

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
Benefits (immediate)	Benefits (immediate)
Benefits (longer term)	Benefits (longer term)
Costs (immediate)	Costs (immediate)
Costs (longer term)	Costs (longer term)