

The top ten common excuses for not making a brain decision



Our brain comes with a number of features to start life out with, but a **complete decision making program is not included**. What we get is a rudimentary system for basic urges – I want and I don't want. The rest the template is left for us to encode ourselves.

It's easy for your brain when you have a pattern of experiences encoded. It knows exactly what to do and delivers consistent results that turn parts of your life into comfortable habits. It can be a mundane and unnoticed decision to put your socks on and take them off is the same sequence. Or, a more executive decision as to what brand of breakfast cereal you prefer this morning, or is it going to be a large or an extra large coffee today. Many of your daily activities are **easy decisions based on prior preferences and experiences.**

Only if life remained as simple as the brain decisions we are comfortable making.

Here are **10 common excuse patterns** we code into our brain so we can try not to make a decision or at least avoid making a decision for as long as possible:

1. I don't have enough information to make this decision
2. I'm overwhelmed with too much information to make a decision
3. I have to decide between more than two choices, and it's too much.
4. Each choice has too many plus or minus points and I easily get confused.
5. This is not the right time to decide, give it some more

time.

6. There's too much pressure to reach a decision from people and/or a deadline.
7. How will I know if I'm making the right decision?
8. What will people think of me if I make the wrong decision?
9. I don't feel I should be the one making this decision.
10. I have to consider all the possibilities and consequences of what this decision means before I can decide.

As they say, whether you made a decision or not made a decision – you made a decision.

What are your favorite excuses for not making a brain decision?