**Decisions - by Gabi Hlevner**

**In the modern era, in which a person is independent and is not bound by traditional behavior (according to which the parents / leaders / society decide for him), he is required to make decisions on a daily basis in all areas of life. Every person responds differently to the demands that life sets for him. Let's look at some of the factors involved in our decision-making process, even the simplest ones.**

**First, there are decisions that are fundamental and have broad implications for our lives, and there are also easier daily decisions, how can a person be sure that he made the right decisions and how can it be verified? Many universities have faculties that deal only with the methods by which one is supposed to make his decisions wisely and intelligently. But what about all this and the impossible flow of daily life during which countless decisions are supposed to be made?**

**Second, most people make decisions based on simple "rules of thumb" of do's and don'ts. They are already quite used to different decision-making methods, whether it's the method of avoiding a possible loss, the "what's better for me" or "what I'll regret later, and therefore what should I avoid" and other simple methods of this kind. These are indeed the most common ways of making decisions.**

**In any decision, which often seems to be due only to logic, always involved emotion. It is difficult to separate them. Each decision involves an internal discussion about its outcome and its impact on the decision maker and the others in his environment: How will the environment respond to the decision? How would that affect him?**

**The internal discussions that will be the result of the decision one way or the other are significant. Sometimes they will prevent action even if there was a decision to act, sometimes delay the implementation of a decision, and sometimes will act even if the decision was not to act. The operator of the internal calls is usually hidden, and is not aware. Internal conversations are related to our self-perception and our habits. Patterns of thought are created in a person at a very young age and there are life decisions that are made in childhood. That way we can learn about ourselves through our decision-making. If we find ourselves undecided about every decision and feel the need to consult many factors, it is possible that in our childhood we have received a message that we can not rely on ourselves to decide the right thing for us. We may have chosen to act in a certain way, for which we have been criticized, and therefore we are less dependent on our inner voice to guide us to choose the right one for us. A habit of years in such a pattern of action can lead to the fact that we are not aware of our inner voice and do not recognize a choice that is truly ours.**

**Another possibility is that we decide things alone. It is possible that as a child we had to make fundamental decisions from an early age, which led us to rely only on ourselves. Thus we find ourselves acting alone and bearing the burden alone without sharing responsibility with others. Impulsive decision-making can also occur at an early age. Perhaps we had to decide quickly that "otherwise we will not accept what we want" or that is the way our parents acted.**

**These are just a few examples. The map of each is individual and complex. At the same time, it is important to understand that every way we choose is intended to ensure our survival in the past, and may not be suitable for us at an older age, and we act out of habit. Exposing the habit can free us from our automatic action and allow us a wider range of freedom to suit who we really are.**

**In a simplistic manner, a decision-making process can be presented as a "yes or no" process or as a process of weighing weights on both sides. Some will even support the method of listing advantages and disadvantages on a page. However, the most prominent problem in these methods is the disregard for the fact that people make more decisions on the basis of emotion than rational ones, although they do not.**

**To sum up, the way each person makes decisions is different and special. I prefer the way you use a table of advantages and disadvantages to decide which option is best.**