



FOR WHEN YOU'RE STUCK BETWEEN
OPTIONS.

Decision Untangling Tool

B1 — WHAT DECISION ARE YOU TRYING TO MAKE?

2 — WHAT ARE YOUR OPTIONS?

OPTION 1: _____

OPTION 2: _____

OPTION 3 (OPTIONAL): _____

3 — WHAT MATTERS MOST HERE?

- SAFETY
- STABILITY
- CLARITY
- MOMENTUM
- REDUCING STRESS
- ALIGNING WITH MY VALUES
- FUTURE IMPACT

4 — WHAT DOES MY NERVOUS SYSTEM SAY?

(CIRCLE ONE)

- THIS FEELS GROUNDING
- THIS FEELS ACTIVATING
- THIS FEELS UNSAFE
- THIS FEELS ALIGNED
- THIS FEELS “NOT YET”

5 — WHAT DOES EVIDENCE SAY?

(FACTS ONLY — REMOVE EMOTION.)

6 — WHAT IS MY NEXT 10-MINUTE ACTION?

(NOT THE WHOLE DECISION. JUST THE NEXT MOVE.)