

Indecision Can Kill

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Indecision can kill a person who is indecisive as well as a program being managed by an indecisive person.

Habitual indecision is a difficult challenge for those with that situation. To keep putting off a decision that we know should be made (once we have examined and analyzed the facts and options, but are still indecisive) can become far more detrimental than may be realized.

How is that? Because indecision is actually a decision to let things remain as they are, coupled with the inner knowledge that we didn't really make a determination that SHOULD have been made. The cumulative effect can cause inner stress and serious draining of body and mind energy which can result in a life-threatening physical problem in the heart, stomach, organs, or glands under "attack" from the stress of not making a decision that some other part of oneself knows (like the subconscious) should be made and which the mind is capable of making.

Deciding to "do nothing" about a situation that we know really NEEDS a decision never really eases the situation although we may think otherwise. It really does the opposite. It puts subtle internal pressures on the body and mind in addition to adversely affecting those for whom we may be managers or be as the head of a family or a business.

Managers who characteristically put off a decision on an issue usually do so because they are afraid they may make a mistake. One study indicated that 95% of what we "fear" never occurs, so the odds are strongly in favor of those who move beyond such fears. Decisive managers are willing to take risks with assignments of tasks; to allow an employee or volunteer staffers to make a mistake in doing a project or assignment, and to learn from that process.

The risk of decision-making is a part of managing, and the odds are in a manager's favor that he/she will make the best decision. Decision creates an opportunity for something to happen. But by making the decision, it opens the way for a program to move, change or do something that overcomes a problem. To let the problem "simmer on the back burner" for months and years is a clear indicator of a manager who is afraid to make the decision for fear of possible adverse consequences.

Making decisions when they need be made allows life to be a lot more fun, and our bodies become healthier as the "dross" of indecision falls away. It can literally be transforming as it releases latent capabilities that have otherwise been held back.

Making a difficult decision, and implementing it, can be one of life's most rewarding experiences.