

CONSIDERING CONSEQUENCES

By Patricia Russell

The following article on decision-making is inspired by the works of Dr. David McDermott, originally from Dublin, Ireland, now living in Spain. Dr. McDermott provides expertise in Decision Making Confidence. His website <http://www.decision-making-confidence.com> is recommended if you are interested in developing or improving your decision-making skill.

I continue to be amazed at adults who really do not understand the concept, or apply the principles of consequences, in our day to day lives and decisions, although we, with confidence, try to teach it to children.

A consequence occurs as a result of a decision made by us. Let's first digest that. We could enjoy more productive and meaningful lives for ourselves, and with each other, if we would more intentionally consider the consequences in our businesses, communities, families, academics, finances, health, intimate relationships, and faith walk.

Ladies, since we are more emotional creatures, we may be guilty of making decisions more often with our hearts than our heads, but don't beat yourself up about how we're hard wired. Instead, let's expose ourselves to some effective techniques that are usually applied when well informed, sound decisions, which bring about positive consequences are in place.

5 Things To Remember:

- 1.) Know YOUR own personal values, and do not compromise them. Sharpen your radar, and think twice or more before getting too closely involved with persons or groups who do not share similar values in these areas in particular, (respect, health and hygiene, pleasure, recognition, safety, integrity, faith, family, achievement, and finance). All of these areas are subjective and mean different things to different people. We all interact with those who do not share our value system, but it may not be in our best interest to form close partnerships with those whose value system significantly differs from ours.*
- 2.) Evaluate alternatives to getting involved with your proposed decision. Weigh the plus and minus of moving forward with the decision, and consider consequences of both. Ask yourself, "are my personal values being met or matched?"*
- 3.) Honor yourself by doing the research to see if the person, group or idea is worthy of your time or finance. What is your return on the investment?*
- 4.) When an informed decision is made, and a deficit occurs (unacceptable result), apply the loss of privilege concept, or deprive the receiver of what is being given. Be careful, however, that you are not feeling more deprived than the unacceptable result. Also, search your own motives to determine if they're self-serving. If your decision has caused injury of any kind to another, acknowledge, apologize, and restore that which you are able, to the extent that your good qualities are redeemed.*

5.) *Remember that you can recover from poor decisions and consequences! Do not linger in the self-pity of a poor decision, and do not blame others. Cut your losses, salvage lessons learned, treat your “wounds”, put on your “big girl” panties, and with clarity, ask yourself this question, “this scenario played out in my life to teach me what?” Hold your head high and move on to better decisions and new opportunities.*

Lastly, keep the old adage in mind, “haste makes waste.” Guard against rushed or impulsive decisions. They often result in something that is not in our best interest. What is the rush? Other than critical life/death health issues, most decisions that will potentially alter our life or lifestyle (or that of someone we love) require a considerable amount of contemplative quiet time alone, some targeted and objective research, as well as the wise counsel of others more experienced. The process may take weeks or months, and you are worthy of the time spent to make a decision with confidence.

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