

Choosing Between Competing Priorities

Identity values and self compassion | Adults | 10 to 15 minutes

Make a manageable decision when two meaningful needs or values pull in different directions.

Sometimes the difficulty is that more than one option matters. Rest and responsibility, privacy and connection, or stability and growth may compete. This exercise helps you make a choice for the current situation without deciding that one value is unimportant.

Describe the actual choice

Name the decision and any real deadline. Separate it from bigger questions that do not need an answer today. Identify the value each option serves and the likely cost. Include constraints such as money, caregiving, health, safety, and other people's needs.

Look for a workable step

Consider a smaller version, a time limited trial, a delay with a clear review date, or a request for help. A good enough choice may protect one priority now while leaving room for another later. Decide what information would tell you it is time to reconsider.

The decision I need to make now and its deadline are

Option one serves; option two serves; each has these costs

A smaller option or support that could help is

My choice for now and the date or signal for reviewing it are