

Emotions In Your Decision Making

During our life we have to make up numerous decisions and it is quite understandable that sometimes we are at least somehow but influenced by our emotions. Being more or less logical when you are making some choice is quite natural. However, it is essential to understand that every choice and every decision leads to certain consequences. That is why in case you do not want to have some unexpected and undesired results try to control your emotions and to consider all the aspects before making a final decision.

As it is known decision making is a certain cognitive process that contains some choice between certain things. The preferences may be quite various and sometimes the process of decision making can be influenced by various factors. That is why every decision has two sides, concerning our mind and our feelings and emotions.

Logical approach to making decisions includes only rational methods and certain mathematical tools. Every decision guided by logic usually excludes any possible influence of the emotions.

As for the process of the emotional decision-making it can have several types and variations. First of all there can be a totally emotional decision. This decision is usually made up rather fast without any use of the rational methods. This type of behavior is also called reactive or subconscious decision-making. A totally emotional decision is usually used when we have no time to think or when we came across some urgent or dangerous conditions.

Some people make emotional decisions with some logic but emotions are usually prevailing. Moreover, it is possible to use your logic at first and then, at the final stage of the decision-making the main decision is totally influenced by the emotions of the person.

It is quite difficult to say what type of decision is better. Decisions guided by logic or emotions both have pros and cons. Emotions are quite important in the process of the decision-making. It is even considered that almost every logical decision is still at least somehow but influenced by emotions.

It is also believed that emotions serve as certain signals that help us to understand whether we are doing something right or wrong. Such subconscious signals often tell us if our logical decisions are wrong or if do not seem to be absolutely right.

However, it is also important to consider the sphere and the activity that requires some decision-making. In case it concerns business or some other vitally important things then it is recommended to try to have an absolutely "cool head" and to try to be realistic and to use only rational or cognitive process that can help you to reach the desired and the most efficient results.

Moreover, it is also considered that our mood and current state can also influence our behavior and our decision-making process. Mood and emotions affects our decisions a lot especially in case it is something quite doubtful and uncertain.

Not so long time ago I had experience of a decision that was guided substantially by certain emotions. This decision was concerning my personal relations. Under the influence of such emotions as anger and a sudden shock I behaved in a rather rude way and quarreled with a close friend. However, after some time I understood that such a behavior was too much and that it was wrong. Luckily, I've managed to use definite rational methods and to have a calm conversation with my friend. As a result we managed to come to understanding and we managed to improve our relations. That was an extremely bright and memorable example of the influence of emotions and logic.

As a conclusion it should be said that every decision should be made up thoroughly and without any hurry. Moreover, it is important to feel confident and calm. Sometimes it is better to trust your logic instead of your emotions. However, in certain cases emotions can serve as really helpful signals that can help you to make the best decision.