When I *can't decide.*

Why this helps: decision paralysis is common for ND brains, and holding every option in your head is tiring. On paper, you can see it clearly.

How to use it: name the choice, fill in both sides, shade the energy cost, circle what fits. No score to add up — just notice what stands out.

Example: *A "Go to the party" — energy 4, Somewhat, uneasy. B "Call one friend" — energy 2, Yes, calm.*

The decision _____

Option A _____

PROS

_____

_____

_____

CONS

_____

_____

_____

Energy cost low ○ ○ ○ ○ ○ high

Fits my values? Yes | Somewhat | No

Gut feeling ☺ calm ☐ neutral ☹ uneasy

Option B _____

PROS

_____

_____

_____

CONS

_____

_____

_____

Energy cost low ○ ○ ○ ○ ○ high

Fits my values? Yes | Somewhat | No

Gut feeling ☺ calm ☐ neutral ☹ uneasy

Good-enough check tick what's true

- ☐ Is this reversible? _____
- ☐ Worst realistic outcome? _____
- ☐ Can I live with that? _____
- ☐ Do I have enough info? _____

Decide by _____

Who can I talk it through with?

_____

Good enough is a real answer. Most choices can be adjusted later.

REFLECT *What did I decide, and how does it feel?*

_____

_____