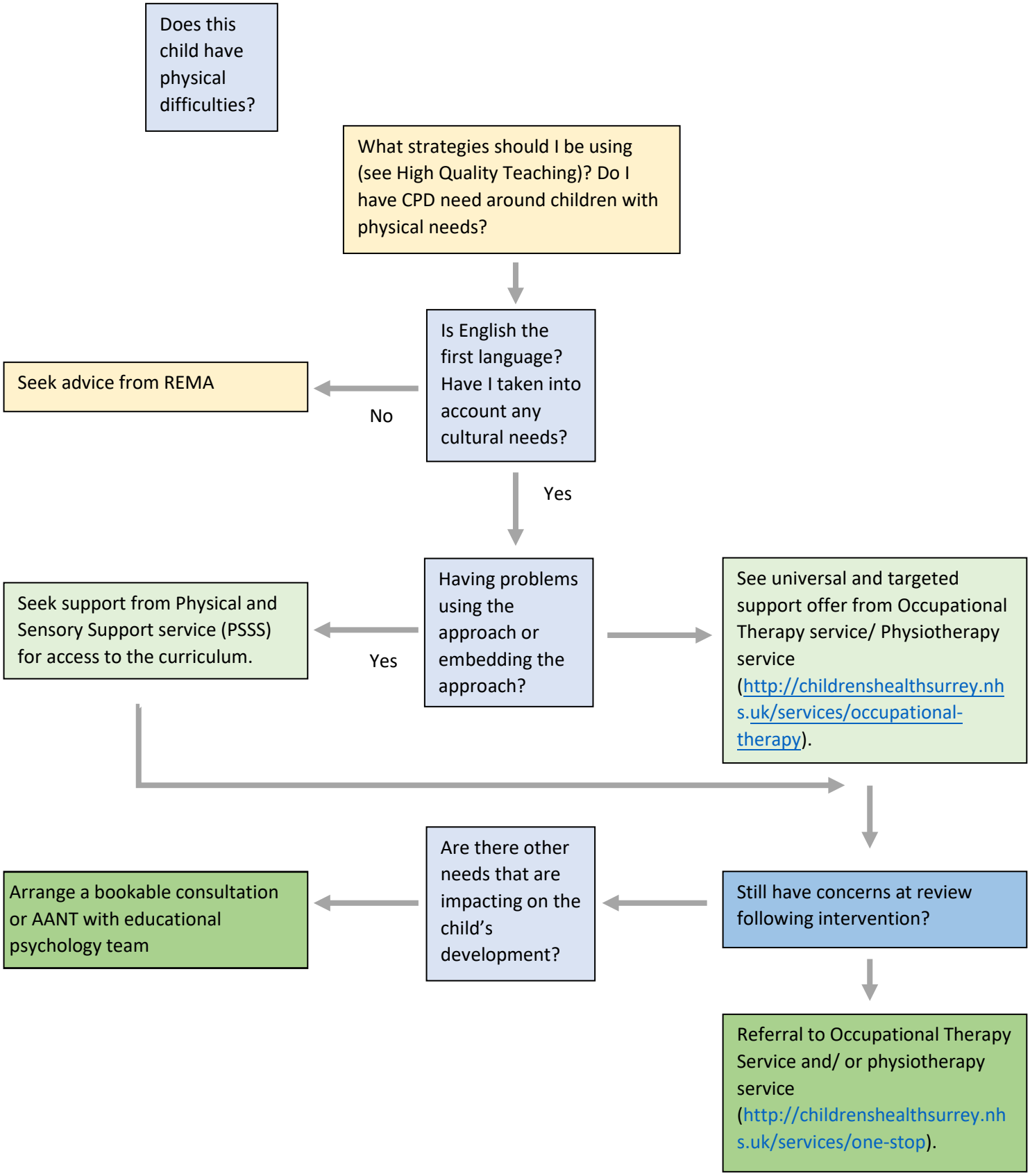Physical difficulties decision making guide