

AI-01701 Binary Choices Synthesis

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In the topic of "binary choice", define the concept. Explain the basic psychological dimensions of binary choice. What are the pros cons of binary choices. In decision making, why it's always better to narrow down to binary choices. Synthesize the concept of binary choices in the context of living well, health, relationships, finance and investing . List 22 examples of each

The concept of "binary choice" refers to a decision-making scenario where an individual is presented with only two mutually exclusive options. The outcome is always one or the other, with no middle ground or additional alternatives. This simplification often boils down complex situations into a "yes/no," "true/false," or "this/that" framework.

Basic Psychological Dimensions of Binary Choice

Binary choices engage several psychological dimensions, often influencing how we perceive and make decisions:

- **Cognitive Load Reduction:** By limiting options to two, binary choices significantly reduce the cognitive effort required for decision-making. Our brains are wired to simplify information, and a binary choice avoids the overwhelm that comes with multiple alternatives, allowing us to focus on the core elements.
- **Perceived Simplicity and Clarity:** The inherent simplicity of a binary choice provides a sense of clarity. It can make complex problems feel more manageable and less daunting, as the path forward appears straightforward.
- **Certainty vs. Uncertainty:** Binary choices often present a clearer path to a definitive outcome. While the outcome itself might be uncertain (e.g., will it be

A or B?), the decision process aims for a clear "commit" or "don't commit" action, which can reduce ambiguity and anxiety.

- **Bias and Framing Effects:** How the two options are presented or "framed" can heavily influence the choice. For instance, presenting one option as a gain and the other as a loss can trigger different responses (prospect theory). The order in which options are presented can also create a "reachability bias," favoring the first option.
- **Anchoring and Adjustment:** In some cases, one of the binary options might serve as an "anchor," influencing the perception of the other. The decision-maker might then adjust their evaluation relative to this anchor.
- **Emotional Response:** Binary choices can evoke strong emotional responses. The "all or nothing" nature can heighten the stakes, leading to more intense feelings of satisfaction or regret depending on the outcome.
- **Internal Assessment Value (IAV) and Confidence:** When a decision is binary, especially after reducing multiple options, the individual's "Internal Assessment Value" or confidence in their choice tends to be higher. This is because the decision feels more concrete and less fraught with uncertainty.

Pros and Cons of Binary Choices

Pros:

- **Reduced Cognitive Overload:** Simplifies complex situations, making them easier to process.
- **Faster Decision-Making:** Eliminates the need to weigh numerous options, leading to quicker choices.
- **Increased Clarity:** Provides a clear path forward, reducing ambiguity and indecision.
- **Higher Confidence (in some cases):** When a complex decision is successfully narrowed down, it can lead to greater confidence in the chosen path.
- **Conflict Avoidance:** By presenting only two choices, it can prevent analysis paralysis and the internal conflict that arises from too many alternatives.

- **Effective for Initial Screening:** Excellent for quickly filtering out irrelevant options or making preliminary decisions.

Cons:

- **Oversimplification of Complex Issues:** Many real-world problems have more than two solutions or involve shades of grey, which binary choices fail to capture.
- **Forced Choices:** Can lead to a feeling of being forced into an undesirable option if neither of the two presented choices is ideal.
- **Missed Opportunities:** May lead to overlooking superior alternatives that fall outside the binary framework.
- **Lack of Nuance:** Fails to account for the complexities and subtleties of a situation, potentially leading to suboptimal outcomes.
- **Increased Risk of Error (if not well-defined):** If the binary options are poorly defined or do not accurately represent the true alternatives, it can lead to incorrect decisions.
- **Limited Scope for Creativity:** Restricts divergent thinking and the exploration of innovative solutions.

Why It's Always Better to Narrow Down to Binary Choices in Decision Making

While it's important to acknowledge the limitations, narrowing down to binary choices is often considered better in decision-making for several reasons:

1. **Reduces Decision Fatigue:** Our capacity for making good decisions is finite. Faced with too many choices, we experience decision fatigue, leading to poorer quality decisions or procrastination. Binary choices conserve mental energy.
2. **Forces Prioritization:** To reduce multiple options to two, you must critically evaluate and prioritize. This process compels you to identify the most crucial factors and eliminate less important ones.
3. **Enhances Focus:** With only two options, your attention is concentrated on the core trade-offs, allowing for a deeper analysis of those two specific

alternatives.

4. **Improves Confidence and Commitment:** When you have thoroughly analyzed a situation and distilled it to a binary choice, the act of making that final "yes" or "no" decision often comes with a stronger sense of confidence and commitment to the chosen path. This "Internal Assessment Value" (IAV) is boosted.
5. **Facilitates Action:** Simpler decisions are easier to act upon. Overthinking multiple options can lead to inertia, while a clear binary choice encourages movement forward.
6. **Break Down Complexity:** Large, overwhelming decisions can be broken down into a series of smaller, sequential binary choices. For example, "Should I pursue higher education?" (yes/no). If yes, then "Should I pursue a Master's or a PhD?" (binary choice). This makes the overall process manageable.

It's crucial to understand that "narrowing down to binary choices" doesn't mean *starting* with only two options. Instead, it's a strategic step in the decision-making process where, after an initial exploration of possibilities, you refine and eliminate options until you are left with the most compelling two.

Synthesizing the Concept of Binary Choices in Context

The concept of binary choices is powerful because it simplifies decision points, prompting decisive action.

Living Well

In living well, binary choices often relate to foundational habits, mindsets, and self-care. They can be about choosing presence over distraction, action over inaction, or a positive outlook over negativity.

22 Examples of Binary Choices in Living Well:

1. **Present Moment vs. Distraction:** Be present or be distracted.
2. **Action vs. Procrastination:** Take action or procrastinate.
3. **Positive Mindset vs. Negative Mindset:** Cultivate a positive outlook or dwell on negativity.
4. **Learning vs. Stagnation:** Learn something new or remain stagnant.

5. **Self-Care vs. Neglect:** Prioritize self-care or neglect your needs.
6. **Mindfulness vs. Mindlessness:** Practice mindfulness or live mindlessly.
7. **Gratitude vs. Complaint:** Express gratitude or complain.
8. **Growth vs. Comfort Zone:** Embrace growth or stay in your comfort zone.
9. **Authenticity vs. Pretense:** Be authentic or put on a pretense.
10. **Generosity vs. Selfishness:** Be generous or be selfish.
11. **Forgiveness vs. Resentment:** Forgive or hold onto resentment.
12. **Resilience vs. Giving Up:** Be resilient in the face of challenges or give up.
13. **Order vs. Chaos:** Create order or tolerate chaos.
14. **Meaningful Work vs. Unfulfilling Work:** Pursue meaningful work or settle for unfulfilling work.
15. **Setting Boundaries vs. Being a People-Pleaser:** Set healthy boundaries or constantly try to please others.
16. **Declutter vs. Accumulate:** Declutter your space or continue accumulating.
17. **Early Bird vs. Night Owl (for specific tasks):** Tackle important tasks early or late.
18. **Digital Detox vs. Constant Connectivity:** Take a digital detox or remain constantly connected.
19. **Pursue a Passion vs. Ignore it:** Pursue a personal passion or ignore it.
20. **Give Back vs. Take:** Contribute to others or focus solely on taking.
21. **Learn a New Skill vs. Rely on Old Skills:** Acquire new skills or rely on existing ones.
22. **Seek Help vs. Struggle Alone:** Seek help when needed or struggle independently.

Health

In health, binary choices are often about adopting healthy habits versus unhealthy ones, or addressing symptoms versus ignoring them.

22 Examples of Binary Choices in Health:

1. **Exercise vs. Sedentary Lifestyle:** Exercise regularly or remain sedentary.
2. **Healthy Eating vs. Unhealthy Eating:** Choose nutritious foods or unhealthy ones.
3. **Adequate Sleep vs. Sleep Deprivation:** Prioritize sufficient sleep or suffer from deprivation.
4. **Hydration vs. Dehydration:** Drink enough water or become dehydrated.
5. **Stress Management vs. Chronic Stress:** Actively manage stress or allow it to become chronic.
6. **Regular Check-ups vs. Avoiding Doctors:** Attend routine check-ups or avoid medical care.
7. **Mindful Eating vs. Distracted Eating:** Eat mindfully or distractedly.
8. **Preventive Care vs. Reactive Treatment:** Focus on prevention or wait for problems to arise.
9. **Vaccination vs. Non-Vaccination:** Choose to vaccinate or not.
10. **Smoking vs. Quitting Smoking:** Continue smoking or quit.
11. **Moderate Alcohol vs. Excessive Alcohol:** Consume alcohol in moderation or excessively.
12. **Sun Protection vs. Sun Exposure:** Use sun protection or expose yourself to harmful UV rays.
13. **Dental Hygiene vs. Neglect:** Practice good dental hygiene or neglect it.
14. **Mental Health Support vs. Self-Isolation:** Seek mental health support or isolate yourself.
15. **Portion Control vs. Overeating:** Practice portion control or overeat.
16. **Regular Movement Breaks vs. Prolonged Sitting:** Take breaks for movement or sit for extended periods.
17. **Screen Time Limit vs. Unlimited Screen Time:** Limit screen time or use it excessively.

18. **Listen to Body Signals vs. Ignore Body Signals:** Pay attention to your body's cues or ignore them.
19. **Adhere to Medication vs. Non-Adherence:** Take prescribed medication as directed or not.
20. **Seek Second Opinion vs. Accept First Diagnosis:** Get a second opinion or accept the first diagnosis.
21. **Maintain Healthy Weight vs. Gain Weight:** Work to maintain a healthy weight or allow weight gain.
22. **Hygiene Practices vs. Poor Hygiene:** Practice good personal hygiene or neglect it.

Relationships

In relationships, binary choices revolve around engagement, communication, and commitment versus disengagement, avoidance, and detachment.

22 Examples of Binary Choices in Relationships:

1. **Active Listening vs. Passive Hearing:** Actively listen or passively hear.
2. **Open Communication vs. Bottling Up Feelings:** Communicate openly or bottle up emotions.
3. **Empathy vs. Indifference:** Show empathy or be indifferent.
4. **Trust vs. Suspicion:** Build trust or harbor suspicion.
5. **Support vs. Criticism:** Offer support or criticize.
6. **Forgiveness vs. Holding Grudges:** Forgive or hold grudges.
7. **Quality Time vs. Distraction:** Spend quality time or be distracted.
8. **Honesty vs. Deception:** Be honest or deceive.
9. **Commitment vs. Detachment:** Commit to the relationship or remain detached.
10. **Respect vs. Disrespect:** Show respect or disrespect.
11. **Compromise vs. Stubbornness:** Compromise or be stubborn.
12. **Appreciation vs. Taking for Granted:** Show appreciation or take others for granted.

13. **Setting Boundaries vs. Enabling:** Establish boundaries or enable negative behavior.
14. **Conflict Resolution vs. Avoidance:** Address conflicts or avoid them.
15. **Shared Activities vs. Separate Lives:** Engage in shared activities or lead separate lives.
16. **Acceptance vs. Judgment:** Accept others as they are or judge them.
17. **Vulnerability vs. Guardedness:** Be vulnerable or remain guarded.
18. **Loyalty vs. Betrayal:** Be loyal or betray trust.
19. **Apologize vs. Blame:** Apologize when wrong or place blame.
20. **Give vs. Take (imbalance):** Prioritize giving or solely taking.
21. **Nurture vs. Neglect:** Nurture the relationship or neglect it.
22. **Presence vs. Absence:** Be present in the relationship or absent.

Finance

In finance, binary choices are often about spending versus saving, debt versus freedom, or short-term gratification versus long-term security.

22 Examples of Binary Choices in Finance:

1. **Save vs. Spend:** Save money or spend it.
2. **Invest vs. Hoard Cash:** Invest your money or hoard cash.
3. **Pay Down Debt vs. Accumulate Debt:** Actively pay down debt or accumulate more.
4. **Budgeting vs. No Budget:** Create and stick to a budget or live without one.
5. **Needs vs. Wants (prioritization):** Prioritize needs over wants or vice-versa.
6. **Earn More vs. Spend Less:** Focus on increasing income or reducing expenses.
7. **Emergency Fund vs. No Safety Net:** Build an emergency fund or have no financial safety net.

8. **Financial Education vs. Ignorance:** Educate yourself financially or remain ignorant.
9. **Automation of Savings vs. Manual Savings:** Automate your savings or manually save.
10. **Frugality vs. Extravagance:** Practice frugality or be extravagant.
11. **Retirement Planning vs. No Plan:** Plan for retirement or have no plan.
12. **Insurance vs. No Insurance:** Get appropriate insurance or go uninsured.
13. **Side Hustle vs. Single Income:** Start a side hustle or rely on a single income.
14. **Credit Card Debt vs. Debt-Free:** Carry credit card debt or be debt-free.
15. **Rent vs. Buy (housing):** Rent a home or buy a home.
16. **Fixed Expenses vs. Variable Expenses (managing):** Control fixed expenses or let them inflate.
17. **Negotiate vs. Accept First Offer:** Negotiate prices/salaries or accept the first offer.
18. **Track Spending vs. Unaware Spending:** Track your spending or remain unaware.
19. **Compound Interest vs. Simple Interest (understanding):** Harness compound interest or settle for simple.
20. **Active vs. Passive Income:** Pursue active income or develop passive income streams.
21. **Debt Consolidation vs. Multiple Debts:** Consolidate debts or manage multiple separate debts.
22. **Tax Planning vs. No Tax Planning:** Engage in tax planning or neglect it.

Investing

In investing, binary choices are often about risk tolerance, active versus passive strategies, or short-term gains versus long-term growth.

22 Examples of Binary Choices in Investing:

1. **Invest Now vs. Wait:** Invest now or wait for a "better" time.

2. **Stocks vs. Bonds:** Allocate to stocks or bonds.
3. **Growth Investing vs. Value Investing:** Focus on growth stocks or value stocks.
4. **Active Management vs. Passive Indexing:** Choose actively managed funds or passive index funds.
5. **Diversify vs. Concentrate:** Diversify your portfolio or concentrate it.
6. **Long-Term vs. Short-Term:** Invest for the long term or for short-term gains.
7. **Rebalance vs. Let Ride:** Rebalance your portfolio regularly or let it drift.
8. **Automate Investments vs. Manual Investments:** Automate recurring investments or make them manually.
9. **Risk Tolerance: High vs. Low:** Take on high risk or low risk.
10. **Individual Stocks vs. ETFs/Mutual Funds:** Invest in individual stocks or diversified funds.
11. **Domestic vs. International Markets:** Focus on domestic markets or international markets.
12. **Taxable vs. Tax-Advantaged Accounts:** Invest in taxable accounts or tax-advantaged accounts (e.g., IRA, 401k).
13. **Reinvest Dividends vs. Take Dividends:** Reinvest dividends or take them as cash.
14. **Dollar-Cost Averaging vs. Lump Sum:** Practice dollar-cost averaging or invest a lump sum.
15. **Fundamental Analysis vs. Technical Analysis:** Rely on fundamental analysis or technical analysis.
16. **Be Patient vs. Panic Sell:** Remain patient during market downturns or panic sell.
17. **Learn Investing vs. Delegate Investing:** Learn about investing yourself or delegate to a professional.
18. **Blue-Chip Stocks vs. Speculative Stocks:** Invest in stable blue-chip companies or speculative ventures.

19. **Income Investing vs. Capital Appreciation:** Seek income from investments or capital appreciation.
20. **Market Timing vs. Time in Market:** Attempt to time the market or focus on time in the market.
21. **ESG Investing vs. Traditional Investing:** Invest in Environmental, Social, and Governance (ESG) friendly companies or traditional companies.
22. **Review Portfolio Regularly vs. Set and Forget (poorly):** Regularly review your portfolio or neglect it after initial setup.

In decision making (often times), it's not always simplistic to get to a binary choice, list 22 general protocols I can deploy to at least get closer to a binary or tertiary choice.

It's true that real-world decisions rarely present themselves as neat binary options. The process of arriving at a manageable set of choices, be it binary or tertiary, often requires a structured approach. Here are 22 general protocols you can deploy to systematically narrow down complex decisions:

Protocols to Narrow Down Choices (Towards Binary/Tertiary)

1. **Define the Core Problem/Objective:** Clearly articulate what decision needs to be made and what outcome you are aiming for. A well-defined problem statement is the first step in eliminating irrelevant options.
2. **Brainstorm Broad Options:** Initially, allow for divergent thinking. List *all* possible solutions or courses of action, no matter how outlandish they may seem at first.
3. **Establish Non-Negotiable Criteria (Must-Haves):** Identify absolute requirements or constraints. Any option that doesn't meet these criteria is immediately eliminated. This is your first filter.
4. **Identify Desirable Criteria (Nice-to-Haves):** List factors that would make an option more appealing, even if not strictly necessary. These will be used for ranking and prioritizing.
5. **Categorize Similar Options:** Group similar options together. Often, multiple initial ideas are variations of a larger theme. This can reduce the sheer number of distinct choices.

6. **Eliminate Duplicates/Redundancies:** Review your list for any identical or near-identical options that were phrased differently.
7. **Identify Mutually Exclusive Options:** Pinpoint options where choosing one automatically negates the possibility of choosing another. These are prime candidates for forming your binary or tertiary choices.
8. **Assess Feasibility (Practicality Check):** For each option, ask: Is this realistically achievable given resources (time, money, skills), regulations, or other external factors? Eliminate infeasible options.
9. **Conduct a "Reverse Brainstorm" (What Not to Do):** Think about what you definitely *don't* want to happen or what actions you absolutely want to avoid. This can help rule out options that lead to undesirable outcomes.
10. **Impact Analysis (Pros & Cons at a High Level):** For the remaining options, quickly list the major potential upsides and downsides. This helps surface immediate red flags or strong advantages.
11. **Prioritize Criteria (Weighting):** If you have multiple desirable criteria, rank or assign weights to them. This helps in comparing options when a clear "winner" isn't obvious.
12. **The "Eliminate the Weakest Link" Protocol:** Continuously review the remaining options and identify the objectively weakest one based on your criteria. Remove it. Repeat until you reach your target number.
13. **The "Combine and Conquer" Protocol:** Can two or more smaller, similar options be combined into a more comprehensive, yet still distinct, alternative? This reduces the number of choices without losing potential.
14. **Risk Assessment (High-Level):** For each remaining option, identify the biggest risks. Options with unmanageable or disproportionate risks might be dropped.
15. **The "Future Self" Test:** Imagine you've chosen a particular option. Fast forward 1, 5, or 10 years. How do you feel about that decision? This can help illuminate long-term implications.
16. **Seek an Outside Perspective (Neutral Party):** Present your refined list of options to a trusted, unbiased individual. Their fresh perspective can reveal blind spots or help you see the options differently.

17. **Force-Rank the Top Contenders:** If you're struggling between, say, 5 options, force yourself to rank them from 1 to 5. This often helps reveal your true preferences.
18. **The "If I Had to Choose Only One" Protocol:** Mentally (or actually) try to choose just one option from your list. Then consider the one you would choose if that first one wasn't available. This often leads to your top two.
19. **Cost-Benefit Analysis (Simplified):** Even if not a full quantitative analysis, a quick qualitative assessment of the costs versus benefits for each option can help clarify value.
20. **Identify "No-Go" Scenarios:** For each option, define a scenario that would make you absolutely unwilling to proceed with it. If such a scenario is highly probable, eliminate the option.
21. **The "Binary Split" Strategy:** If you have several options, try to create a "split" by asking a foundational binary question. For example, if deciding on a new job, the first question might be: "Do I want to stay in my current industry or switch?" This divides your options into two major groups, which you can then address separately.
22. **Pilot Test or Small-Scale Experiment (if applicable):** For some decisions, it's possible to "test the waters" with a smaller version of one or two options before committing fully. This can help you confidently eliminate one.

ChatGPT Version

Definition: Binary Choice

A **binary choice** is a decision between two distinct alternatives—commonly framed as "yes/no," "this/that," or "go/stay." It simplifies complex possibilities into two clearly defined options, helping decision-makers act decisively.





Basic Psychological Dimensions of Binary Choice

1. **Cognitive Load Reduction** – Fewer options decrease mental fatigue.
2. **Clarity** – Simplifies ambiguity; black-and-white framing fosters faster decisions.





3. **Commitment Activation** – Forces a decision; avoids the paralysis of analysis.
 4. **Emotional Polarization** – Can amplify emotional investment in one side.
 5. **Risk Framing** – Simplifies evaluation of gains vs losses.
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Pros and Cons of Binary Choices

Pros:

-  **Faster decisions:** Less time spent weighing multiple options.
-  **Reduced complexity:** Useful when overwhelmed or under time pressure.
-  **Focuses priorities:** Forces you to define what truly matters.
-  **Improves action-taking:** Easier to commit and follow through.

Cons:

-  **Oversimplifies nuance:** Can ignore better alternatives or shades of gray.
 -  **Forces false dichotomies:** “Either/or” framing may be artificial.
 -  **May increase regret:** You might feel trapped or doubt later.
 -  **Emotionally rigid:** Can limit empathy and adaptability.
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Why Narrow Down to Binary Choices in Decision-Making

- Humans handle 2–3 variables best under stress.
 - Binary framing promotes **decisiveness and execution**, especially in high-stakes situations.
 - It acts as a **filter**: distills overwhelming information into actionable clarity.
 - Once binary clarity is achieved, decision fatigue is drastically reduced.
 - Even in complex choices, a binary lens helps isolate **what matters most**.
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Synthesis: Binary Choice in Key Life Domains

1. Living Well

- Go for a walk or stay in
- Eat mindfully or emotionally
- Practice gratitude or complain
- Be curious or be judgmental
- Engage or withdraw
- Learn something or scroll passively
- Sleep early or binge-watch
- Rest or hustle
- Spend time alone or with others
- Wake early or snooze
- Say no or overcommit
- Keep it simple or complicate
- Be present or dwell on past/future
- Choose joy or default to misery
- Forgive or hold grudges
- Live intentionally or drift
- Speak your truth or stay silent
- Reflect or avoid introspection
- Embrace change or resist
- Be consistent or impulsive
- Accept imperfection or chase perfect
- Be grateful or envious

2. Health

- Hydrate or skip water
- Exercise or stay sedentary

- Get sleep or sacrifice it
- Manage stress or suppress it
- Eat whole foods or junk food
- Stretch or stay tight
- Meditate or stay reactive
- Smoke/vape or quit
- Limit sugar or indulge
- Check vitals or ignore
- Wear sunscreen or not
- Take meds or skip
- Go for checkup or delay
- Eat slowly or rush
- Breathe deeply or shallowly
- Lift weights or lose muscle
- Drink alcohol or abstain
- Stand or sit longer
- Be proactive or reactive
- Walk stairs or elevator
- Track progress or wing it
- Focus on sleep hygiene or ignore

3. Relationships

- Listen or interrupt
- Give space or smother
- Apologize or stay proud
- Support or criticize

- Be honest or polite-lie
- Stay or leave
- Respect or control
- Empathize or argue
- Reach out or wait
- Forgive or punish
- Share feelings or shut down
- Set boundaries or please
- Be vulnerable or guarded
- Show up or disappear
- Trust or doubt
- Appreciate or expect
- Validate or dismiss
- Let go or obsess
- Be patient or reactive
- Stay loyal or cheat
- Grow together or stagnate
- Compromise or insist

4. Finance

- Save or spend
- Budget or wing it
- Track expenses or ignore
- Delay gratification or indulge
- Invest or hoard cash
- Buy quality or quantity

- Emergency fund or not
- Negotiate or accept
- Pay off debt or delay
- Live below means or not
- Use cash or credit
- Need vs want
- Rent or own
- Downsize or upgrade
- Insure or risk it
- Diversify or concentrate
- Review statements or not
- Avoid scams or gamble
- Plan estate or ignore
- Give or hoard
- Spend mindfully or impulsively
- Delay luxury or chase it

5. Investing

- Passive or active
- Index fund or stock-pick
- Buy or hold
- Long-term or short-term
- Low-cost or high-fee
- Diversify or concentrate
- Dollar-cost average or lump sum
- Follow plan or chase trends

- Panic sell or hold firm
 - Use tax-advantaged or not
 - Stick to plan or react
 - Value or growth
 - Risk tolerance or greed
 - Tech or dividend stocks
 - ETF or mutual fund
 - Own or lease rental
 - Rebalance or not
 - Research or speculate
 - Emergency fund or margin
 - Follow cycles or ignore
 - Be contrarian or herd-following
 - Ignore noise or chase headlines
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22 General Protocols to Move Closer to a Binary or Tertiary Choice

1. **Define the outcome you want** (clarifies goalposts).
2. **Write down all possible options.**
3. **Eliminate unrealistic ones first** (filters noise).
4. **Group similar options** (creates natural clusters).
5. **Use "if I had to choose today..." test.**
6. **Apply decision criteria (cost, time, impact).**
7. **Use a pros and cons list.**
8. **Frame as "gain vs avoid loss".**
9. **Limit choices to 3 max.**

10. **Ask: "What would I advise a friend?"**
11. **Use 10-10-10 Rule** (impact in 10 mins, 10 months, 10 years).
12. **Rate each option from 1-10 on clarity, ease, impact.**
13. **Use gut feel after logic.**
14. **Ask: Is this reversible?** (if yes, act quickly).
15. **Try the worst-case scenario test.**
16. **Time-box the decision** (e.g., 1 hour, 1 day).
17. **Ask: Which option brings me closer to who I want to be?**
18. **Reverse the question** (What if I don't choose X?).
19. **Make a mock decision, sleep on it.**
20. **Imagine failure: which choice do I regret not taking?**
21. **If stuck, flip a coin and observe your reaction.**
22. **Defer to your values, not emotions.**

Let me know if you want these organized into a visual matrix or summarized into a one-pager.