

THE

**L.O.V.E.**

A P P R O A C H

# THE O STEP: OPEN OPTIONS CHARACTERISTICS OF BETTER OPTIONS & WHY THEY MAY NOT BE CHOSEN



## **4 FACTORS THAT CHARACTERIZE A BETTER OPTION**

- It is well thought-out
- It is consistent with their true values and beliefs
- They feel free to choose it (no anger, fear, pressure, coercion)
- They have the resources and support they need (it is doable)

## **7 REASONS PEOPLE CHOOSE AN OPTION THEY LATER REGRET**

- Intense feelings (so they can't process the options clearly)
- Fear and uncertainty (so they don't act at all)
- Either/Or thinking (so they can't see both/and, or multiple options)
- Poor understanding of the pros and cons of each option
- Options don't match their own values and beliefs
- Pressure/coercion (so they cannot choose freely)
- Perceived lack of support (so they rule out certain options)