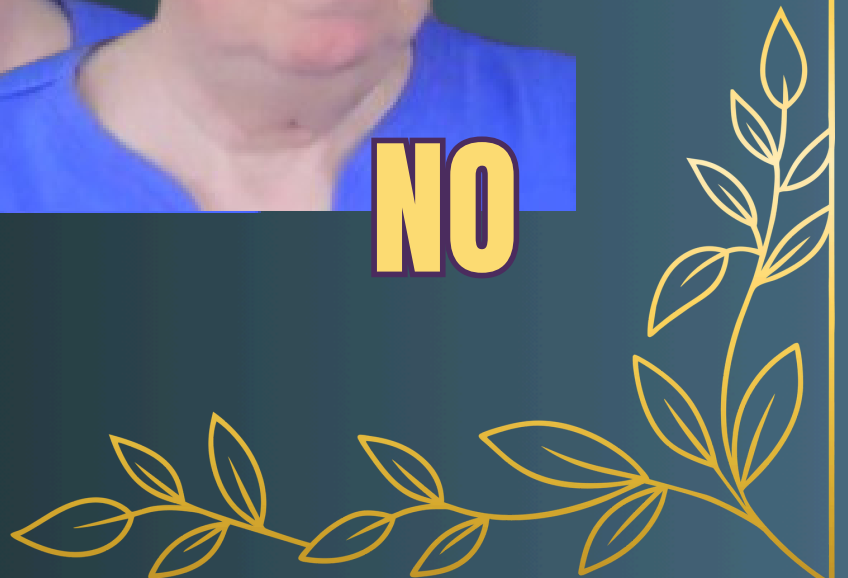
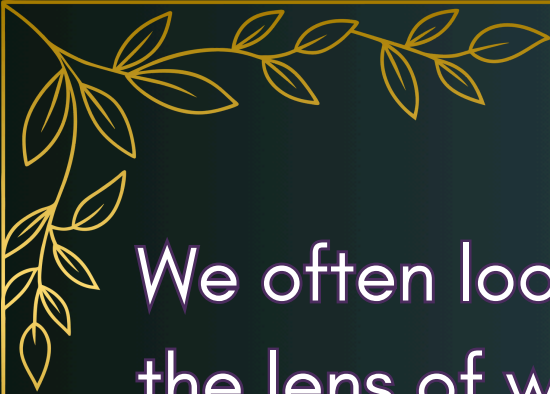




Was It Really the Wrong Decision?

A simple reflection guide for when you're questioning a decision or judging yourself for one that didn't turn out as expected.





We often look back at decisions through the lens of what we know now.

The problem is that the person making the decision didn't have the benefit of that information.

When something doesn't work out as we expected, it's easy to conclude that we made the wrong decision, should have known better, or shouldn't have trusted our judgement in the first place.

But what if that isn't the whole story?

This short reflection is designed to help you step back, look at a decision more fairly, and separate what you knew at the time from what you learned afterwards.



The Decision

Choose a decision that is still on your mind.

It might be a decision you're trying to make now, or one you've been replaying because things didn't turn out as you expected.

Briefly describe it:

What Did I Know At The Time?

Before looking at what happened afterwards, take a moment to return to the person you were when you made the decision.

What information did you actually have?

What assumptions was I making?

What was I hoping for?

What was I concerned about?

What Was Influencing Me?

Who else's opinions mattered to me?

Were those opinions offering perspective, or was I looking for permission?

If nobody else had expressed an opinion, what would I have been inclined to do?

What Happened Afterwards?

What actually happened?

What surprised me?

What could I not reasonably have known at the time?

What information do I have now that I didn't have then?

Am I Judging Myself Unfairly?

Complete the sentence:

"I should have known..."

Now ask yourself:

Could I genuinely have known that at the time?

Am I expecting my past self to have had information that only became available later?

What Can I Learn Without Blaming Myself?

What would I do differently now?

What have I learned from this experience?

What would I say to a friend who had made the same decision under the same circumstances?



A Final Thought

Perhaps the question is not:
"Was it the right decision?"

Perhaps the question is:
"Did I make the best decision I could with
what I knew at the time?"

Those are not always the same thing.

Sometimes a thoughtful decision leads to an
unexpected outcome.

Sometimes life unfolds in ways we could never
have predicted.

