

《治不好的“选择焦虑症”》

有的人就是天生的纠结帝，小到中午吃饭去哪吃，大到毕业是要考研、出国还是工作都得苦思冥想一番，越想越迷茫。对于这些人来说，选择越多，焦虑越多；选择越难以取舍，焦虑越深。



Choice anxiety is induced by the need to choose between similar options and is increasingly being recognized as a problem for individuals.

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Research on consumerism shows that shoppers experience increased anxiety when asked to choose from a greater number of similar products. In this case, a reduction of choices reduces anxiety and eases decision-making.

[illegible]

For example:

I suffer from a terrible choice anxiety, even when I'm having a fanatastic time, because there is always something

else I'm missing out on. Life was so much easier when there were fewer options.

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