



We have to make a bunch of decisions every day. Learning to make good decisions helps us to become more independent and responsible. But...why is it so hard to make decisions? Why is it so hard to say 'Yes' or 'No'? Why is this so? Well, there may be many reasons and factors for that. Some people are fearless, enjoying risk and adventure, while others are fearful of making change and making mistakes, preferring to stay close to what is familiar.



Intuition

How about trusting your intuition? Intuition is also known as 'sixth sense'. How much do you trust your sixth sense? Although people talk about it as if it was a magical 'sense', intuition is actually a combination of past experience and your personal values. You should consider your intuition because it reflects your learning about life. It is, however, not always based on reality, only your perceptions. The result of our decision depends on the things which are happening around us. It was beyond our control. But we are responsible for all our decisions. Every decision you make is a battle between intuition and logic.

Keywords for decision making

- | | |
|---------------------|------------------|
| alternative - _____ | coherent - _____ |
| ambiguous - _____ | error - _____ |
| ambiguity - _____ | concept - _____ |
| analytical - _____ | context - _____ |
| average - _____ | criteria - _____ |
| arbitrary - _____ | dilemma - _____ |
| biased - _____ | nonsense - _____ |



Empathy is the capacity to understand or feel what another person is going through. It's the capacity to place oneself in another's position. You can't put yourself in someone's shoes without knowing their story. Picture yourself in their position. Asking questions is not enough. That's because empathy occurs on an emotional level. What emotions are this person experiencing right now? What do those emotions feel like if I experience them? Have I ever been in a similar situation? How did I feel? Empathy is important because it helps us understand how others are feeling so we can respond appropriately to the situation. In some individuals, empathy is genetic, but in others, it might relate to an environmental condition during childhood.



Empathetic people give the impression that they care about what you're going through. They have a special quality. The best thing to do is to truly listen when others are speaking. Put down your cell phone when you're having a conversation with someone, look the person in the eye, without distractions or interruptions. When you are empathetic toward others, you help them feel better about themselves. You let them know that they are not alone in their problems. You also strengthen your relationship with the person, because when you seek to share the feelings of the other, you allow thoughts and emotions to flow between the both of you. So how can we be more empathetic?



People ask for your advice

- 1 - **Put yourself in the person's shoes.** It's easy for us to comment and judge. We can say "This is no big deal" or "I don't see why you feel this way" or "You're over-reacting."
- 2 - **Show care and concern.** When someone tells you a personal problem, chances are that he or she doesn't feel well and needs your emotional support. Show your care.
- 3 - **Ask questions.** Questions open a conversation. When someone gets the courage to share, especially a personal problem, asking questions encourages them to share more.
- 4 - **Don't run ahead of the conversation.** A big mistake people make when someone is sharing a problem, is that they simply jump to the end point of the conversation.

5 - Show emotional support. Last but not least, give emotional support. This means, give them your trust and affirmation. Encourage them. Let them know that no matter what happens, you have their back.

The History of Casinos



Casinos have a long and interesting history. The word "casino" comes from the Italian word "casa," which means house. In the 17th century, Italians started using the term to describe small country villas, social clubs, or **summerhouses**. Eventually, the word **evolved** to mean a place where people could enjoy various forms of **entertainment**, including **gambling**. The first official **gambling house** in Europe was the Casino di Venezia, which opened in 1638 in Venice, Italy. It was a place where the wealthy could gamble and socialize. Gambling quickly became popular across Europe.

In the United States, gambling has a **diverse** history. It began with lotteries in the early colonies to **raise funds** for public works. The first American casino was the New Orleans' **gambling hall** in the early 1800s. By the mid-1800s, riverboat casinos were common along the Mississippi River. In the early 20th century, many states **banned** gambling, but it went **underground**, controlled by criminal organizations. This changed in 1931 when Nevada legalized gambling to **boost** its economy during the Great Depression. Las Vegas, a small town in Nevada, soon became the gambling capital of the world. Today, it is famous for its luxurious casinos, entertainment, and nightlife.



As of 2024, casinos are legal in 44 out of the 50 states in the USA. Each state has different regulations and types of casinos. Some states have large resort casinos, like those in Las Vegas and Atlantic City. Others have smaller tribal casinos run by Native American tribes. These casinos are often found on tribal lands and operate under federal regulations. Nowadays Casinos offer a variety of games, such as **slot machines**, poker, blackjack, roulette, and many others. They are designed to be exciting places where people can try their luck and enjoy other forms of entertainment, such as shows, concerts, and fine dining.

