

# Types of Decision-Making



Which of the following types best describes the way you approach making decisions?

<b>Impulsive</b>	Do you tend to put little thought or examination into your decision? Do you choose the first option without considering alternatives?
<b>Fatalistic</b>	Do you allow your environment or situation to determine your decision? Do you leave decisions up to fate?
<b>Compliant</b>	Do you allow someone else to decide? Do you follow someone else's idea of the best alternative for your future?
<b>Delaying</b>	Do you tend to declare a moratorium, postponing all thought and action, until you decide to implement your decision?
<b>Agonizing</b>	Do you get lost in the factual information and get overwhelmed with analyzing alternatives?
<b>Intuitive</b>	Do you make a choice based on a gut feeling about the best alternative?
<b>Paralysis</b>	Do you accept a need to choose but cannot seem to approach your decision?
<b>Planning</b>	Do you weigh the facts and choose the result that will be the most satisfying? Do you embark on a rational process, balancing cognitive and emotional needs?
<b>Pros and Cons</b>	Do you make a list of items that support (are for) a decision and a list of items that do not support (are against) a decision?

