



Dealing confidently with wrong decisions

Knowing you've made a mistake can lead to sleepless nights, heart palpitations, sweating and a drastic reduction in your performance. You lose a lot of time and energy because of the tension that comes from thinking about whether you can undo the negative consequences of your decision. The same thing happens when you try to use distraction tactics to obscure your own or others' view of your failure. Any kind of fear - even the fear that others might discover and criticize your wrong decision - results in physical impairment (see more here, in German language https://www.dropbox.com/s/03gb2vchg1si5hj/Was_Angst_mit_unseren_Patienten_macht_Akom421.pdf?dl=0). Men in particular tend to believe that the mistake they have made provides a target for attack and weakens their own position. But as long as Ego, fear of losing power or image, cowardice or the stubbornness to stick to a decision despite obvious negative consequences have the upper hand, the unpleasant consequences of the decision become more and more. It's a bad game where nobody wins. The solution: Demonstrate real strength by having the courage to openly admit your wrong decision as soon as possible. Only then can you maintain your credibility, stop the negative consequences, limit the damage and lay the foundation for a new constructive solution.

Analyze "guilt" and forgive yourself

There are certainly reasons why you decided to do something at a certain point in time. People are rarely clairvoyant, you yourself are evolving and situations are changing. Take responsibility and speak to yourself and to someone who was affected by your wrong decision in "I"-messages, e.g. "I'm sorry, but based on my knowledge at the time I thought that..." or "I had to act this way because..." or "I saw no alternative because...". Always keep in mind that significant discoveries have come from mistakes and negative consequences can be the seeds for constructive new behaviors and activities if you allow them to be. You are only "guilty" if you don't use this chance and don't limit the damage immediately.

Honestly respect feelings when making a decision

Because you are human, a bad decision may have been made out of carelessness, thoughtlessness, or self-protection. Be honest with yourself and with the people who were wronged or hurt by your decision. To remain credible when you say that you made a wrong decision, it is not enough to just state the reason, but also to ask what you can do to make up for your mistake. And to initiate the necessary activities as soon as possible.

Dr. phil. & HP Cornelia Renate Gottwald, your Holistic Health Coach since 2006
Von Eichendorff Ring 10 a, D-84405 Dorfen, Tel. 0049-8081-9158, www.best-in-balance.de

