

Hesitation

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"If you can admit that you haven't yet understood everything, faith can fill the emptiness in heart to confront the hesitation."

— [Toba Beta](#), [Betelgeuse Incident](#)

I want to write poems which are very emotional, but I would have some hesitation in saying I want to write poems which are sentimental.

[Andrew Motion](#)

Meaning of Hesitation

suspension of opinion or action.

[INDECISION](#) and [INACTION](#)

Reasons for Hesitation

Doubt, Fear & Habit

Mostly, it is 'uncertainty' about something.

Second most common reason is : Fear of going wrong or mistaken (and mostly of getting noticed by someone to have gone wrong)

A small but common reason is : Just a habit of thought, not even giving an attempt to address it today, because it has not been addressed in past (To think, *'I better off in my current state only'*)

Doubt	Fear	Habit
Uncertainty	Low Confidence	Laziness
Lack of info	Shyness	Procrastination
Expects Black and White clarity which is never there in all of the world matters.	Thinks that too much is at stake while actually it won't be so.	Does not even consider of doing it. Has self grown a stereotype about oneself.
If everything in world would be crystal clear to 100%, then who would need thought to act. Won't everyone would just act in best way clearly visible? Even the whole idea of science, which targets certainty in future forecasts, is based on the basic rule of hypothesising, testing, theorising, till next failure. So if science starts with a belief, why can't a simple human being just believe and act for some petty matters of life? Is every doctor always 100% certain of performing a surgery successfully? No. But does that stop them from even attempting? If all educated people like economists, scientists, artists and doctors play well in grey environments of uncertainty, any other poor human can.	Expects too much (perfection) out of oneself. Is closed and zeroed down in vision to oneself alone. Perhaps has not seen outward; heard of the incidents like failing to convert from one unit to other properly and crashing a real space mission because of it. Or eg. The blue screen of death. Or eg. The news anchor sneezing, or thinks that the great people like celebrities / presidents would have never undergone embarrassing situations like accidentally spilling water in a gathering. Those people handle such situations lightly when they happen with a big smile / joking and saying like 'I hate when it happens!..' 'Oops!'	Would say 'Nooo,I'm not that kind' before even listening to his own convictions. Mostly this would be some kind of person who has gone into too much of routine or has left trying anything new / something new out of the usual comfort level. Such person should start not only with the hesitation problem in hand, but also breaking out of usual in general. Eg. Doing small low investment NEW things to start with like talking to newer set of people to know their passions and likes, to watch and listen to a different genre of movies/ music, visiting newer places etc. More of subconscious training is required in this case.

Hesitation vs. Low Confidence

While 'Low Confidence' means to be not sure of being successful in one's performance, the hesitation on the other hand is more strongly associated with the state of 'inaction'.

Eg. A chess player may be low confident of beating Vishwanathan Anand. But that does not imply that he would hesitate to even play with him.

A hesitant person would not even sit down to play. A non hesitant player would be confident enough to sit in front, share a conversation and play his whatever best.

Best way to get rid of hesitation

Hesitation is natural and part of defence mechanism of our psychology. But applying it too much results in state of continuous indecision and inaction leading to states of anxiety and low self esteem.

Apply a basic knowledge check to see if what you are hesitating to do is so obviously wrong/ damaging or not to the best 'quick, basic, intuitive' knowledge of yours. Eg. Jumping off a cliff to expect flying.

If it is not, then, there exists a simple remedy:-

Doubt, Fear, or Habit - all of these can be defeated by imagining yourself for a moment, not as the actual complicated you of this competitive, over-informative world, but as a 5-6 year old child, who is simple and direct in thought, and playful even in failure or fall.