

# The Quincy Sun

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## Overcoming Indecision in Interior Decorating

*I am paralyzed with indecision: paint colors, furniture fabrics, accessories – everything! Then, after months of waffling and the anxiety it brings, I often second guess my choice. Help! Mona*

Decision-making causes stress for many people. To reach the best results, remember my rhyming method: conceptualize, analyze, finalize, realize and personalize.

**Conceptualize:** In this step, think of the big picture, identify any problems to solve, involve family members if necessary, and make a wish list and inspiration board. For example, I am currently designing a craft room with a client who wants better storage for her supplies. We are brainstorming ideas such as installed kitchen cabinets, closet systems, or purchasing ready-made items designed for home office or crafting needs. In this stage, be open to many possibilities but stay focused.

**Analyze:** Now, do your research. Measure your space and prioritize your wish list before gathering and comparing prices and designing layouts. For the draft room project, we met with a kitchen designer, looked online at closet models, and visited the Container Store. We discovered that these ready-made products with multiple drawers in a wheeled cabinet can be more expansive than kitchen cabinets and we want to take advantage of wall space for extra storage. We also learned that there are considerably fewer drawer sizes available from the closet companies.

**Finalize, Realize and Personalize:** In the first stage you defined the problem; now it the time to create the solution. In many cases, this is a gut decision – you know what you like, what you don't like, what mood you want to invoke in the room, etc. Combined with the knowledge gained in the previous stage, set your wish list into motion by ordering those kitchen cabinets and adding the appropriate accessories to corral craft supplies and add personality to your space. Design for comfort, flow, and balance. Don't let decision fatigue settle in and don't second guess yourself; pull the trigger.

If you cannot do this on your own, interior decorators have considerable experience pointing to the best sources, streamlining options, and addressing budget and timeline concerns.

In closing, when a client is struggling with choices, I share this quote from LA designer Milton Glaser: "There are three responses to a piece of design – yes, no, and WOW! Wow is the one to aim for."

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