

Making Decisions That Belong To You

“Do I wear a mask? Do I get the shot? Do I go out?”

I invite you to be willing to examine your thinking and to compassionately acknowledge your concerns. Write out your answers in longhand. Spend 20 minutes exploring your thoughts. Tap if you know how to tap.

What do I know about this and how do I know it?

What do I not know?

What have I decided? How did I get here?

What factors am I considering?

Whose advice am I following? What are their agenda and motivation? What's their expertise?

Whose "facts" am I repeating?

What do I believe (vs knowing???)

Am I making my decisions out of a sense of extreme fear or calm caution?

How does my decision feel to me?

What if I'm wrong?