

GOOD DECISIONS: Do what is right and good in thanks and praise to God our Creator, Redeemer.
IF it is right then do it. IF it is wrong then don't do it.

IF you are unsure, then say "I don't know. Let me think about it."

WRITE all the options +pros -cons. TEST the thought or statement. TALK to GOD.

PROBLEM: What is bothering me? What is the problem or need? _____

(WANT/GOAL): What do I want? What outcome do I want? (optional).

QUESTION: Decision Question: EG. What choices do I have? How can I solve this problem?

SOLUTIONS: WRITE all the options FIRST Then → +pros. -cons. (c)concerns for each option

D1. option1: _____

D2. option2: _____

D3. option3: _____

D4. option4: _____

main Goals, Needs, Purpose: _____

specific GOAL, NEED, want: _____

criteria, if needed: _____

D+ best option: _____

Reason: _____

Step1: _____

Step2: _____

Step3: _____

TEST the THOUGHT. T/F B.Thought → BB.Truth BB. IF this then +pros -cons

You can start here if emotions are involved.

🔴 A. Situation → ☁️ B. Thought → 😞 C. Feelings → 🚲 D. Decision/Action → Result
replace B. with BB. Truth → C+ good Feeling. → D+ good Decision/Action → Result

C.my Feelings. -- because of A.my Situation. and B.my Thought. BB. Truth. → D+ good Action

C. Feelings: C. Miserable, Depressed, Feel Bad (why?) because...

A. Situation: A. I made mistakes at work. (The reason I feel bad.)

B. Thought (T/F): B. I'm no good because I made mistakes. =B. I must be perfect. T/F (False)

BB. Truth: BB. I'm OK. Nobody is perfect. We all make mistakes.

BB. God says: BB. No difference; all are sinners. Christ came to save sinners. Romans 3

D+ good action: D+ Work hard. Try to improve. → (short-term: work) → +do better at work.

BB. IF I do this then +pros. -cons. BB. IF I work hard then +happier. +I do better at work.

BB. IF I do that then +pros. -cons. BB. IF I stay depressed then -I do poor at work. -I may lose job

see DecisionMaking101.com for more examples, tools, worksheets and resources.

THE WORKSHEET for DECISION MAKING 101

PROBLEM: _____

(WANT / GOAL): _____

QUESTION: _____

SOLUTIONS: **WRITE all options FIRST** Then → **+pros. -cons. (c)concerns** for each option

D1. option1: _____

D2. option2: _____

D3. option3: _____

D4. option4: _____

D5. option5: _____

D6. option6: _____

main Goals,Needs,Purpose: _____

specific GOAL,NEED: _____

criteria (if helpful): _____

D+ best option: _____

Reason: _____

Step1: _____ Step2: _____ Step3: _____

B/BB: (as needed) _____

TEST the THOUGHT. T/F **B.Thought** → **BB.Truth** **BB. IF this then +pros -cons**

  IF strong emotion or doubt is present, THEN test the thought before choosing the D+ action.

C. Feeling: _____ (why?) → _____

A. Problem/Situation: _____

-cons. +pros. _____

B. Thought (T/F): _____

BB. Truth: _____

BB. God says... _____

D+ good action: _____

B. _____

BB. _____

 my attitude: _____

 good attitude: _____

THE EXAMPLE

P-S123-C PROBLEM•Question / **SOLUTIONS**: S1,S2,S3•pros,cons / **CRITERIA**•Goals•Needs

PROBLEM: Anxious because Missed deadline at work because too busy. (I think my job is in jeopardy).

WANT/GOAL: I want to finish the project on time.

QUESTION: What's the best way to get the project done on time?

SOLUTIONS:

D1. Work extra hours → +short-term OK. -long term exhausting

Criteria: MSSPEL=BBCDCB, BAC

D2. Ask for help → +teamwork. +reduces stress

Criteria: MSSPEL=AABAAA, AAA

D3. Delay project → -causes stress. -harms others.

Criteria: MSSPEL=DCDDCD, FDD

main Goals: MSSPEL= helps me Mentally. Spiritually. Socially. Physically. Emotionally. Life Goals/Habits.

specific GOAL, NEED: Finish on time. Keep reputation. Show responsibility.

CRITERIA: MSSPEL. Finish on time, Keep reputation. Low stress. (from Goals, Needs, pros/cons)

D+ Best Option: D2. Ask for help

Reason: Meets goals, helps others, reduces stress, aligns with MSSPEL

Step 1: Ask for help. Step 2: Prioritize tasks. Step 3. Delegate tasks with deadlines.

C.A.B.BB TEST the THOUGHT, STATEMENT

C. Feeling: Stressed, anxious, worried about reputation, frustrated with self

A. Situation: Missed deadline on an important work project. -people upset. -behind schedule.

B. Thought (T/F): "I'm a failure. I'm not responsible enough." → False

BB. Truth: Everyone makes mistakes. I can take steps to fix it and make it better.

BB. God says... "Do your best and seek wisdom; help and teamwork are good." Galatians 6:2

D+ Good Action: use PSC123. Ask for help from a coworker or supervisor, prioritize tasks, and create a plan to complete the project on time

ADVICE → ask WHY? → SO YOU'RE SAYING... → WHAT ABOUT...? → TRUTH → DECISION

When someone gives advice or opinion: (say "I don't know. Let me think about it.")

B. He says That statement. _____ (T/F) BB. Ask him "why?" (get his reasons)

=B. That statement means/implies This statement ... (=B. in other words...) (=B. so you're saying...)

BB. Truth: _____ (maybe he's right, maybe he's wrong)

BB. TEST consequences:

BB. IF you do This then +pros. -cons.

BB. IF you do That then +pros. -cons.

P-S123-C HOW to make the best decision.

[1] **PROBLEM**

- Define clearly: include C.Feeling, A.Situation, B.Thought if helpful
- Use "because" to show root causes
- Example: "Anxious because missed deadline at work because too busy.
I think my job is in jeopardy."

[2] **QUESTION**

- Ask the right question to guide your focus
- Examples:
 - What's the best way to handle this situation?
 - How can I achieve this goal?
 - What should I do next?

[3] **SOLUTIONS** / OPTIONS

- List all possible actions (D1, D2, D3...)
- Evaluate +pros / -cons / (c)concerns for each
- Rate each option according to criteria

[4] **GOALS** / NEEDS

- Decide what are your main goals, needs and purpose in life. Talk to God about it.
- Decide what you want or need to achieve for this specific problem.
- Example: Finish on time, reduce stress, keep reputation
- Goals drive which criteria are important

[5] **CRITERIA**

- Use your goals to set criteria for evaluating options
- Example: MSSPEL = helps me Mentally, Spiritually, Socially, Physically, Emotionally, Life Goals
- Can add specific goals as extra criteria.
- Can add +pros and -cons as extra criteria.

[6] **DECISION**

- Pick the option that best meets your criteria and aligns with goals
- D+ Best Action: clearly state what you will do
- Reason: why this option meets goals, criteria, and aligns with wisdom

[7] **REFLECT**

- After a week or a month, evaluate results. What worked (+pros). What to improve (-cons).
- Adjust as needed for next time. new P-S123-C.

P-S123-C → Decision → Results → Reflect → New P-S123-C

P-S123-C **Problem**: Ask the right Question. **Solutions**: List all Options. **Criteria**: Check Goals & Needs

P-S123-C – Stop and Think – Choose wisely.