

EMOTIONAL BOOKENDS

Emotional bookends are the emotions we experience before and after an important decision. To avoid uncomfortable emotions, we often delay decisions or make decisions too quickly. But if we instead listen to our emotions—both those we currently feel and those we anticipate feeling later—they can help us make responsible decisions.

| What decision do you have to make? | How does this decision make you feel? |
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| What actions could you take? | How might each action make you feel? |
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| Reflection Questions | |
| What did you notice during this process? | |
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| Do you have new ideas about your decision? | |
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| Are there other decisions you may need to make? | |
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Source: Einhorn, C. S. (2022, September 9). *Emotions aren't the enemy of good decision-making*. Harvard Business Review. Accessed at <https://hbr.org/2022/09/emotions-arent-the-enemy-of-good-decision-making> on November 19, 2024.