



Reasons People Do Not Act On Decisions

1. They are afraid of failing. They know that if they do not try, they cannot fail.
2. They are afraid of succeeding. They think that if they succeed once that they must always maintain a perfect record.
3. They are concerned that other people will disapprove of their behavior.
4. They have little or no experience doing something on their own and lack confidence.
5. They feel they cannot do something if no one else they know (or know about) is doing it.
6. They do not know how to begin, or where to turn for help.
7. They are overwhelmed by the number of things to do and have trouble planning a time line of steps to take.
8. They are not willing to sacrifice immediate comfort for long term gain.
9. They have no set priorities, so they do not know what to do first.
10. They feel that it makes no difference whether they do it or not.

***Adapted by Kim Hays of Student Counseling Services
from Bartsch, Yost and Girell, Effective Personal and Career Decision Making***