

The Real Reason You Can't Decide

NLP Mastery House

What this is for

Most stuck decisions aren't missing information — they're two values arguing. Find both, and the decision gets easier.

Surface the values driving a decision you've been circling, and see which one you've been quietly ranking higher.

Before you start

One decision you keep putting off or reversing.

- A live decision with at least two real options — not a hypothetical one.
- 10–15 minutes, paper and pen recommended over typing

The exercise

Answer in single words or short phrases. Don't defend the answers.

1. Name the decision and the options in front of you.
2. For each option, ask: "What's important to me about choosing this?" List everything that surfaces.
3. Look at both lists. Find the value that appears, in some form, on both sides — that's usually what's stalling you.
4. Rank your full list in order of importance. Notice which option that ranking actually favours.

Your notes

Jot whatever surfaces — full sentences not required.



What you noticed

Which value turned out to matter more than you'd been telling yourself?

Your one next action

Small enough that it actually happens. Before we next meet.
