

The Word is Decidophobia



Not wanting to make a decision or procrastinating for as long as you can is something all decision makers can relate to. Within the decision making population there is a small group who suffer from Decidophobia. **Yes, decision making for some can turn into a phobia.**

The condition of Decidophobia is where an individual experiences such a **high level of fear and anxiety** where he/she is immobilized, withdraws completely and passes the decision making responsibility to someone else.

The term first appeared in *Without guilt and justice*, 1973 by Walter Kaufmann. Kaufmann, a Princeton University philosopher, wrote extensively about the phobia.

He described it as a *"...lack the courage or will to sort through the different sides in disagreements to find the truth. They would rather leave the deciding of what is the truth to some authority. This might be a parent or spouse. It might be a church or university or a political party. Once the decidophobe has relinquished authority to decide the truth then they will accept as truth anything argued by that authority."*

It is thought the phobia may be based on unresolved issues of self-confidence and self-worth, unconscious memories or childhood traumas causing emotions of heightened fear and anxiety.

A person with Decidophobia often negates rational analysis and seeks out **an unhealthy dependant relationship** with someone else or engages in what is considered **"magical thinking"** linked to the psychic realm of astrology, palmistry etc. The downside is the **eventual loss of control** over their own life

by being unable to make important decisions.

The **symptoms** of Decidophobia **mimic those of panic attacks or anxiety disorders** according to <http://www.allaboutcounseling.com/library/decidophobia> . They can range from mild to severe and become a component of depression.

Symptoms to watch for leading up to making a decision include:

- Dry mouth
- Excessive sweating
- Muscle Tension
- Dizziness or nausea
- Hyperventilation
- Feeling of being trapped or stuck
- An irrational feeling of impending disaster

Decidophobia is a real phobia. **Mental health counseling and cognitive therapy** that “remaps” a mindset and behavior back to a level of self confidence, self-worth and independence **has been shown to be effective.**

Sources:

<http://en.wikipedia.org/wiki/Decidophobia>

<http://www.allaboutcounseling.com/library/decidophobia/>