

“The Five-Second Rule of Decision-Making”

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Browsing through dozens of dinner options, Leon clicked and clicked, adding tabs to his browser like trophies. **Having already rejected six places**, he started doubting everything.

Some experts suggest using a “five-second rule”: **If a choice feels right, go with it — quickly.** The more we hesitate, the less confident we feel.

Tempted by the illusion of the perfect choice, many of us overanalyse and delay action.

Trained to compare, we forget that satisfaction often comes from simplicity.

In an age **bombarded with data**, sometimes our best option is to pause... and trust the gut.

Comprehension Questions:

- What is the “five-second rule”?
- What does “tempted by the illusion of the perfect choice” mean?
- What happens when we hesitate too long?
- Do you relate to Leon? In what situations?

Grammar Focus – Participle Clauses vs. Reduced Relative Clauses

Explanation

① Participle Clauses = used to shorten a sentence, showing time, reason, condition or result.

Often begins with a participle (present, past, or perfect).
Used when the subject is the same in both actions.

Examples:

- *Overwhelmed by options*, she gave up. (= Because she was overwhelmed)
- *Scrolling through apps*, he forgot the time. (= While he was scrolling)
- *Having compared 10 hotels*, he picked one. (= After he had compared)

2 Reduced Relative Clauses = a short way to describe a noun by removing "who/that + verb".

Used to make language more concise. Only reduce **active or passive relative clauses**.

Examples:

- *The man who lives next door* → The man living next door
 - *The app that helps you decide* → The app helping you decide
 - *The files that were deleted* → The files deleted
- ♦ **Important:** The subject of the relative clause and the main clause **must** refer to the same noun.

Side-by-Side Comparison

Type	Original	Reduced
Participle Clause	While he was browsing, he panicked.	Browsing, he panicked.
Reduced Relative Clause	The tool that shows results is useful.	The tool showing results is useful.

♦ Practice

 Task 1: Identify the type & transform the sentence

1. Say if it's a **Participle Clause** or **Reduced Relative Clause**
 2. Rewrite it using the reduced form
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1. The woman who runs the site is a psychologist.

→ _____

2. While he was reading, he ordered food.

→ _____

3. The app that tracks your habits is free.

→ _____

4. After he had clicked 10 links, he gave up.

→ _____

5. The page that was overloaded crashed.

→ _____
