

Deciding when to quit

When we're struggling, we may reach a point of oscillating between frustrated rage and helpless despair. The solution? Choose the right time to give up, which might be now or might be never; either way, the choice puts you back in the driver's seat. Science has an answer for when to walk away. All you have to do is write four lists:

staying the same	quitting
<div>Benefits (immediate)</div> <div></div> <div>Benefits (longer term)</div>	<div>Benefits (immediate)</div> <div></div> <div>Benefits (longer term)</div>
<div>Costs (immediate)</div> <div></div> <div>Costs (longer term)</div>	<div>Costs (immediate)</div> <div></div> <div>Costs (longer term)</div>