



Decisions! Our life is pretty much the outcome of decisions we make right from the basic choices of what to eat, watch or wear to major decisions of career, relationships or relocation. But is making a decision really that simple? Are decisions just black or white, yes or no, good or bad? The answer is no and no.

Research shows that decisions are prone to cognitive biases - the tendency to make decisions or take action in an illogical way based on several factors.

Let's take a quick dive into the most common psychological biases that make us faulty decision makers.



At this point, you must be wondering, "So how does one become a better decision maker?". Well, with the amount of time and energy it takes to weigh the plenty of options available in today's world, it is okay to feel overwhelmed while making decisions but here's a tip.

When in doubt, wear your sorting hat:

"Six Thinking Hats" is a powerful psychological technique that you can practise to sort your decisions whenever you feel "not so sure" by looking at them from all possible angles.



WHITE HAT (FACTS)

Focus on the available information, look at what you have, analyze past trends, and see what you can learn from it.



RED HAT (FEELINGS)

Look at problems using your intuition, gut reaction and emotions. Also, think how others could react emotionally.



BLACK HAT (CAUTIONS)

Think of a decision's potentially negative outcomes. Try to see why it might not work and eliminate those weak points.



YELLOW HAT (BENEFITS)

Think positively. It is the optimistic viewpoint that helps you to see all the benefits of the decision and the value in it.



GREEN HAT (CREATIVITY)

Develop creative solutions to a problem. Think of ideas, possibilities, alternatives to envision new ways of solving it.



BLUE HAT (PROCESS)

Control your thinking by organising your thoughts by asking yourself:

- Where have you been?
- Where are you now?
- Where do you want to be?
- How do you get there?

Decision making is no less than a maze wherein you decide on how to decide. If you ever feel stuck in the middle of a decision, you can seek professional guidance from our experts

round the clock!

CONNECT TO AN EXPERT NOW

In case of any queries/concerns, please feel free to write to us campus@yourdost.com.

**Standing with you,
Team YourDOST**
