

DEFINE PROBLEM:

SOLUTIONS: WRITE all the options, +pros, -cons. (c)concern.

specific Question:

general Goals/Needs:

specific Goal/Need:

D1. option1:

D2. option2:

D3. option3:

D4. option4:

D5. option5:

D6. option6:

D+ do best option:

Reason:

Step1:

Step2:

Step3:

NOTES: (optional)

•B.Thought. BB.Truth.

•(c)concern BB.Truth

•BB. IF This then That.



You can start here if emotions are involved.

TEST the Thought, Statement. T/F

C. Feeling:

(why?) →

A. Situation:

-cons. +pros.

B. Thought:

BB. Truth:

BB. God says...

😊 my attitude:

😊 good attitude:

DEFINE PROBLEM:

SOLUTIONS:

option → (Short-Term result) → +pros, -cons. (c)concern. •irrelevant. \$cost.

specific Question: _____

general Goals/Needs: _____

specific Goal/Need: _____

D1. option1: _____

\$ _____

Motive: _____

D2. option2: _____

D3. option3: _____

D4. option4: _____

D5. option5: _____

D6. option6: _____

D+ do best option: _____

Reason: _____

Step1: _____

Step2: _____

Step3: _____

(You can use goals and main pros and cons as criteria).

Is this wise? Is this agape love?

WRITE CRITERIA and compare options.

Is this beneficial? Is this God-pleasing?

Specific Goal/Need: _____

ABCD or 54321, +/-
criteria. options:

	D1.	D2.	D3.	D4.	D5.	D6.
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						

Short-Term (duration): _____

motive: _____

a (c)concern (-5 to 0): _____

•IRRELEVANT: _____

word (5min)

word

word (impact)

word