

GOOD DECISIONS: Do what is good and right 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."

TEST your Thinking. COMPARE all options. TALK to GOD.

THE DECISION WORKSHEET P-S123

COMPARE OPTIONS

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

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

QUESTION: What choices do I have? How can I solve this problem? _____

SOLUTIONS: FIRST, Write all options. THEN, Write all +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, want: _____

criteria, if needed: _____

D+ best option: _____

Reason: _____

Step1: _____ Step2: _____ Step3: _____

Page 1: Compare options.

Page 2: Test your thinking (Thoughts and Attitude).

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

TOOL CAB,D123



Take a CAB to a better Decision. CAB, BB → D123

TEST the THOUGHT.

B.Thought (T/F) → BB.Truth

The normal decision process starts with a **A.Situation/Event** then my **B.Thinking** about the situation which leads to my **C.Feelings** and my **D.Decision/Action**.

A. Situation → B. Thought → C. Feeling → D. Decision → Result
Replace B. with **BB. Truth** → C+ good Feeling → D+ good Decision → +good Result

C. Feelings come from **A. Situation** and **B. Thought**.
Replace B.Thought with **BB. Truth** → leads to **D+ good Decision / 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. Correct Thinking)
- 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.

Use IF--THEN premise to test the consequences.

- 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 my job.
- Therefore D+ do this good action. D+ Work hard. Work on improving my mood.

C.Concerned.	A.a Problem.	B.Belief.	BB.Better Belief.	D.Decision
C.Feelings.	A.a Problem.	B.Thought.	BB.Truth.	D.Decision

WORKSHEET

CAB•BB,D123.

CAB, BB → D123 → D+

TEST the THOUGHT.

B.Thought (T/F) → BB.Truth

IF strong emotion or uncertainty is present, then use this section.

C. Feeling: _____ (why?) →

A. Problem/Situation: _____

-cons. +pros. _____

B. Thought (T/F): _____

BB. Truth: _____

BB. God says... _____

D+ good action: _____

my attitude: Ba. _____

good attitude: BBa. _____

THE WORKSHEET for DECISION MAKING 101

COMPARE OPTIONS.

PROBLEM: _____

(WANT / GOAL): _____

QUESTION: _____

SOLUTIONS: options: +pros. -cons. (c)concerns.

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: _____

optional -- use as needed.

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

  Use this section when strong emotion or uncertainty is involved.

C. Feelings: _____


A. Problem: _____


B. Thought (T/F): _____

BB. Truth: _____

BB. God says... _____

D+ Good action: _____

 my attitude: Ba. _____

 good attitude: BBa. _____

THE EXAMPLE

PSC **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. T/F "His statement/opinion" (speaker/source) 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.

PSC 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 all +pros / -cons / (c)concerns for each option
- 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. Can include likes and dislikes.

[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 PSC. Trial and Error. Scientific Method.

PSC → Decision → Results → Reflect → New PSC

PSC **Problem**: Ask the right Question. **Solutions**: List all Options. **Criteria**: Check Goals & Needs

PSC — Stop and Think — Choose wisely.