

The Indecision Loop

October 2026 Newsletter

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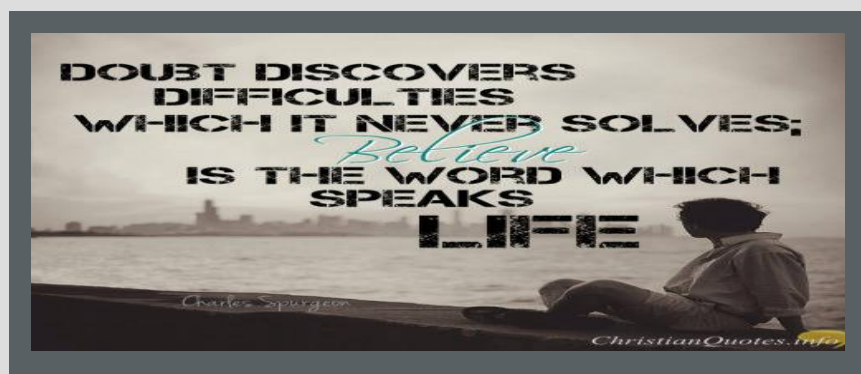
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Crossroads

When we feel at a crossroads in life indecision and uncertainty can set in. Although life can seem to be proceeding as normal our mind revolves around the same set of questions. Having difficulty enduring uncertainty can keep the indecision loop rotating. And waiting until we feel certain can be surprisingly exhausting. With all our energy tied up in the indecision it is

You can research the options, feel temporarily reassured but then doubt your choice again and ask a friend, feel clearer for a while, but then find another reason to review the decision.

Sometimes the facts are all you need to make the decision but as we imagine the possible results we can catastrophe the outcomes and stay stuck.



difficult to be present.

If you are waiting for more information that is strategic but if you are waiting for certainty to arrive then that can lead to feeling you are on an endless merry-go-round.

Trying to eliminate all doubt can lead to creating imaginary scenarios that we project into the future. We can never really be 100% certain of anything can we?

Here are a few useful strategies to help with decision making:

Set a timeline on making the decision and stick to it. Very few decisions are not reversible or can't be changed.

Ask what decision would my Future Self wish I had taken at this time? Let your choice reflect your values and not your fears.

Be Brave, Life is for Living!

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As you can see the theme this month is all about indecision.

Chasing a perfect answer and trying to eliminate every future problem can cause you to get stuck.

There is often more in your control than you realize and if you are really unhappy with your decision there is usually something you can do to change it.

If indecision is repeatedly affecting your career, relationships and your everyday life then there may be some other issues that need to be explored.

The fear of failure, loss or regret, can all feel overwhelming and if they are somehow tied into your decision they can create an endless loop of worry.

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