



Episode 162: How to Stop Making Decisions Based on Fear

with Henri Stevenson

Many of us are vulnerable to making decisions from a place of fear and self-protection. Insecurities, ego, and anxiety are human conditions that exist even in experts.

In this episode, Henri Stevenson joins Rachel to discuss how to follow our intuition and choosing self-love to live a life in line with our values. We also discuss the consequences of fear-based decision-making and not saying no.

Most importantly, we explore how to reflect on your decision-making process. Only by understanding yourself can you choose what is best for you. Through this, you will develop compassion for yourself and others.

Podcast links

Episode 126: [Using Nature to Answer Your Big Questions with Henri Stevenson](#)

[My Stroke of Insight](#) by Jill Bolte Taylor, PhD

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[Email Rachel](#) or reach her on [LinkedIn](#) or [Twitter](#).

Guest links

[Sign up](#) for Henri's one-day Nourish Retreat happening in PAUS. Cambridgeshire on the 29th of June 2023!

Henri provides 121 Coaching, Group Coaching and a variety of Leadership, Resilience and Wellbeing workshops, training, and retreats. Check this [link](#) if you're interested in her one-day retreat for super-busy professional women.

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Quote to remember:

'No one is going to criticize me in the way I have criticized myself. That doesn't mean I'm not going to make mistakes and lose my rag at times. But it's how I then deal with it and doing it in a way that's compassionate to myself – compassionate to others.'

What You Will Learn

Burnout is a common occurrence in every profession. It can happen when having too many tasks while managing multiple responsibilities. Avoiding burnout starts with making better life decisions.

This activity will help guide your mindset to stop making decisions from a place of fear and insecurity. Focusing on yourself through reflection and choosing what's best for you will benefit everyone. On the other hand, feeding your ego can lead to isolation and unneeded stress.

Our intuition usually knows when we are self-sabotaging, yet we so often ignore it and continue to do so. In this activity, you will explore how this happens in your life and take from it a lesson towards self-improvement.

The current state of your life is dependent on the path you decide. Every investment you make, additional tasks you take on, and new projects you start. They all add up. It can become a burden on your mental and emotional well-being. Learn to say no and understand that it's ok.

Self-reflection is necessary for the decision-making process. Realizing your fears and being in touch with your desires and emotions allows you to control your ego. To ensure quality thinking, know where and when your mind is most at peace. This activity helps provide a guide for your reflections.



Activity: Self-Reflection Towards Better Decision Making

Q1. What are your key takeaways on how to improve your decision-making?

Q2. How do you normally make your decisions? List the points you generally consider and what/who influences them.

Q3. Provide an example of when you said 'yes' to something (or even said no!), despite your intuition warning otherwise. Then explain why you found it so difficult to say no (or yes!)



Q4. Explain the role your ego plays in decision-making.

Q5. What are the consequences for you of fear-based decision-making?

Q6. How often do you take time to reflect on yourself? What changes can you make to focus on what's best for you?

The next time you need to decide on a course of action, take a step back, and ask yourself the following questions. Use your answers to help make your decision. But do not limit yourself to these reflection questions. Consider all the other good reflection points discussed in the episode.

- a) Why am I here?
- b) What am I afraid of?



- c) What am I feeling?
- d) What do I want?
- e) What do I need?
- f) What are the risks and costs of saying yes? / What are the risks and costs of saying no?

Q7. Describe a place or activity where your mind is most at peace and can have quality thinking time.

Q8. How will you benefit from self-reflection, following your intuition, and focusing on yourself?

CPD time claimed:

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