DEALING WITH DOUBTS

It was a difficult decision but you carefully weighed all the factors and did your best to make the right choice. The decision has been made and there is nothing more you can do. So why is it keeping you awake nights?

It's a normal reaction. Psychologists say that everyone has doubts once in awhile, particularly when they begin to think about the good features of the choice they turned down. When that happens, we go back over the reasoning by which we reached our decesion.

This justification process can involve some very intricate calculations. Some people can resolve the matter right there by deciding that it just isn't worth the trouble to figure it out. Another factor that can ease your mind is how easily you can reverse your decision. If it's simple, there's no point in being uneasy. If it can't be done once the decision is made, why worry about it?

The only way to finally resolve such doubts is to accept the fact that you can never be right all the time. When you can relax and accept the fact that everyone makes mistakes, it's easier to put the matter aside and move on to a new problem.

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