Dilemma Navigator

Unlocking stuck decisions on competing priorities

3 Try out new dilemma strategies – there are more than you think!

TESTING the dilemma

Prioritize
Do we really have no (secret) priority in this case?

Chance
Let a coin decide – are you relieved or disappointed with the result?

Complete
What crucial information would change the picture?

Wait and See
What will happen anyway?

Perforate
What would be an acceptable exception?

Dedemonize
Where does reactive devaluation block optional thinking?

Bypass
What replaces a real solution?

Bridge
Is there a shared overriding priority?

SIDESTEPPING the dilemma

Dilemma A vs. B

DISASSEMBLING the dilemma

Incrementalize
What small steps are digestible?

Sequence
What needs to be done first, what can be done second?

Decouple
What can run independently of each other?

Compartmentalize
Where can we split up tasks or roles?

Reframe
From which perspective is there no dilemma?

Enlarge
Where else do we have the same problem?

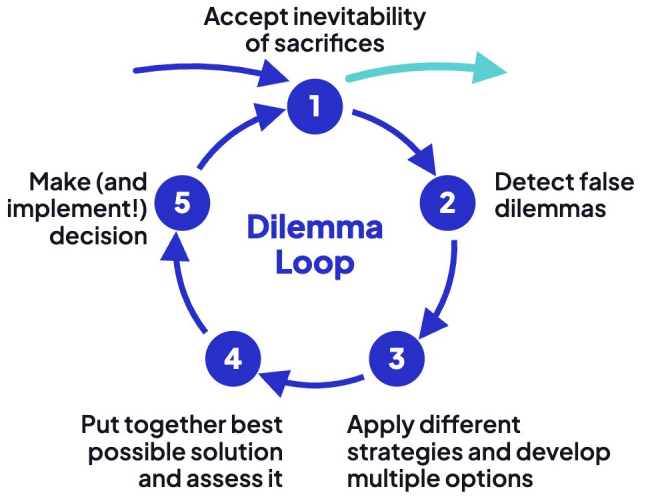
Starve
Who profits from the dilemma, and how do we stop feeding it?

Utilize
What is the dilemma useful for?

DECONSTRUCTING the dilemma

4 Put together best possible solution and assess result

Rotten compromise (sacrificing a non-negotiable)	Still full dilemma (either/or)	Trade-off (more here, less there)	Integrative solution (both)	Neither-nor (beyond)

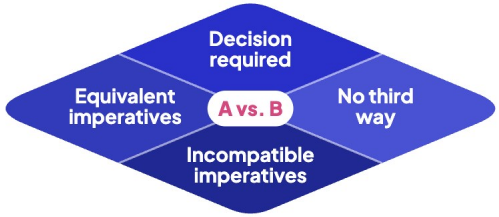


1 Aim for least harmful, not perfect solution

"In a real dilemma, there is no way around sacrificing something. So, the question is: Which of these sacrifices can we, and others affected, best endure?"

"The worst losses occur when you give up too soon or get stuck and do nothing."

2 Check if it's a true dilemma – if not, you know how to solve it



© Anne Holper, Center for Peace Mediation, European University Viadrina, 2026

Impact Hub, funded by Federal Foreign Office and Robert Bosch Foundation