide for you; it makes visible what is really holding you. The bottom right box is the one we usually avoid – and usually the one that says most.

The decision I'm considering

Four boxes

IF I DO THIS – I GAIN	IF I DO THIS – I LOSE	IF I DON'T – I GAIN	IF I DON'T – I LOSE

Checking

Which items are facts and which predictions?

What am I afraid of losing if I choose?

Am I deciding in a calm state or at an emotional peak?
