News from *Stacked Deck*

Lesson 5: Barriers to Good Decision Making and Problem Solving

There are reasons why smart people sometimes make poor choices. Sometimes people who know better make choices that turn out poorly because of

- bad luck
- laziness
- rushing
- impulsiveness
- missing facts
- peer pressure
- not caring
- needing more confidence

There are ways to overcome these barriers to good decision making and problem solving. Good strategies include

- putting time and effort into all important decisions
- being as objective as possible
- managing stress in healthy ways
- being assertive and doing what you think is right
- refusing to give in to peer pressure

People are much better at solving homework problems or a friend's problems than they are at solving their own personal problems. Why? *Because it is harder to be objective and unemotional when solving our own personal problems.* Sometimes we need help making good choices for ourselves.

Duplicating this page for personal or group use is permissible.