# A QUICK OVERVIEW of the DECISION MAKING 101 method.  pages 1-2

🌟 Simple Decision Making 101     (SmartThink)

💬 <mark>Lesson 1A: How Do We Make Good or Bad Decisions?</mark>

We all make decisions every day — some good, some not-so-good.

✅ Good decisions: Do what is right and good, in praise to God our Creator, Redeemer, Sanctifier.

IF you are unsure, then say "I don't know. Let me think about it."   🛑STOP!  🙏📖TALK to GOD.

- Test the thought or statement. Is it True or False?  What is the Truth?
- Consider all the options and all the pros and cons for each option.
- Choose what's right and best, not just what's easy or feels good.

❌ Bad decisions happen when we:

- Rush or act out of anger or fear or emotion.
- Follow others without thinking.
- Don't think about the consequences.
- Believe lies or false assumptions.

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🔄 <mark>Lesson 1B: How Do We Make Decisions?</mark>

A. Situation:           Something happens.
B. my Thought:       My thinking about the situation. (self-talk)
C. my Feelings:      How do I feel because of that thought?
D. my Action:         What I do because of these thoughts and feelings.

🛑 A. Situation → 💭 B. Thought → ❤️ C. Feelings → 🚴 D. Action

🎯                        EXAMPLE:

A. Situation.              A. I didn't do well on a test.
B. my Thought.          B. I think "I'm stupid."
C. my Feelings.         C. I feel sad and embarrassed.
D. my Action.            D. I give up and don't try.
   BB. Better Belief: Truth     BB. "I made a mistake. I can do better next time."
   D+  Better Action.           D+ Study and ask for help. Feel better!

<mark>A. Situation →  B.  Belief: Thought →        C. Feeling. →            D. Decision/Action
                        BB.Better Belief: Truth  →  C+ good Feeling. →  D+ good Decision/Action</mark>

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🔍 <mark>Lesson 2: Figuring Out the Real Problem.</mark>     *(Bad Feelings are signals that something is wrong.)*

C. my Feelings:           C. How do I feel? (feel bad, concerned, anxious, angry, sad, scared, unsure)
A. my Situation:          A. Why do I feel bad? What is the problem/situation? What happened?
B. my Thought: (T/F)    B. What is my thinking about this situation? (my self-talk)
   BB. Truth:              BB. What is the Truth or correct thinking? Test the statement (True or False?).
   BB. God says…        BB. What does God say/want?
   BB1. General Premise Test:  IF this action → then this result.  +pros. -cons.   *(BB2. opposite premise)*
D+ Best Action:           D+ What is the best action, based on these truths?

## 💡 Lesson 3: Solving the Problem

| | |
|---|---|
| A1. Problem: -cons. +pros. | What is the problem? What are the -negatives that bother you? |
| Goal: | What do I want? What is my goal/need? |
| D1. Option 1. +pros. -cons. | What are all my options? Brainstorm. (Get ideas from self, people, books) |
| D2. Option 2. +pros. -cons. | What are all the +pros and all the -cons for each option? Brainstorm |
| D3. Option 3. +pros. -cons. | What are the (c)concerns and $costs for each option? |
| D+ Best Option. | Which is the best option? |
| Step1.　　Step2. | What steps do I take to carry out this option? |
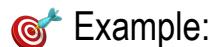
🎯 Example:

A1. Problem: My friend ignored me.

Goal: Stay friends, feel respected.

D1. Ignore them. > (short-term: easy) > –may lose friendship

D2. Talk kindly to them. >　(anxious) > +clear things up

D3. Write them a note/text. > (easier) > +less pressure. –could be misunderstood

D+ Best Option: Talk kindly.
　　Steps: 1.Ask to talk.  2.Say how I felt.  3.Listen to them.

## ✝️ Lesson 4: Basic decision making principles

🙏 God wants us to make wise, loving decisions.

📖 Bible Truths:

- Love others (John 13:34)
- Speak the truth in love (Ephesians 4:15)
- Don't act out of fear or anger (2 Timothy 1:7)

❤️ Ask: Is this wise? Is this kind, loving? Is this beneficial? Is this God-pleasing?

## 🛠️ Lesson 5: Practice Together the Decision Making 101 worksheet  (SmartThink)

👥 Work through a real problem with your teacher or group with Decision Making 101 worksheet, page 5

IF unsure or feel bad then 🛑 **STOP** → 🙏 Talk to God → ✍️ Explore your feelings. Test your thoughts.
　　　IF I feel bad → then something is wrong with my thinking or my situation. Explore it, Don't Ignore it.

| | |
|---|---|
| C. my Feelings: | C. How do I feel? (feel bad, concerned, anxious, angry, sad, scared, unsure) |
| A. my Situation: | A. Why do I feel bad? What is the problem/situation? What happened? |
| B. my Thought: (T/F) | B. What is my thinking about this situation? (my self-talk) (or an external opinion) |
| BB. Truth: | BB. What is the Truth or correct thinking? Test the statement (True or False?). |
| BB. God says… | BB. What does God say/want? |
| BB. General Premise Test: | IF this action → then this result.  +pros. -cons. |
| D+ Best Action: | D+ What is the best action, based on these truths? |

D1. D2. D3. **Write down all the options** and all the pros and cons. **Write Goals.**  D+ Choose the best option.

E. **Evaluate:** check the results (+pros. -cons)  after 2 weeks with new A1.  D1.  D2.  D3.  Adjust as needed.

# Decision Making 101 Lesson Plan

**Lesson 1**– The cause of Good and Bad decisions.    The decision making process.

• Hand out Decision Making 101 basics (DM101 basics) from DecisionMaking101.com

• Read Simple Decision Making 101 out loud from page 1-2

A.  Read out loud the Decision Making 101 explanation from page 5. (DM101 basics page 3)

• What are the causes of bad decisions?

• What are the basics of good decision making?

• What are the different motives/reasons for making a decision?

B.  Read out loud the Decision Making process from page 5. (DM101 basics page 3)

• What are the natural steps of the decision process that everyone does?

• Printout and handout the Lesson 1 and 2 worksheets from pages 7-8.

• Go through some scenarios with A.Situation. B.my Thought > C.my Feelings > D. Action.    page 7,14

• Go through same scenarios with BB.good Thought > C+good Feeling > D+good Action.

• What type of decisions are best suited for using the ABCD model?


**Lesson 2**– Define the problem, Test the statement.  (page 6 of this lesson plan) (DM101 basics page 4)

• How does one get to the root problem?

• IF  I  C.Feel bad then there is a problem with A.my Situation or B.my Thinking or Ba.my Attitude.
   Maybe I need to change to BB.good Thinking or BBa.good Attitude or D+better Situation.

• Identify the problem with C.my Feeling. ask why? because of  A.my Situation and  B.my Thinking (T/F).

• Work through the C.A.B.D. method with many samples and scenarios.                  see page 8,14


**Lesson 3**– Find solutions: write all options pros cons and seek best solution. (page 9 of this lesson plan)

A.  What are your goals, priorities, core values, needs?

• What are some good goals, good priorities?  What are some God-pleasing goals?

• What are some bad goals, bad priorities?

• How can God's Word be used in defining goals?

B.  Work through an example of Solutions: goal, options, +pros -cons (c)concerns.      see page 9,14

• 1.Define a problem/scenario.  2.Define your general goals/needs. 3.Define the specific goal/need.

• 4.Brainstorm all options. 5.Write all the pros cons concerns for each option.  D1. +-  .D2. +-  .D3. +-

• 6.Write in the criteria needed for this specific goal. Write in the options D1,D2. Rate criteria  A B C D F.

• 7.Pick the best option. D+ Implement the chosen option by writing Step 1.      Step 2.      Step 3.

• E. Evaluate: after a month check the results (+pros. -cons) with new A1.  D1.  D2.  D3.  Adjust as needed.

**Lesson 4**– Basic principles for decision making  (Pages 5-9 of the Decision Making 101 manual, DM101m)

• Hand out the Decision Making 101 manual (DM101m) from DecisionMaking101.com.

• What are some Biblical truths/principles about decision making and problem solving?  DM101m page 8

• What is the interplay between the Old Man and New Man.

• What are some bad motives/reasons for making a decision and some good reasons?  DM101m page 7

• What are the most common motives and fallacies?  Which fallacies have you used on past decisions?

• How does motivation impact our actions?    DM101m page 7

• How does attitude impact our actions?        DM101m page 5 top

• How does a Christ-follower decide actions? DM101m pages 5-9


**Lesson 5**– Work through the Decision Making 101 worksheet.    (page 10-12 of this lesson plan)

• Print out and hand out the Decision Making 101 worksheets  from decisionmaking101.com.

• Go through completed Decision Making 101 worksheet example on page 10. (DM101 basics page 7)

• Work through a real problem together. Discuss the steps as a group, using the worksheet page 1 or 3.

• Define a specific problem/scenario for each individual.     see page 14-16 scenarios for some ideas.

• Assignment is for them to apply the model using the worksheet and submit for feedback.

• Tell them to check decisionmaking101.com for more resources.


see page 14-16 for scenarios to use for worksheets.

# Decision Making 101.                    LESSON 1A

Decision Making 101 is a method to help us make better decisions. Sometimes we make good decisions and sometimes we make bad decisions.   The books "The Lies We Believe" by Chris Thurman and "LoserThink" by Scott Adams describe the main causes of our bad decisions and subsequent troubles.

Bad decisions  come from making decisions without looking at all the options and all the pros and cons, and not identifying your goals and needs. It means that you don't consider both the short term and long term consequences.  Bad decisions are often based on Lies, Fallacies and false assumptions.
•Fallacies are bad methods or reasons for making a decision.                    (BadThinking)
Beware of Fallacy of authority, majority, people please, hasty decision, avoidance, emotions, false premise

Good decisions come from Testing each statement and thought. Is this true? What is the truth?
Good decisions come from Looking at all the options and all the pros and cons,
identifying the goals and needs, and considering both the short term and long term consequences.
Good decisions may also include writing the criteria and comparing the options for a particular goal/need.
Good decisions have a good motive and the right attitude.      Pick the best option.          (GoodThinking)
•Test your thoughts, attitudes and actions. Are these good, beneficial, agape, God-pleasing?  God says…
Explore vs ignore feelings, concerns, gut feeling. Bad feelings are a signal that something is wrong.
See "The 6 Pillars of Decision Making" by Patrik Ian Meyer for these basics of good decision making.
Decision Making 101 worksheets on pages 11-12 are based on these principles, a practical application.
       see DecisionMaking101.com for more resources

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# Decision Making process                    LESSON 1B

Decision Making 101 is based on the normal process/progression used to make decisions.
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. Feelings → 🚴 D. Action → Results
IF you change your B.Thinking then you change your C.Feelings and D.Decision/Action.
A. Situation →  B.   Thought →       C. Feeling.  →          D. Decision/Action  → results
                  BB. Truth →  C+ good Feeling.  →  D+ good Decision/Action  → good results

The following is an example.    (more examples of A.B.C.D. are in "The Lies We Believe" by Chris Thurman)
A. Problem/Situation:          A. I made mistakes at work
B. my Thought  (T/F):          B. I'm no good because I made mistakes. I must be perfect.          (False)
C. my Feelings:          C. Miserable. Depressed.
D. my Action > +pros. -cons.     D. Give up. Not work hard. > -lose job, -lose friends. -lose apartment
   BB. Truth. Right Thinking.       BB. I'm OK. Nobody is perfect. We all make mistakes.
   C+ good Feeling:          C+ Content. Happy. Confident. Feel good.
   D+ good Action > +pros.       D+ Work hard. Feel good. Try to improve. > +do better at work.

## DEFINE the PROBLEM.  TEST the STATEMENT.          LESSON 2

IF  I  C.Feel bad then there is a problem with A.my Situation or B.my Thinking.   Test it with BB.Truth.
C.my Feelings. "why?"  because of  A.my Situation.  and  B.my Thought.      BB. Truth.  →  D+ good Action.

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***PROBLEM:***       TEST the Thought, Statement. T/F

| | | |
|---|---|---|
| C. my Feelings: | C. Miserable. Depressed. Feel bad. | (why?) |
| A. Problem/Situation: | A. I made mistakes at work. | (The reason I feel bad) |
| B. my Thought:  (T/F) | B. (T/F) I'm no good because I made mistakes. I must be perfect. | (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 > +pros. | D+ Work hard. Try to improve. > (short-term:work) > +do better at work. | |

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## EG: EVIDENCE GIVEN to support a  BB.Truth premise.  (use **BB.Truth Tests** listed below)

- 📖 Bible truths
- 📘 Expert books or teachings
- 👣 Examples (EG can mean "Example" or "Evidence Given")
- 🧠 Personal experience
- 🧔 Observation of life/patterns
- 👂 Testimonies or stories from others
- 📰 Research from credible sources
- 🔁 Logical reasoning / common sense.  (use CounterExamples to prove a statement is False.)
- 🙂 Inner conviction or peace
- 📓 Reflection/journaling insight
- 🔬 Experiment. Trial and Error.       Test on small scale, see what works before jumping in.
- 🗂 Facts, Reality. General Premise: IF this action then this outcome +pros. -cons.
- 🧩 Multiple sources agreeing

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## OTHER TOOLS:

BB. IF I get a different job then  +maybe happier. +maybe better boss (.8) = 80% chance (General Premise)
D+ TRY best option.  E. Evaluate Results.  Adjust as needed. A1. D1. D2. D3.    D+ TRY better option

  B. (T/F) He says "You should do this." (maybe True or False)  D+ ask "why?"   D+ "so you're saying…"
=B. (T/F) "IF you do this then life will be wonderful."     (False)  D+ say "I don't know. Let me think about it."
    BB. That's not true. IF I do this then this result +pros. -cons. -cons. and not good for me.
=B. That statement means/implies this statement …  (=B. in other words…)   (=B. so you're saying…)

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## BASIC  DECISION  MAKING  PRINCIPLES    **DecisionMaking101.com**.  Decision Making 101 manual

God's guidance and truth are found in the Bible.
Show me Your ways, Lord, teach me Your paths.        Guide me in your Truth …  God my Savior. Psalm 25.
Rejoice in the Lord, the Gospel, Forgiveness.        Praise God. Ps103   Love God. Love one another.
IF it is right then do it.  IF it is wrong then don't do it.
IF not sure then say "I don't know. Let me think about it."    Talk to God. Test the statement (True/False).
Write all options +pros. -cons.

### STUDENT WORKSHEET – Lesson 1B
normal decision making

<mark>A. Situation →  B.   Belief: Thought →      C. Feeling. →        D. Decision/Action</mark>
<mark>              BB. Better Belief: Truth →  C+ good Feeling. →  D+ good Decision/Action</mark>

WORKSHEET #1        ASK: what is …

A. Problem/Situation:
B. my Thought: (T/F)
C. my Feelings:
D. my Action > +pros. -cons.
  BB.good Thought (Truth):
  C+ good Feeling:                                                                    .
  D+ good Action > +pros


WORKSHEET #2        ASK: what is …

A. Problem/Situation:
B. my Thought: (T/F)
C. my Feelings:
D. my Action > +pros. -cons.
  BB.good Thought (Truth):
  C+ good Feeling:                                                                    .
  D+ good Action > +pros

WORKSHEET #3        ASK: what is …

A. Problem/Situation:
B. my Thought: (T/F)
C. my Feelings:
D. my Action > +pros. -cons.
  BB.good Thought (Truth):
  C+ good Feeling:                                                                    .
  D+ good Action > +pros


WORKSHEET #4        ASK: what is …

A. Problem/Situation:
B. my Thought: (T/F)
C. my Feelings:
D. my Action > +pros. -cons.
  BB.good Thought (Truth):
  C+ good Feeling:                                                                    .
  D+ good Action > +pros

## STUDENT WORKSHEET – Lesson 2

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

**PROBLEM:**    TEST the Thought, Statement. T/F        WORKSHEET #1        ASK: what is …

C. my Feeling: _____ (why?)

A. Problem/Situation: _____

___–cons. +pros._____

B. my Thought:  (T/F) _____

    BB. Truth: _____

    BB. God says … _____

D+ good action  > +pros _____ _

 

**PROBLEM:**    TEST the Thought, Statement. T/F        WORKSHEET #2        ASK: what is …

C. my Feeling: _____ (why?)

A. Problem/Situation: _____

___–cons. +pros._____

B. my Thought:  (T/F) _____

    BB. Truth: _____

    BB. God says … _____

D+ good action  > +pros _____ _

 

**PROBLEM:**    TEST the Thought, Statement. T/F        WORKSHEET #3        ASK: what is …

C. my Feeling: _____ (why?)

A. Problem/Situation: _____

___–cons. +pros._____

B. my Thought:  (T/F) _____

    BB. Truth: _____

    BB. God says … _____

D+ good action  > +pros _____ _

 

**PROBLEM:**    TEST the Thought, Statement. T/F        WORKSHEET #4        ASK: what is …

C. my Feeling: _____ (why?)

A. Problem/Situation: _____

___–cons. +pros._____

B. my Thought:  (T/F) _____

    BB. Truth: _____

    BB. God says … _____

D+ good action  > +pros _____ _

**_PROBLEM:_**                                                    Decision Making 101 worksheet

A. Problem/Situation:

___–cons. +pros.___

(c) concern:

**_SOLUTIONS:_**     WRITE all the options, +pros, -cons, (c)concerns                    (BENEFIT / COST)

     GOALS/Needs:

specific Goal/Need:                                                                                                                          .

     Example of D1:Option1 using +pros. -cons. (c)concerns. $cost. -con(.8) = 80% chance of this negative

D1. Study tonight instead of going out > (miss fun with friends) > +higher grade. +less stress.  -less social.

+Motive: do well in school.          (c) miss out on fun. BB. I can have fun the next day. This test is important.

Example: D1. option1 > **(Short-Term)** >  Long Term: +pros. -cons. (c)concerns. $cost. -con(.8)  •irrelevant.

Motive:

D2. option2:

Motive:

D3. option3:

Motive:                                                                                                                                           .

D4. option4:

Motive:                                                                                                                                           .

D5. option5:

Motive:                                                                                                                                           .

You can circle the main +pros and -cons. You can add some of these to the criteria below. Add some goals.

WRITE **_CRITERIA_** and compare options.     Be honest.     Is this wise?  Is this agape?  Is this beneficial, God-pleasing?

Specific Goal/Need:

| ABCDF or 54321 | D1. | D2. | D3. | D4. | D5. | D6. |
|---|---|---|---|---|---|---|
| criteria.        options: | | | | | | |
| 1_____ | A | C | + | 5 | | |
| 2_____ | A | B | + | 3 | | |
| 3_____ | B | C | + | 4 | | |
| 4_____ | B | D | + | 5 | | |
| 5_____ | A | B | + | | | |
| 6_____ | | | | | | |
| 7_____ | | | | | | |
| 8_____ | | | | | | |

     •IRRELEVANT:                                                                                                                             .

D+ do best option:                         action Step1:                              Step2:                              .

Step3:                                         Step4:                              Step5:                              .

E. Evaluate results after 1 or 2 months. What worked (+pros).  What to improve (-cons).  Adjust as needed.

E. Evaluate: old D+ decision becomes the new A.situation. +pros -cons.  with new D1. D2. D3. options

E. What went well with decision? What didn't work out as hoped? Were your goals achieved?

E. Monitor action steps and results.  Evaluate: compare results with goal and desired results.  Adjust.  p25

C. my Feelings.     C. Feel bad.  C. Depressed.   C. Concerned.  C. Bothered.  C. Anxious.    WHY?

A. Problem/Situation.    A. I made some mistakes.    A. He yelled at me.   (The reason why I feel bad.)

B. my Thought  (T/F).    B. I must be perfect.    =B. I'm no good because I am not perfect.   (T/F)

  BB. Truth        BB. We all make mistakes. BB. I'm OK. Nobody's perfect.  We're all human.

  BB. God says …      BB. No difference; all are sinners. Christ came to save sinners. Romans 3:23

D+ good action  > +pros   D+ List all the options, pros, cons. > +better decisions. +better life

B. He says a statement. BB. ask why? BB. an opinion.  maybe right or wrong.   BB. Truth.  BB. God says…

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   Root problem/need/cause:_____(5 why) 1.

**SOLUTIONS:**    WRITE all the options, +pros, -cons    Decision Importance: __ (1-5) 1=Trivial. 5=Major.

   GOALS/Needs:  Gospel. Love God. Help others. agape. +Beneficial mental,emotional,social,spiritual

specific Goal/Need: Find good ways to deal with my mistakes at work.     not Goal: -people pleasing.

**D1**. option1. +pros. -cons. WRITE CRITERIA AND COMPARE > (short term result) >  +pros.  -cons.  (c)concern.

Motive: Find best options.   BB. God says…               •irrelevant.  $cost.  -risk(.7)

**D2**. option2. +pros. -cons. BEAT UP ON MYSELF >  (easy) > -depressed.  -help no one.  -not work hard.

Motive: self-pity, selfish.    BB. God says "Be thankful."

**D3**. option3. +pros. -cons. GET A DIFFERENT JOB > (work) > +maybe better job.  +maybe better boss(.6)

Motive: beneficial.      +God says "Be wise."              #TRIAL and ERROR.

**D4**. option4. +pros. -cons. DO YOUR BEST. TRUST GOD. COPE METHODS > (work) > +feel better. +help others.

Motive: good attitude.     BB. God says..,

   General Premise: B1.T/F  IF THIS ACTION then that result +pros. -cons.

   BB. Ask the right questions.    D+ do research.   BB. What are my goals? B1.goal T/F.   B2.goal T/F

Ba   my attitude      Ba.  Proud.    Self-pity.      Ba. Perfectionism.   Ba. People pleasing.

BBa good attitude     BBa. Humble.   Thankful.    BBa Grace.        BBa  Assertive, Honest.

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+MSSPEL = helps me Mentally, Spiritually, Socially, Physically, Emotionally, Life goals/habits.

WRITE *CRITERIA* and compare options.    Be honest.   Is this wise?  Is this agape?  Is this beneficial, God-pleasing?

Specific Goal/Need:  Find good ways to deal with my mistakes at work.    (desired result/outcome)

| IF this criteria then +pro. +pro.<br>criteria.     options: | 1<br>write criteria. | 2<br>beat self up. | 3 different<br>Job. | 4. do best.<br>cope method | 5 training,<br>get help | 6  seek<br>opportunity. |
|---|---|---|---|---|---|---|
| 1 wise_____ | A | D | B | A | + | 5 |
| 2 agape love, _____ | A | D | B | B | + | 4 |
| 3 beneficial  MSSPEL._ | B | C | | B | + | 5 |
| 4 God-pleasing _____ | B | D | B | B | + | 5 |
| 5 help others_____ | A | D | | B | + | 4 |
| 6 (a want vs need)____ | (B) | (D) | (B) | (B) | (+) | (4) |

  •IRRELEVANT:  •people please.  •meet their expectations.  •easy.  •pleasure.  •different clothes.  •travel.  •car type.

D+ do best option:             Step1:             Step2:         .

Step3:                  Step4:            Step5:         .

D+ say "(Because) This situation, pros and cons, THEREFORE  I will do this action."

E.Evaluate results after 2 weeks. What worked +pros, What to improve -cons. Adjust as needed.

***PROBLEM:*** ==TEST the Thought, Statement. T/F==

C. my Feelings: _____ (why?)

A. Problem/Situation: _____

  –cons. +pros. _____

B. my Thought: (T/F) _____

  BB. Truth: _____

  BB. God says … _____

D+ good action  > +pros

  Root problem/need/cause: (5 whys) 1.

***SOLUTIONS:*** ==WRITE all the options, +pros, -cons.==

  GOALS/Needs:

specific Goal/Need:

Example: ==D1. option1 > (Short-Term result) > +pros,  -cons.  (c)concerns.== $cost.  -con(.8) •irrelevant

D1. option1: _____

  Motive:_____.

D2. option2: _____

  Motive:_____.

D3. option3: _____

  Motive:_____.

D4. option4: _____

  Motive:

BB1. IF I do THIS action → then THIS result (+pros / –cons).   (General Premise)

| B1. a D1.option1 assumption or thought | BB1. Truth |
|---|---|
| B1._____ | BB1._____ |
| B2._____ | BB2._____ |
| B3._____ | BB3._____ |
| B4._____ | BB4._____ |

😐Ba.   my attitude: _____

😁BBa. good attitude: _____.

==WRITE *CRITERIA* and compare options.==   Be honest.    Is this wise?  Is this agape?  Is this beneficial, God-pleasing?

Specific Goal/Need:

| ABCDF or 54321, +/– | D1. | D2. | D3. | D4. | D5. | D6. |
|---|---|---|---|---|---|---|
| criteria.     options: | | | | | | |
| 1_____ | | | | | | |
| 2_____ | | | | | | |
| 3_____ | | | | | | |
| 4_____ | | | | | | |
| 5_____ | | | | | | |
| 6_____ | | | | | | |

  •IRRELEVANT: _____.

D+ do best option: _____ Step1: _____ Step2: _____.

***PROBLEM:*** <mark>TEST the Thought, Statement. T/F</mark>

C. my Feelings: _____ (why?)

A. Problem/Situation: _____

  –cons. +pros. _____

B. my Thought: (T/F) _____

  BB. Truth: _____

  BB. God says … _____

D+ good action  > +pros

  Root problem/need/cause: (5 whys) 1.

***SOLUTIONS:*** <mark>WRITE all the options, +pros, -cons.</mark>

  GOALS/Needs: _____

specific Goal/Need: _____

Example: <mark>D1. option1 > (Short-Term result) > +pros,  -cons.  (c)concerns.</mark> $cost.  -con(.8) •irrelevant

D1. option1: _____

  Motive: _____ .

D2. option2: _____

  Motive: _____ .

D3. option3: _____

  Motive: _____ .

D4. option4: _____

  Motive:

  BB1. IF I do THIS action → then THIS result (+pros / –cons).    (General Premise)

B. _____

B. _____

  🙂 Ba.  my attitude: _____

  😁 BBa. good attitude: _____ .

  BB.  be Thankful for +body and mind. +health. +_____

<mark>WRITE *CRITERIA* and compare options.</mark>   Be honest.    Is this wise?  Is this agape?  Is this beneficial, God-pleasing?

Specific Goal/Need: _____

| ABCDF or 54321, +/- | D1. | D2. | D3. | D4. | D5. | D6. |
|---|---|---|---|---|---|---|
| criteria.      options: | | | | | | |
| 1_____ | | | | | | |
| 2_____ | | | | | | |
| 3_____ | | | | | | |
| 4_____ | | | | | | |
| 5_____ | | | | | | |
| 6_____ | | | | | | |
| 7_____ | | | | | | |
| 8_____ | | | | | | |

  •IRRELEVANT: _____ .

D+ do best option: _____ Step1: _____ Step2: _____ .

## EG: Evidence Given to support a BB.Truth premise. (use BB.Truth Tests listed below)

- 📖 Bible truths
- 📘 Expert books or teachings
- 👣 Examples (EG can mean "Example" or "Evidence Given")
- 🧠 Personal experience
- 👀 Observation of life/patterns
- 👂 Testimonies or stories from others
- 📊 Research from credible sources
- 🔁 Logical reasoning / common sense. (use CounterExamples to prove a statement is False.)
- 🌱 Fruit/results in others' lives
- 🕊️ Inner conviction or peace
- 🧘 Reflection/journaling insight
- 🔬 Experiment. Trial and Error.    Test on small scale, see what works before jumping in.
- 📊 Facts, Reality. General Premise: IF this action then this outcome +pros. -cons.
- 🧩 Multiple sources agreeing

## DECISION HELPS and TOOLS

**+MSSPEL** = helps me Mentally, Spiritually, Socially, Physically, Emotionally, Life goals/habits.
D1.Option1. +MSSPEL(ABBAAB)          A=very good. B=good. C=OK. D=bad. F=very bad.

**EXPERT ADVICE FALLACY** - Don't outsource your thinking or decisions. Be assertive, not gullible.
 C. my Feeling: uncertain, anxious, confused
 A. Situation, Problem
 B. He says do that action. (He gives me advice or an opinion.)
 D. OK. I do that action.  or  I believe his advice or his opinion.
 B. He is always right and I am probably wrong. Fallacy of authority, people pleasing, halo effect
 B. He must be right because he is an expert, confident, excited, has charisma, popular, has a title
 BB. He is human. He might be right or wrong. **Test each statement. Ask him "why?".**
 BB. God says "Test the spirits to see if they are from God." 1 John 4:1. (be discerning)
 BB. IF this action then this result +pros. -cons. IF that action then that result +pros. -cons.
 D- I follow advice without thinking > -bad decision(.8). -bad result. -regret.
 D+ STOP. Test the statement. Look at all the options pros cons. > +better decision. +peace of mind.

**GENERAL PREMISE:** modus ponens.          Situation ↔ Criteria → Result (+/-) → Action
B1. Define antecedent: THIS **SITUATION** (IF and only IF) = 1.      2.      3.      . (criteria and meaning)
B1.T/F  IF THIS **SITUATION** then that result +pros. -cons.        (Therefore do that.)
B1. THIS **SITUATION** THEREFORE  that result  +pros. -cons.   (Therefore do that.)
B1. IF you want that result then do THIS.   IF you don't want that result then don't do THIS.

# SCENARIOS FOR LESSONS 1,2,3,5

😔 Sad    😡 Angry    😨 Anxious    🙁 Confused    😬 Afraid    🤑 Greedy

<u>C. FEELINGS</u>: concerned, bothered, troubled, unsure, angry, worried, anxious, afraid, sad, guilty, shame, disappointed, bored, regret, nervous, proud, annoyed, depressed, unhappy, disturbed, doubt, lonely, embarrassed, discouraged, covet, envious, jealous, rushed, humiliated, hopeless, arrogant, overwhelmed, tired, stressed, amazed, confused, regret, gullible, empty, stubborn, tempted miserable, feel bad, heartache, uncomfortable, discomfort, feels questionable, feel off, uncertain, Red Flag! Anxious!  OK=acceptable

😊 Happy    😌 Calm    😎 Confident

happy, calm, content, satisfied, feel good, feel OK, peaceful, motivated, encouraged, hopeful, assertive, bold, discerning, understood, comfort, comfortable, insights, risk, excited, confident, courage, thankful, fulfilled, humble, observation, comforted
feel better, peace, gut feeling, intuition, analyzing, compassion, love, observe, "I noticed", observant, objective

## A. SCENARIOS or SITUATIONS or PROBLEMS  for lesson 1,2,3,5.

(A → B → C → D).   A.a Situation →  B.Belief: Thought →  C.Concerned: Feelings →  D.Decision,Deed, Do action. → E.Evaluate
                                        BB.Better Belief: Truth.→  C+ good Feelings →  D+ good Decision/Action
A.    B.    C.    D.    B.Belief: Thought ↔ Ba.Belief: attitude.       BB.Better Belief: Truth ↔ BBa. Better Belief: attitude
A.    BB.    C+    D+            C.    A.    B.    BB.    D+
one way to decide your B.thinking about the situation is to
pick  A.Scenario/Situation.
pick a C.feeling. (angry, anxious, afraid, sad, depressed, bothered, discouraged, stressed)
   this C.feeling will indicate B.my thinking  which will lead to D.my action.
What is the BB. truth or better thinking?  This will lead to D+ better action.

D+ Take suggestions…
D+ Come up with your own scenarios
D+ see DM101 manual page 9 for Bible Story examples, scenarios.
       some scenario ideas

| | |
|---|---|
| A. Someone borrows my car and gets in an accident. | A. I make a mistake at work and my boss yells at me. |
| A. I should visit someone but I'm afraid. | A. I make a mistake at home. People are mad at me. |
| A. I fall back into my pet sin. | A. I am jealous of my friend's happy life, career, house |
| A. I regret my mistakes in life and consequences. | A. Should I date, go steady with, marry this person or date many? |
| A. Unhappy marriage because | A. I need a new/used car. |
| A. Where should I live? Apartment, house, senior living. | A. Someone offers me drugs. |
| A. Not enough room in the church. | A. I don't like my job. |
| A. I make a lot of mistakes at work. | A. What college should I go to? |
| A. A good job opportunity in California | A. Lost my job |
| A. Broke my leg and can't walk | A. My brother makes a lot more money than I |
| A. My friend wronged me and gave me bad advice. | A. A friend in need of money |
| A. A beggar asks for money. | A. Where should I go to church? |
| A. I didn't get the job I wanted. | A. I'm lonely. I have no close friends. |

A. Accident.    A. Aging.   A. Bad habits.   A. Bullying.   A. Demanding care giving.   A. Divorce.
A. Failing a class/ test/ assignment.    A. Friendship problems.   A. Girlfriend problems.    A. Homelessness.
A. Insults.    A. Losing a job.   A. Mental health issues.   A. Poor health.   A. Poverty.   A. Relationship stress.
A. Social isolation.   A. Substance abuse.   A. Unemployment.   A. Work stress.   A. Addiction.   A. Keep dating or breakup
A. Career setbacks.   A. Harsh/ unfair criticism.  A. Hunger/ lack of food.  A. Injuries.   A. Loneliness
A. Loss of loved one.    A. Midlife crisis.   A. Poor working conditions.   A. Regretting the past.   A. Social rejection.
A. Unable to pay bills.   A. Workplace conflict.    A. Workplace bullying.   A. Unrealistic deadlines.
A. Poor working conditions.    A. Burnout.   A. Poor performance.   A. Poor grades.   A. Overspending.   A. Deficits/ debt.
A. Watch TV alone with girlfriend at her/my house.  B. He gives this advice…. A. He gives this advice….   A. Where vacation?
A. Relationship problems.    A. Work problems.   A. Financial problems.    A. Bad habits.   A. Emotional/Spiritual struggles.
A. Procrastination.   A. Hasty decision.

# SCENARIOS FOR LESSONS 1,2,3,5     (organized by ChatGPT)

◆ **1. Personal Growth & Internal Struggles**

These involve internal conflict, emotional regulation, or self-perception.
- I'm ashamed of my past mistakes.
- I feel like a failure when I mess up.
- I keep falling into the same bad habit
- I feel overwhelmed and burned out.
- I doubt my worth or value.

◆ **2. Relationships (Family, Friends, Romantic)**

Relational tension, forgiveness, communication, or commitment decisions.
- My friend betrayed me or gave me bad advice.
- My sibling and I are constantly fighting.
- My parents don't support my goals.
- I'm jealous of my friend's success or lifestyle.
- Should I date, break up, or marry this person?
- I'm lonely and want deeper friendships.
- A friend is in need, but I don't know if I should help.

◆ **3. Work, Career, & School**

Situations involving authority, performance, direction, or conflict.
- I made a mistake at work and my boss is angry.
- I was offered a new job but would need to move.
- I didn't get the job I wanted.
- I don't like my job and feel stuck.
- What college should I attend?
- I'm failing a class and don't know how to catch up.
- I'm being treated unfairly by a teacher/boss.

◆ **4. Health & Wellness**

Scenarios involving mental, emotional, or physical health.
- I broke my leg and can't work for a while.
- I'm tired and feel physically unwell all the time.
- I'm battling depression or anxiety.
- I'm addicted to something (food, gaming, alcohol).
- I want to be healthy but can't stay motivated.

◆ **5. Financial & Material Needs**

Decisions related to spending, giving, budgeting, or major purchases.
- I lost my job and can't pay rent.
- A beggar asks me for money – should I give?
- I want to buy a car – new or used?

- A friend needs money – should I loan it?
- I don't have enough to cover all my expenses.
- I want to tithe, but I'm afraid I won't have enough left.

## ◆ 6. Moral, Ethical, or Spiritual Dilemmas

Situations involving sin, temptation, or difficult Biblical choices.
- Someone offers me drugs or alcohol.
- I know what's right, but I don't want to do it.
- I feel God is calling me to something hard.
- I'm tempted to cheat, lie, or cover up a mistake.
- I know I should forgive someone, but I don't want to.
- Should I confront someone about their sin?

## ◆ 7. Life Transitions & Major Decisions

Big life changes involving uncertainty or conflicting choices.
- Should I move to a new city or stay here?
- Do I accept a new job or keep the one I have?
- Should I rent or buy a home?
- What church should I attend?
- Should I take a gap year before college?
- Should I marry this person or wait longer?

## ◆ 8. Community, Church, & Service

Decisions related to helping others, serving, or community problems.
- I feel called to serve or volunteer, but I'm already overwhelmed.
- I want to help the poor, but I don't know how.
- Should I speak up about a community injustice?

## ◆ 9. Time Management & Priorities

Daily decisions that shape productivity, values, and stress.
- I don't have time for everything I care about.
- Should I say "yes" to this opportunity or decline?
- I'm addicted to my phone and wasting hours.
- I want to read my Bible but always push it off.
- I want to balance school, friends, and faith better.

## ◆ 10. Identity & Belonging

Scenarios that challenge self-concept or sense of inclusion.
- I feel like I don't fit in anywhere.
- I'm confused about who I am or what I believe.
- I'm afraid people will judge the real me.
- I want to impress others, even if it's fake.
- I feel like no one really knows or understands me.

# APPENDIX of  DECISION-MAKING  HELPS  and  TOOLS

## Table of Contents

# APPENDIX of DECISION-MAKING HELPS and TOOLS

C.Feeling.   A.Situation.   B.Thought.   B- Fallacy involved. → D.Action.        D- Bad habits
       *then replace with* BB.Truth.    BB.Better Belief.    → D+ good Action.   D+ Better habits

⛔**Stop and Test the advice or indirect command** (e.g. "you should do this" or "you must do that")
When given advice and you feel pressured to agree or obey,

1. **Ask "Why?"**
2. Listen to his reasons.  B1.Reason 1 (T/F/?/•irrelevant).  B2.Reason 2 (T/F/?/•irrelevant).  BB2.Truth
3. Clarify with: **"So you're saying…?"**
4. **Say** *"I don't know. Let me think about it."* *("You might be right or You might be wrong.")*
5. (He might be right or he might be wrong.)    (or he may be partly right.)   (or he may have biases)
6. **Later, Test the statement.** Write down ALL the options pros cons. Use Decision Making 101 method.

Beware of expectations as hidden commands. Test them.  Ask "why?" Is it true/good? pros cons options.
This pause protects me from two mistakes:

- Accepting bad advice too quickly > bad decisions and regrets later.
- Rejecting good advice too quickly > missed opportunities.

⚠️**Watch out for Biased Advice or Opinions**  (Even smart people can have blindspots and be wrong.)
Advice is filtered through another person's experiences, personality and motives.
When someone gives advice, remember: their advice may not be objective — it can be shaped by bias.

- Common biases & motives:  (sometimes hidden motives) (Take all advice with a grain of salt.)

• Authority Blindspot — He assumes he knows best because he is in a position of authority or an "expert".
• Overconfidence Bias — He sounds very sure even when he might not have all the facts.
• Confirmation Bias — He only shares reasons that support *his* choice, ignoring other options, pros or cons.
• Self-Interest Motive — He gives advice that will benefit himself (money, convenience or other gain).
• Hasty advice — He says the first thoughts that come to his mind. Casual advice or Playful advice.
• Emotional Bias — He gives advice driven by fear, anger, envy, impatience, selfishness or excitement.
• False assumptions — He gives advice based on false assumptions, false beliefs, limited information.
• Past Experience Bias — He is influenced by some past experience similar to this situation
• Overgeneralization Bias — He assumes his personal experience applies to everyone.  (anecdotal bias)
• Negativity / Optimism Bias — He focuses too much on either risks or best-case outcomes.

IF you notice one of these biases then slow down. Ask for reasons or evidence.  Ask "Why?"
Test the statement and weigh +pros and -cons before deciding. Is this true and beneficial?

👨**Decision Declaration Formula:** BE ASSERTIVE.

D+ say "*(Because)* This situation, pros and cons,  **THEREFORE**  I will do this action."
D+ say "This situation, pros and cons.  so **For that reason**  I will do this action."

🎯**Goals are SMART.** Specific. Measurable. Achievable. Relevant. Time-bound.
EG: Instead of "I want to exercise more," → "I will walk 20 minutes, 3 days a week."
•Goal?Y/N =not sure if it is a good goal or not. Study it. IF "Y" then change it to +goal, IF "N" then -not goal.
Goals: IF good goal/criteria then +good benefits. helpful, needed, important, +MSSPEL. God-pleasing

•**Advice/Suggestion:** ask "Why do you think I should do this?" (*Reasons, pros/cons, evidence, outcome*)
                ask "Why do you want me to do this?" *(Motive, bias, personal gain, expectation)*

**Stop and Test the advice** strategy helps protect you from jumping too quickly into following someone's advice, indirect commands or suggestions.

**How can I spot or find "expectations" hidden inside advice or commands?**

**Why "expectations" matter**

Advice and commands often carry an **unspoken expectation** — what the other person *assumes you will or should do*.

If you can **notice those hidden expectations**, it helps you:
- avoid feeling pressured
- decide based on facts (not just pressure to please them)

## 🔍 How to Find Hidden Expectations in Advice or Commands

Here's a simple step-by-step test you can add to your Stop and Test:

### ① Listen for duty or obligation words
These words usually signal **expectation** (not just suggestion):
- must, have to, need to, should, supposed to, expected to
- "If you don't…, you'll disappoint / fail / be wrong"

**Example:**
- "You **should** take this job" → expectation: you will take it.
- "You **must** call him back" → expectation: you are required to.

### ② Imagine what they'd do if you said no
Ask yourself:

"If I don't do it, will they be **upset / surprised / disappointed**?"

If yes → they probably **expect** you to obey.

If no → it's probably **just an idea**, not an expectation.

### ③ Look for emotional pressure or consequences
Hidden expectations often come with pressure like:
- guilt ("You'll let me down if you don't…")
- fear ("You'll ruin everything if you don't…")
- praise ("I'll be proud if you do this…")

These emotional hooks reveal they **expect compliance**.

### ④ Ask directly: "Are you expecting me to do this?"
This is the fastest way to surface hidden expectations.

It forces them to **clarify if it's a choice or an order**.

## 📝 How to mark it during Stop and Test

When you write down the statement, add this question:

**Expectation?** (Yes / No / Unsure)

If Yes → what will they expect me to do? What will they assume if I don't?

This reminds you that **pressure ≠ proof** — just because they expect it doesn't mean it's right.

## ⚖️ Why this matters

- **Commands** usually come **with strong expectation** ("do it or else")
- **Advice** may come **with or without expectation** (depends on their tone)
- Detecting expectation helps you separate **emotional pressure** from **actual good reasons**

🤷‍♂️**BB. Ask the right questions.**   **D+ do Research.**   BB. What is the goal?   BB. Is this a good goal?
BB. What does this mean?  B1.   B1+   B2.   B2+   BB. ask why?   BB. is this good?  BB. What if…
BB. Is that a good reason?  BB. Is that a good idea?   BB. Is this wise?  BB. Is this agape love?
BB. Is this beneficial MSSPEL?  BB. What is the root problem or root need?   BB. What is the root cause?

📌**(c) ≡ a concern:** Concerned. Bothered. Uneasy. a doubt. 🚧 caution, ⚠️ warning, ⛔ red flag!   (c)!
     BB. What is the Truth about the concern.  OR (c) a concern = OK. OR (c) a concern = impact (.8)(-4)
C.Concerned.  A.a Situation.   B.Belief.   BB.Better Belief.  D.Decision. Deed. Do.   E.Evaluate the results.
**a shorthand:**   instead of C. and A.    (+) positive   (•) neutral   ← (c) concern →   (–) negative. ( )unsure
D+ add  (c) a concern or (+) good trait or (–) bad trait to Criteria page on topic.  BB.observation. information.
**a shortcut: (c) replaces C. and A.**   (c) a concern.  B.my Thought.   BB.Truth.  D+ good Action. (shortened)
                    instead of C.Feeling.  A.Situation.  B.my Thought.   BB.Truth.  D+ good Action. (Full path)
EG. (c) concern.         BB. Truth. General Premise.                    D+ Good Action.      (Ultra-short)
EG: (c) car won't start  BB. IF car doesn't start then take it to mechanic.   D+ Take it to the mechanic

🎯**IF there are 2 or more possible Results** then you can use this tool: D1. option1 > R1___. or  R2___.
     R1.Result1 (.7) +pros. -cons.  or  R2.Result2 (.3) +pros. -cons.
     R1=one possible Result. (.7)=70% probability.    R2=another possible Result. (.3)=30% probability

📊 more analysis tools:  +pros. -cons. (c)concerns.  •irrelevant.  $cost.  -con(.8)=80% chance of bad thing
     (c)concern. BB. my thinking about the concern.              $cost.  $work(4H/D).  $Time:3H.  $duty:
     D1. Option 1 > (short-term result 5min) > +pros. -cons. (c)concerns.    •short-term(5min)

🧩 B. I'm doing this action **BECAUSE** of this reason. BB. Is that a good reason? BB. Is that a good idea?
     BB. IF I do this action then these +pros. -cons.     BB. Look at all the options pro cons.

  A. Situation                              =B. That means This? (Y/N).  BB. Truth
🤔BB. Question: What does this mean?         BB.  Reality Check: Honest Facts. Research. Evidence.
     B1. (T/F/?) Possible Meaning 1.      BB1. Truth/Reality Check:
     B2. (T/F/?) Possible Meaning 2.      BB2. Truth/Reality Check:
     B3. (T/F/?) Possible Meaning 3.      BB3. Truth/Reality Check:
     D+ Conclusion: Based on the most likely truth or most helpful truth, what action makes sense?

🙏BB. God help me… Pray.     God, give me help, guidance, strength, wisdom, encouragement.
BB. IF mistakes or REGRET then REGAL: Repent. Grieve. Accept. Learn. Laugh. Love.

🎲 **-con(.7) = 70%probability.**  +pro(.4) = 40%probability.     BB. Truth(.8) = 80%confidence level.
-con= this result. +pro= this result.        = if you have this -con or +pro then you will have this result.
+pro (0.6) = 60% chance of this positive outcome.    -con (0.6) = 60% chance of this negative outcome.

🔷 **opportunity**. Maybe a special opportunity. Opportunity knocks once.   IF +MSSPEL then TAKE IT.

😕**Ba. my Attitude.** 😃**BBa. good Attitude.**  B.Thought ↔ Ba.Attitude  =B.This thought.  BB.Truth
A.Situation  Ba. Attitude >        B.Thoughts >        C.Feelings >        D.Action > consequences
A.Situation. BBa.good Attitude > BB.good Thought > C+ good Feeling > D+ good Action > good results
BBa.good Attitudes = Thankful, Content, Humble, Kind, Patient, Assertive, Generous, Joy/Humor.  Agape.

**DEFINING your Main GOALS:**

GOALS/Needs:  +goal. +goal.              •goal (Y/N)=not sure if good goal.              -not a goal.
specific Goal/Need:
Example:  D1. option1 > (Short-Term) > +pros,  -cons.  (c)concerns.  $cost.  -con(.8)  •irrelevant
D1. option1:
Motive:_____.                                                                                    .


PRAY to God to show you proper goals. Talk to God. Read the Bible.
- **Goals** → define purpose
- **Criteria** → translate goals into measurable factors
- **Pros/Cons** → evaluate how each option performs on those criteria and goals

Goals should absolutely be part of the **pros, cons, and criteria** framework in testing options, because they keep every evaluation tied to what truly matters.

D1. Option 1 > +pro: goal1.   -con: not goal2.   +pro: a benefit

- What are your goals, priorities, core values, needs?
- What are some good goals, good priorities?  What are some God-pleasing goals?
- What are some bad goals, bad priorities?
- How can God's Word be used in defining goals?

⚖️Core Beliefs > Values > Priorities > Principles > Motives > Attitudes > Goals: >Thoughts > Decisions > Actions

BB. TEST the Goals.
   B1. Goal 1. Y/N.     BB1. God says…
   B2. Goal 2. Y/N.     BB2. God says…
   B3. Goal 3. Y/N.     BB3. God says…


AN EXAMPLE


BB. Possible Main Goals.         Ask "why"? Reasons.
   B1. Share the Gospel     T/F
   B2. Love one another     T/F
   B3. Pleasure                  T/F
   B4. Marriage                  T/F
   B5. Get a lot of money   T/F
   B6. Romance                 T/F

Your listed **goals** are

✅ Share the Gospel

✅ Love others

❌ Pleasure (not a main goal)

❌ Marriage (not a main goal)

Now, let's **evaluate** each of the four using your format:

## B1. Share the Gospel

**T/F:** ✅ True

**BB. God says:**

"Go therefore and make disciples of all nations…" — *Matthew 28:19*

**BB**. **Evaluation:** This is a God-given goal. Sharing the Gospel fulfills Christ's command and advances His kingdom.

## B2. Love Others

**Y/N:** ✅ Yes

**BB. God says:**

"Love your neighbor as yourself." — *Matthew 22:39*

"Let all that you do be done in love." — *1 Corinthians 16:14*

**BB**. **Evaluation:** Love is central to God's will—everything else flows from this.

## B3. Pleasure

**T/F:** ❌ False (not a primary godly goal, self-centered)

**BB. God says:**

"But mark this: There will be terrible times in the last days. People will be lovers of themselves, lovers of money, boastful, proud, abusive... lovers of pleasure rather than lovers of God." — *2 Timothy 3:1–4*

"You were bought at a price. Therefore honor God with your bodies." — *1 Corinthians 6:20*

**BB**. **Evaluation:** Pleasure is not wrong in itself, but it becomes a false goal when it replaces loving and serving God.

## B4. Marriage

**T/F:** ⚪ Depends on motive — can be **True or False**

**BB. God says:**

"He who finds a wife finds what is good and receives favor from the Lord." — *Proverbs 18:22*

"An unmarried man is concerned about the Lord's affairs—how he can please the Lord." *1 Corinthians 7:32*

**BB**. **Evaluation:** Marriage is honorable and can glorify God, but it should not be the ultimate goal—serving God should be.  Be careful and wise — marriage can be good or miserable. Find a good match. Pray.

## ⚠️ Beware of "Since" and "Because" Statements

A "since" statement often looks like a simple conditional: **If X then Y**,
but the "since" antecedent actually contains **two statements**:
1. **X is assumed true** (the fact).          T/F. Test it.
2. **IF X then Y** (the implied conditional).   T/F. Test it.

So, when someone says: **"Since X, then Y"**, it is really:

[Fact: X] ⟶ [Hidden Conditional: If X then Y] ⟶ [Conclusion: Y]

- "Since" often bypasses or assumes the implied conditional and jumps straight to the conclusion.
- **If the hidden conditional is true**, the conclusion is true.
- **If the hidden conditional is false**, the conclusion may be false.

**Common mistake:** Assuming that because X is true, Y must also be true. The truth of X does **not** automatically make Y true. The truth of Y depends on the hidden conditional, which must be tested.

**Examples:**
"Since you are tall, you should play basketball."  X therefore Y.  VS.  IF X then Y.   X therefore Y.
  Fact: You are tall. (True)
  Implied conditional: IF someone is tall then they are good at and must play basketball. (False)
  Conclusion: You should play basketball. (invalid reasoning)

"You should do this **because** of that situation" either a hidden conditional or maybe a false statement.

**Ask** "**What is the hidden conditional** and is the hidden conditional true?"  TEST it

**Ask** "**Is that a good reason?**"  Write a general premise on the conclusion. IF Y then +pros, -cons.

B. He says "Since you are tall, you should play basketball."
D. OK. I should play basketball because I am tall and he said I should. (natural response)
=B. IF someone is tall then they are good at and must play basketball. (False) (hidden conditional)
BB1. IF I play basketball then -unhappy. -not talented. -embarrassed. (consequences of do conclusion)
D+ I will not play basketball because I don't like basketball and am not good at it. (good response)
‾‾‾‾‾‾‾‾‾‾‾‾‾‾‾‾‾‾‾‾‾‾‾‾‾‾‾‾‾‾‾‾‾‾‾‾‾‾
  B. He says "Do Y because X."  ("**since**" = X therefore Y.   **modus ponens** = IF X then Y.  X therefore Y.)
=B. IF X then Y (Hidden Conditional). T/F
    BB. Truth about this conditional:
BB1. IF do Y then +pros, -cons (General Premise: Consequences)
D+. Final Decision (Good Response)
‾‾‾‾‾‾‾‾‾‾‾‾‾‾‾‾‾‾‾‾‾‾‾‾‾‾‾‾‾‾‾‾‾‾‾‾‾‾
  B. He says "You should buy this car because it's on sale."
  D+ say "I don't know. Let me think about it."  Later, Test the statement.
  B. Fact: The car is on sale. (True)
=B. Hidden Conditional: If a car is on sale, then it's worth buying. (False).
    BB. Truth: A car can be on sale and yet be a defective car with a bad motor and not fit your criteria.
  BB1. If I buy it then  -spend money, -might regret if unreliable. (General Premise: Consequences)
  D+ Don't buy just because it's on sale — test quality and criteria. Make a list of criteria and compare cars.

## ⚠️ Beware of False Assumptions

B. IF you do this then this will happen. (T/F).      BB. Maybe True or Maybe False.   TEST it.
Many of our daily errors come from accepting an untested conditional as true.

# 📌 ROOT  CAUSE of the SITUATION or PROBLEM.    (THE 5 WHYS)

A. Situation or Problem:

What are the primary causes of this problem or situation?

1. Reason1:
2. Reason2:
3. Reason3:
4. Reason4:
5. Reason5:

1. Reason1:
• Because of this → Because of that → Because of this  → Keep asking until you reach a root cause.
Why? Because

Why? Because

Root Cause: 1.
D+ Solutions: 1.

2. Reason2:
• Because of this → Because of that → Because of this  → Keep asking until you reach a root cause.
Why? Because

Why? Because

Root Cause: 1.
D+ Solutions: 1.

3. Reason3:
• Because of this → Because of that → Because of this  → Keep asking until you reach a root cause.
Why? Because

Why? Because

Root Cause: 1.
D+ Solutions: 1.

Legend:
D4. because of D3. because of D2. because of D1 because of A1. B1.
A5. because (A4. B4. D4.) A4. because (A3. B3. D3.) A3. because (A2. B2. D2.) A2. because (A1. B2. D2.)
A1. Situation. B1. my Thought > D1. my Action =A2. new situation. B2. my Thought > D2. my Action
A1. B1. D1. =A2. B2. D2. =A3. B3. D3.            A1. B1. D1. → A2. B2. D2.  → A3. B3. D3.

# APPENDIX of DECISION-MAKING HELPS and TOOLS

🖥️**BB. Beware of messages from TV**, movies, books, songs. A message is a statement or belief.

BB. Almost every TV show, book or song has a message to communicate. maybe True or maybe False. Example:

B. Hallmark movies say that romance is the goal and they will marry and live happily ever after.

BB. Truth: The goal should be friendship. Romances don't always work out.

BB. Truth: Marriage is difficult. Marriage is sometimes good and sometimes miserable. Be careful.

**BB. Speak the truth in love. Ephesians 4:15.**     BB. Seek ye first the kingdom of God… Matthew 6:33

🚫**an addiction urge.**

C- An Addictive Urge.  D+ STOP!  FLEE!  write P/S123 or CABD. OR read Psalms. OR call a friend.

C- An Addictive Urge  → Ask "Why?"

C. Bad Feeling  → Ask "Why?"

   A. What is the Situation?

   B. What am I Thinking?

BB. What is the Truth, good thinking?

D+ Best Action

D+ STOP! FLEE!

   WRITE P/S123:

      P = Problem (name it)

      S = Solutions (list Options 1, 2, 3 with pros and cons)

D+ TALK to someone (call a friend, mentor, or counselor).

D+ READ appropriate Scripture (Psalms, Colossians, Ephesians, etc.).

Example: Urge to Vape After School

C- Addictive Urge: "I really want to vape right now." → Ask "Why?"

C. Bad Feeling: "I feel stressed and anxious → Ask "Why?"

   A. Situation: I failed my math test.

   B. My Thinking: "I'll never get good at math."

BB. The Truth: "I can improve with practice, and this one test doesn't define me."

D+: Decision/Action

   • STOP! FLEE from the vape.

   • WRITE P/S123: Problem = stress about math;

   •                    Solutions = (1) Ask teacher for help, (2) Study with a friend, (3) Do practice problems.

   • TALK to someone: Call a friend to vent.

   • READ Scripture: Psalm 34 ("God is close to the brokenhearted").

📊 **G=Good, B=Bad, N=Neutral.**

D1.Option1   •Trait(GBN)=not sure if it is a Good Trait, Bad Trait or Neutral Trait.  I need time to figure it out.

   IF Good Trait then  +Trait.    IF Bad Trait then  -Trait.    IF Neutral Trait then  •Trait.

D1.Option1   •Action(GBN)=not sure if it is a Good Action, Bad Action or Neutral Action.

   IF Good Action then  +Action.  IF Bad Action then  -Action.  IF Neutral Action then  •Action.

# 🚀 Taking Risks

D1. Try something new or new career > (RISK) > IF +3 or 0 then "what do you have to lose", just do it.
   Result 1: **50% chance (+3)** = big success, help others, growth (.5)(+3)
or Result 2: **30% chance (0)** = doesn't work out, but OK, learn, try again (.3)(0)
or Result 3: **20% chance (-1)** = worst case (embarrassment)… learn resilience (.2)(-1)
   Motive: growth, learning, helping, new opportunities.
D2. Call or talk to someone > R1. Fun talk. Friend.(+3) or  R2. They ignore me=OK. Reality Check. (0)
D3. Not try anything risky >(easy) (no risk) > +safe. -not reach potential growth or gains. -not help others
Motive: safe. easy. Avoid stress, mistakes, embarrassment. Comfort

👉 Some risks are **worth it** (low cost, high learning, potential benefits) 🏆
👉 Some risks require **careful steps** (#do this checklist) ⚠️
👉 Some risks are **not wise** if the warning signs are strong (chance of very bad outcome) 🚫

# 🔀 Conditional Options Tool

(Use when your choice depends on what happens.)
- **Direct Options (decide now):**
  D1. Do this → (short-term) → +pros / -cons
  D2. Do this → (short-term) → +pros / -cons
- **Conditional Options (backup plans):** Limit to 1 or 2.
  D3. IF _____ (outside event happens) → THEN I will _____ → (short-term) → +pros / -cons
  D4. IF _____ (outside event happens) → THEN I will _____ → (short-term) → +pros / -cons
- D5. Do this → (short-term) → R1. IF this result then this action. R2. IF that result then that action.

📌 +pro (examples) = gives examples or descriptions of what this benefit means or includes, or its criteria.
EG. +same interests (games, music, literature, biking).  +good career (salary, I'm qualified, enjoyable)

📝    D1. Noun#1.  (  )criteria1. (  )criteria2. (  )criteria3.  (  )criteria4 = not know status. a new item.
After study it becomes (+)criteria1. (–)criteria2. (  )criteria3.  (+)criteria4

# 🔍 Pause & Reflect: Compare Situations

C. Concerned
A. Current situation. -cons. -cons. -cons=unhappy.  +pros.   A1. Related situation.  A2 Related situation.
A. Past situation for comparison. +pros. +pros. +pros. = happy
(c) a concern about current situation: -cons. -bad trait.
(+) a better situation: +pros. +good trait.
B. Exploration: Maybe this other situation was better. Compare → What worked? Why was it better?
BB. Reality Check: True or False. Why? What can I learn? How can I apply it here?
D+ write all options +pros. -cons. Find best option.
D+ lessons learned:

⚖️ Core Beliefs > Values > Priorities > Principles > Motives > Attitudes > Goals: >Thoughts > Decisions > Actions

⛅ **"WHAT IF" TOOL**  (can also be used to evaluate a (c)concern in options section)

"Impact scale:   -5 = very bad, 0 = neutral, +5 = very good.   -5 = miserable.   0=OK.   +5 = happy.

A. Situation / Planned Activity / Event: …
B. What outcomes do I worry about, if I do this option?
B. What if Outcome A occurs? (probability .8) → Impact: -5
B. What if Outcome B occurs? (probability .5) → Impact: +3
B. What if Outcome C occurs? (probability .1) → Impact: 0

D1. Option 1 – List possible outcomes and evaluate probabilities and impact.  (Also evaluate (c)concerns)
 • Outcome A (probability .8) → Impact: miserable (-5)     Outcome A (.8)=miserable (-5)
 • Outcome B (probability .5) → Impact: happy (+3)     Outcome B (.5)=happy (+3)
 • Outcome C (probability .1) → Impact: neutral (0)     Outcome C (.1)=neutral (0)

D1. Option 1 → Summarize weighted risks and rewards:    Outcome=miserable(.8)(-5) = [-4.0]
Weighted impact = (Probability × Impact) = (.8 × -5) + (.5 × +3) + (.1 × 0) = [-2.5] Risk outweighs reward.
D2. Option 2 → Repeat with different outcomes.          Outcome=happy(.5)(+3) = [+1.5]
D+  Compare options numerically or qualitatively
D+  Best option:

🧐 **TESTING  the EXPLANATIONS**

When someone says: *"This happened because of that,"* a good decision maker asks:
 • Could there be other explanations?
 • Am I accepting the first answer too quickly?
Pattern:
 • B. Statement of cause/effect
 • BB. Reminder: there may be other reasons
   ◦ B1. Alternative reason → BB1. Supporting thought
   ◦ B2. Alternative reason → BB2. Supporting thought
This tool helps students:
 1. Avoid one-sided thinking.
 2. Consider multiple causes.
 3. Stay curious instead of jumping to conclusions.
Example:
 • B. She says: *"I failed the test because I'm dumb."*
 • BB. There may be other reasons/causes:
   ◦ B1. Didn't study enough → BB1. Lack of preparation.
   ◦ B2. The test was unusually hard → BB2. Even strong students struggled.
   ◦ B3. Misread the questions → BB3. Simple mistakes can lower a grade.
   ◦ B4. Stress or distractions → BB4. Couldn't focus during the test

🔬 **D+ Experiment.** Try different options for a month. Monitor Results, +pros,-cons. Observe. Trial and error.
   D+ Test or verify general premises/assumptions with an experiment and check +pros,-cons. Observe.

**DECISION IMPORTANCE: ___ (1-5)   1=Trivial. 5=Major.**

==*SOLUTIONS:*==   ==WRITE all the options, +pros, -cons==   ==Decision Importance: __ (1-5) 1=Trivial. 5=Major.==
GOALS/Needs: _____
specific Goal/Need: _____
D1. option1. +pros. -cons. WRITE CRITERIA AND COMPARE > (short term result) >  +pros.  -cons.  (c)concern.
Motive: Find best options.    BB. God says…                                              •irrelevant.  $cost.  -risk(.7

If a decision is **high-impact**, **long-duration**, and **non-reversible**, then by definition it's a **"one-way door"** **decision.**  Once you go through, you can't easily come back. Cautious if worst-case scenario is -3 to -5 !
**Examples:** marriage, having children, emigrating, starting a company that consumes all savings.
For these, the principle is:
**Move slowly and deliberately.** Be careful.
- Gather data and advice. Research.
- Write all options pros cons. Write criteria and compare options. Beware of red flags.
- Stress-test assumptions.
- Consider worst-case scenarios.
- Don't proceed until you're confident that even if things go wrong, you can live with the outcome.

**Contrast: two-way vs. one-way doors**
- **Two-way door** decisions = reversible → move fast, experiment.   Act. Learn. Adjust.
- **One-way door** decisions = irreversible → move slow, be cautious.
  Write all options pros cons. Write criteria and compare options. Test small.

==D8. IF not sure then STOP, talk to God, write P/S123== > (wait) > +better decision. +better life.
#don't proceed until you are sure what is the right thing to do. #Listen to God, not people. #Wait on the Lord

**Assess Importance**
**Decision Importance (1–5)**
1 = Trivial (e.g., where to eat). low-impact, short-term, reversible, worst case scenario=OK(-1)
3 = Moderate (e.g., which car to buy)
5 = Major. high-impact, long-term, non-reversible, worst case scenario=very bad(-5)
 (e.g., marriage, home purchase, career change). Potential impact on me and others.

**Stress-Test and Reflect**
Before finalizing:
- What could go wrong?
- What if I'm wrong — can I recover?
- What if this happens?(.5)(-5)
- What is the worst-case scenarios?
- Can I live with the outcome if things go badly?
- Have I prayed / sought wisdom?  Have I done the research?
- Have I looked at all options pros cons?  Have I written all the criteria and compared all options?

🧠 Thought → 🚴 Action → 🌍 Outcome → 🔄 New Thought.        Root Cause or Future Result.
B1.my thought leads to D1.my action > outcome.     B2.new thought leads to D2.new action > outcome.
A1. Situation. B1. my Thought > D1. my Action    =A2. new situation. B2. my Thought > D2. my Action
A1.  B1.  D1.  =A2.  B2.  D2.  =A3.  B3.  D3.  =A4.  D4a D4b D4c.  OR.  A1.  B1.  BB1  D1+  =A2.  B2.  D2
D4. because D3. because D2. because D1.          A5. because A4.B4.D4.  A4. because A3.B3.D3.

📍ROOT  CAUSE or FUTURE  RESULTS  CYCLE.   Change your thought, change your path.
A. Situation.  B. Thought.  D. Decision > outcome = A. new Situation.  B. Thought.  D. Decision > outcome.
A.  B.  D.          NEXT1:  A.  B.  D.          NEXT2:  A.  B.  D.                OK. Go with the flow.
A.  B.  BB.  D+  NEXT1:  A.  B.  BB.  D+   NEXT2:  A.  D1,D2,D3.  D+   Choose good thought, decision.
Over time, small changes in thought and action lead to big changes in life.     D1 → D2 → D3 → D4

📋 # means #do this. EG:  D1.Option 1 > (short term result) > +pro. +pro.  #do this.  #do this.
      #do this =other things I should do for that option.

😵‍💫 **"You might be doing LOSER-THINK  IF….  " game**
(**IF** you think this or do this **THEN** you might be doing StupidThink or LoserThink.) because …
(or "Why did you do that?"  "It seemed like a good idea at the time.")
Objective: practice spotting fallacies and false statements — and see some humor in our mistakes.
1. Someone describes a scenario of a bad decision or bad thinking. (Use premade cards or make some.)
2. People identify **Fallacy** and explain.     (see Decision Making 101 manual page 7 for a list.)
3. People identify the **distorted thinking** or underlying LIE.
4. People write a **good thinking reframe**. (the Truth or correct Thinking) (SmartThink)
5. After 5 minutes pass paper to the left for comment   or discuss as a group.
      Use Truth and Humor to recognize that we all make mistakes. God knows we are but dust.
As a father has compassion on his children, so the Lord has compassion on those who fear him;
for he knows how we are formed, he remembers that we are dust. Psalm 103:13-14

💡 **BRAINSTORM game**.
Objective: practice using the Decision Making 101 worksheet with different scenarios.
1. Give everyone Decision Making 101 worksheets.
2. Give everyone the A.situation and the same or different C.Feeling
3. Everyone fills out the Decision Making 101 worksheet with that scenario and feeling.
4. When done then hand your worksheet to the right for partner to look over and comment on. Discuss.
5. Extra Credit: add probability (.8) and impact (-5 to +5) to some +pros and -cons.  EG: +happy (.8)(+4)

📖 **TRUTH or BULLSHIT game**
Objective: practice spotting false or misleading statements including fallacies.
Prepare a list of statements — some true some BS.   Fact or Crap.
Read a statement out loud.
Players decide: **Truth** ✅ or **Bullshit** ❌ and explain why.
After guesses, reveal the real answer and explain why.
Optional: give points to correct answers. Maybe include questions from Bullshit game also.

# MONITOR ACTION STEPS and RESULTS.  (KPI).     Feedback Loop.

**Purpose:** "To see which steps are actually helping and which aren't."   Adjust as needed. TRY, TRY again.
**Instructions:** "Mark the steps that you complete each day.  Also track the results that you notice."

D+ do best option: _____ action Step1: _____ Step2: _____ .
Step3: _____ Step4: _____ Step5: _____

| ACTION STEPS | U | M | T | W | R | F | S | RESULTS  (0 to +5) |
|---|---|---|---|---|---|---|---|---|
| 1.Exercise: Walk | | X | X | | | | | Weight -3 lbs, mood +3 |
| 2.Eat healthy | | X | X | | | | | Weight -3 lbs |
| 3.Visit/Call friends | | | X | | | | | Happy: +3     (0-5) |
| 4.Read Bible | | | X | | | | | good thoughts:___(0-5) |
| **RESULTS wanted** | | | | | | | | |
| 1.Lose weight | | 190 | 188 | | | | | lost 3 lbs |
| 2.Happy | | C | B | | | | | B |
| 3.Better mood | | C | B | | | | | B |
| 4.Sleep well | | C | B | | | | | B |

D+ CHECK RESULTS. ADJUST: 1. exercise (.8)(+1). TRY jog.  2. visit friends (.8)(+3). good.  3. _____
          REWARD good results (motivate):

▬▬▬▬▬▬▬▬▬▬▬▬▬▬▬▬▬▬▬▬▬▬▬▬▬▬▬▬▬▬▬▬▬▬▬▬▬▬▬

# MONITOR ACTION STEPS and RESULTS. (KPI)

D+ do best option: _____ action Step1: _____ Step2: _____ .
Step3: _____ Step4: _____ Step5: _____

| ACTION STEPS | U | M | T | W | R | F | S | RESULTS  (0 to +5) |
|---|---|---|---|---|---|---|---|---|
| 1. | | | | | | | | |
| 2. | | | | | | | | |
| 3. | | | | | | | | |
| 4. | | | | | | | | |
| **RESULTS wanted** | | | | | | | | |
| 1. | | | | | | | | |
| 2. | | | | | | | | |
| 3. | | | | | | | | |
| 4. | | | | | | | | |

D+ CHECK RESULTS. ADJUST. 1. _____

# 📝 Compact Criteria Comparison Method

**Purpose**

This method is a **shorter version** of the full Decision Making 101 criteria comparison chart.
It helps students rate options quickly when space or time is limited.

## Step 1. Write Your Criteria

Examples:

1. Cost / Effort
2. Time required
3. Benefit to me (MSSPEL)
4. Benefit to others (MSSPEL)
5. God-pleasing / Agape test

## Step 2. Use the Rating Scale

- **A = Excellent**
- **B = Good**
- **C = Fair / Neutral**
- **D = Poor**

## Step 3. Rate Each Option

Write a letter for each criterion (A-F). (Example: Option 1 = A C B A B).
That means for Option 1:  criteria1=A.   criteria2=C.   criteria3=B.   criteria4=A.   criteria5=B.

## Step 4. Compare Patterns

- **Option 1 = A A B A A** → Strong overall
- **Option 2 = D D C D D** → Weak overall
- **Option 3 = B B D B B** → Mixed
- **Option 4 = C B B B B** → Fair

   Can use 2-3 lines for criteria comparison instead of the 10 lines on criteria comparison chart.
Criteria: 1.Cost.  2.Time required.  3.Benefit to me.  4.Benefit to others.  5.God-pleasing.
**Option 1=AABAA**. Option 2=DDCDD. Option 3=BBDBB. Option 4=CBBBB.

## Step 5. Decide

Pick the option that best meets your **goal/need** and passes the **wise / agape** test.
•Reminder: The **letters are a tool, not the final authority**. Motives and God's truth must guide the choice.

Another option to save space is to put criteria(AABAA) rating in the Option pros cons line.
EG. D1. Option 1 > (short-term) > +pros. -cons.  +criteria(AABAA)
     D2. Option 2 > (short-term) > +pros. -cons.  −criteria(DDCDD)
This also allows the big criteria chart lines to be used for more B.Thought and BB.Truth notes.

## 📊 B. Question: should I do this?   BB. Criteria for that decision.
<p align="center">(Do this action IF and ONLY IF this BB.criteria.)</p>

## B. The Question
"Should I do this?" (Every decision boils down to this.)
Examples:
- Should I go to college?
- Should I take this job?
- Should I steady date this person?
- Should I marry this person?
- Should I buy a different house?

Here is an example:

## Example 1: Should I go to college?
## Step 1: Ask the basic question (B)
- **B:** Should I go to college?
- **B:** Why might I want to do this?  Is that a good reason?
- **B:** What are the good reasons to go? What is the purpose for this action?

## Step 2: Identify BB. Criteria for making this decision. (The right reasons to do this action.)
- College is wise if:
    1. It increases knowledge and marketable skills. AND
    2. It helps achieve career and life goals. AND
    3. It is financially feasible and manageable. AND
    4. The choice aligns with personal values and God-pleasing principles.

## Step 3: Evaluate Options
D1. Go to this college. +gain education. +better career opportunities.　　　　criteria(AABA)
D2. Don't go to college. +save money. +work experience. -fewer career options. criteria(CDAC)
D3. Go to Harvard. +prestigious college. -different values. -too expensive.　　criteria(AADC)

## Step 4: Decide
- Choose the option that meets the BB criteria and passes the wise / agape test.
- IF the option doesn't meet the criteria then don't do that action/decision/option.

More examples: IFF means "If and only if". necessary and sufficient.  must-have.
## Step 2: Identify BB. Criteria for making this decision. (The right reasons to do this action.)
- Get married IFF good match and both mature and both want to and want babies and beneficial.
- Take job IFF good pay and qualified and enjoy the work and helps people.
- Buy the car IFF good price and dependable and comfortable and good gas mileage.
- Buy the house IFF a good price and good house and nice neighborhood and nice location.

## CHAIN CONDITIONAL
$A \rightarrow B$, $B \rightarrow C$, $C \rightarrow D$.  means  $A \rightarrow B \rightarrow C \rightarrow D$.  THEREFORE  $A \rightarrow D$.　　　deterministic chain
IF A then B(.8). IF B then C(.8). IF C then D(.6).  IF A then D(.38).  IF A1 then not D.  probabilistic chain

**Troubleshooting System.**   Trial and Error.

A compact, repeatable process for diagnosing & resolving any problem (use in order).

One-line flow: A. What is the problem? A. Solution hypothesis D1 (easy checks) D2 D3 D4 Log & escalate.

Checklist (follow in order):

A. Define problem (one sentence).

A. State a short hypothesis / proposed solution (1 2 lines).

D1. Try simplest fixes (power, plug, restart, read instructions, quick restart).

D2. Try next checks (swap parts, alternate device/account, reassign, simple test).

D3. Check systemic causes (permissions, compatibility, timing, training, assumptions).

D4. Document & escalate (include steps tried, timestamps, evidence).

Log: Date / Who / Summary / Fix / Preventative action.


Printable Card (copy into worksheet):    Troubleshooting Card (paste into Word/Pages):

A. Problem: _____

BB. Hypothesis / Quick fix: _____

BB. Possible problems/causes:

D+ Diagnosis the problem/cause.

D1 → D2 → D3 → D4.  Sequential action.

D1 Most obvious (do first): _____          TEST.    Result: __Solved. __ Not solved (do D2)
    R1.IF solved then done. or R2.IF not solved then do D2.

D2 Next checks (do next): _____          TEST.    Result: __Solved. __ Not solved (do D3)

D3 Deeper checks (do if needed): _____          TEST.    Result: __Solved. __ Not solved (do D4)

D4 Escalate / Document: _____ Who to contact: _____

Notes / Date / Name: _____

When to escalate (D4):

- Tried D1 D2 D3 and problem persists.

- Problem affects many people or sessions.

- Safety, legal, or accessibility issue.

- Requires admin/IT privileges or long-term fixes.

When escalating include: one-line problem, steps tried (D1 D3), timestamps, evidence, suggested next step.


**SOP. Standard Operating Procedure.** Procedure steps to accomplish task.

Task/Title:

Purpose:

Expected Outcome:

Tools/Supplies needed:

Step 1:

Step 2:

Step 3:

Step 4:

Check/Evaluate: Compare outcome to expected outcome.

**CRITERIA GRID with PROBABILITY and RISK**

Circle the main option pros and cons. Some of these can be used as criteria. (important factors)

<mark>WRITE **CRITERIA** and compare options.</mark>     Be honest.     Is this wise?  Is this agape?  Is this beneficial, God-pleasing?
Goals/Needs:
Specific Goal/Need:

| ABCDF or 54321, +/– criteria.  options: | D1. option1 | D2. option2 | D3. option3 | D4. | D5. | D6. |
|---|---|---|---|---|---|---|
| 1. Criteria 1 | A | C | B | | | |
| 2. Criteria 2 | B | B | B | | | |
| 3. Criteria 3 | A | C | B | | | |
| 4. Criteria 4 | C | D | A | | | |
| 5. NOT bad thing | A | F | A | | | |
| 6. NOT bad thing | B | D | A | | | |
| 7. (a want vs need) | (A) | (D) | (C) | | | |
| 8. Chance of good thing | .8 | 0 | .2 | higher number is better | | |
| 9. Risk of bad thing | .2 | .9 | .5 | lower number is better | | |
| 10. Risk of bad thing | .2 | .9 | .5 | lower number is better | | |

* Instead of "NOT bad thing", it might be less confusing to just state the opposite as "good thing"

an EXAMPLE

+MSSPEL = helps me Mentally, Spiritually, Socially, Physically, Emotionally, Life goals/habits.
<mark>WRITE **CRITERIA** and compare options.</mark>     Be honest.     Is this wise?  Is this agape?  Is this beneficial, God-pleasing?
Specific Goal/Need:  Find good ways to deal with my mistakes at work.     (desired result/outcome)

| IF this criteria then +pro. +pro. criteria.  options: | D1. write criteria. | D2. beat self up. | D3. different Job. | D4. do best. cope method | D5. training, get help | D6. Quit my job |
|---|---|---|---|---|---|---|
| 1 wise___ | A | D | B | A.    5 | + | 1 |
| 2 agape love,___ | A | D | B | B.    4 | + | 1 |
| 3 beneficial  MSSPEL.___ | B | C | | B.    4 | + | 2 |
| 4 God-pleasing___ | B | D | B | B.    4 | + | 1 |
| 5 help others___ | A | D | | C.    3 | + | 1 |
| 6 practical___ | A | D | B | A. | + | 1 |
| 7 chance of dream job___ | .5 | .1 | .6 | .2 | .2 | .1 |
| 8 Risk no pay  (-5)___ | .1 | .7 | .2 | .2 | .1 | .9 |
| 9 Risk moving (-2)___ | .1 | .5 | .7 | .1 | .1 | .8 |

   •IRRELEVANT:  •people please.  •meet their expectations.  •easy.   •pleasure.  •different clothes.   •travel.  •car type.

Impact scale: -5 = very bad, 0 = neutral, +5 = very good.
Probability:  .5 = 50% chance.   .7 = 70% chance.

## 📘 Types of Conditional Premises

Decision making depends on understanding what kind of *if–then* statement you are dealing with. There are **three foundational types.**

### 1. Definitional / Meaning Conditionals. (True/False)
**Definition:**
*IF X happens, THEN it means Y (based on the definition or category).*
*This can be true or false.*
Used for:
- clarifying meaning
- testing categories
- avoiding false assumptions

**Example:**
If you you are rich then you are happy. False.
**Example:**
If something is a square it has four equal sides.
True by definition.

### 2. Cause/Effect Conditionals.
**Definition:**
*IF you do X, THEN Y will likely occur as a result.*
Used for:
- predicting outcomes
- listing pros and cons
- estimating risks and rewards

**Structure:**
- "If you do this → these consequences happen."

**Example:**
If you go to Hawaii → +warm. +fun. –expensive.
This is about **effects**, not definitions or truth categories.

### 3. Prescriptive / Rule-Based Conditionals. (should/must) (True/False)
**Definition:**
*IF X, THEN you should / may / must do Y (according to rules, norms, laws).*
Not about consequences or definitions, but about **standards/rules.**
Used for:
- ethics
- social expectations
- policies

**Example:**
If you are dating then you should marry. False
If you borrow something then you should return it. True

**_PROBLEM:_**   TEST the Thought, Statement. T/F    ALTERNATE WORKSHEET

C. my Feelings: _____ (why?)

A. Problem/Situation: _____

  –cons. +pros. _____

B. my Thought: (T/F) _____

   BB. Truth: _____

   BB. God says … _____

D+ good action  > +pros _____

   Root problem/need/cause: (5 whys) 1. _____

**_SOLUTIONS:_**   WRITE all the options, +pros, -cons.

   GOALS/Needs: _____

specific Goal/Need: _____

Example:  D1. option1 > (Short-Term result) > +pros,  -cons.  (c)concerns.  $cost.  -con(.8)  •irrelevant

D1. option1: _____

   Motive: _____ .

D2. option2: _____

   Motive: _____ .

D3. option3: _____

   Motive: _____ .

D4. option4: _____

   Motive:

_____

   BB1. IF I do THIS action → then THIS result (+pros / –cons).    (General Premise)

B1. means D1 assumption.          BB1. Truth_____

B2. means D2 assumption.          BB2. Truth _____

B3. means D3 assumption.          BB3. Truth _____

B4. means D4 assumption.          BB4. God says… _____

   😐Ba.   my attitude: _____

   😄BBa. good attitude: _____ .

WRITE **_CRITERIA_** and compare options.   Be honest.   Is this wise?  Is this agape?  Is this beneficial, God-pleasing?

Specific Goal/Need: _____

| ABCDF or 54321, +/– criteria.   options: | D1. | D2. | D3. | D4. | D5. | D6. |
|---|---|---|---|---|---|---|
| 1 _____ | | | | | | |
| 2 _____ | | | | | | |
| 3 _____ | | | | | | |
| 4 _____ | | | | | | |
| 5 _____ | | | | | | |
| 6 _____ | | | | | | |
| 7 _____ | | | | | | |

   •IRRELEVANT: _____ .

D+ do best option: _____ Step1: _____ Step2: _____ .

# 📖 Types of Statements (Everyday Life Examples)

*(All statements can be accurate or inaccurate and should be tested. Feelings should be explored.)*
People think using different kinds of statements.
Knowing the type helps you evaluate it correctly.

## 1. Descriptive Statements (IS)
Describe facts or observations.
- "The refrigerator is almost empty."
- "My phone battery is at 12%."
- "The bus is running late today."

**Test for:** accuracy.

## 2. Prescriptive Statements (SHOULD)
Recommend an action.
- "You should bring an umbrella."
- "We should take a different route."
- "You ought to get your oil changed soon."

**Test for:** wisdom and fit. They may be right or wrong.

## 3. Definitional Statements (MEANING)
Clarify the meaning of a word or category.
- "A budget is a plan for how you will use your money."
- "Exercise means any activity that increases your heart rate."
- "A hobby is something you do for enjoyment, not duty."

**Test for:** usefulness and accuracy.

## 4. Cause-and-Effect Statements (WHY)
Explain or infer why something happens.
- "If you skip breakfast, you may feel tired later."
- "If the dog is scratching, it might have allergies."
- "If the windows are open, the house will cool down."

**Test for:** evidence and alternatives.

## 5. Evaluative / Value Statements (GOOD / BAD)
Make a judgment about quality, importance, or worth.
- "This coffee tastes too bitter."
- "This neighborhood feels safe."
- "This movie isn't very interesting."

**Test for:** criteria and perspective.

## 6. Predictive Statements (WILL / LIKELY)
Anticipate what will probably happen.
- "It's likely to snow tonight."
- "The road will probably be busy after 5 p.m."
- "This plant will grow quickly with more sunlight."

**Test for:** patterns and evidence.

## 7. Emotional Statements (FEELING)
Express internal experience.
- "I feel nervous about driving in the snow."
- "I'm relieved the repairs are done."
- "I'm frustrated with this computer."

**Explore for:** causes and needs.

## 8. Questions
Invite information or clarity.
- "Where did I put my keys?"
- "What time does the store close?"
- "How much water does this plant need?"

**Use for:** guiding thinking.

## 9. Commands
Direct or instruct action.
- "Turn off the lights when you leave."
- "Please close the door."
- "Pick up your shoes."

**Test for:** appropriateness and authority.

## Summary Chart (Everyday Life)
- **Descriptive:** "This is happening…"
- **Prescriptive:** "You should do this…"
- **Definitional:** "This means…"
- **Cause-and-Effect:** "If X happens, Y tends to follow…"
- **Evaluative:** "This is good/bad/important…"
- **Predictive:** "This will probably happen…"
- **Emotional:** "I feel…"
- **Questions:** "Where…? When…? How…?"
- **Commands:** "Do this."

⚠️ **BEWARE of  B– Faulty Thinking Patterns and  D– Faulty Behavior Patterns.** cognitive TRAPS.

Bad outcomes often come from **B– negative thinking patterns** and **D– negative behavior patterns**. These are like our **Achilles' heels**—weak spots that make us vulnerable to poor decisions. Recognizing these helps us shift toward **BB. Better Beliefs** and **D+. Better Actions**.

🧠 **B–  Bad Thinking Patterns/Habits. False Beliefs** *(Fallacies — The Lies We Believe)   a mindset*
- **Authority Fallacy** – "He said it, so it must be true."
- **Majority Fallacy** – "Everyone thinks so, so it must be right."
- **People-Pleasing** – "I must make everyone happy, or they won't like me."
- **Hasty Decisions** – "I feel rushed. I'll just choose quickly."
- **Avoidance** – "If I ignore the problem, it will go away."
- **Fear-Based Thinking** – "If I do this, people will be mad at me." I'm afraid what people will think of me.
- **Emotion-Based Thinking** – Anger, romance, pride, pleasure drive my choice.
- **Desire-Based Thinking** – "I desire this pleasure, so I will do it."  "If it feels good, do it."
- **Jumping to Conclusions** – "I don't know the facts, but I think I know."
- **False Dilemma** – "It's either this or that" (ignoring other options).
- **Half-Truths** – Only looking at part of the evidence.
- **Go With the Flow** – "I'm going with the flow instead of stopping to test my thoughts and actions."
- **Perfectionism** – "I must be perfect, or I'm worthless."
- **Self-Pity / Look Back** – "I should have… I could have… it's hopeless."

🚫 **D–  Bad Behavior Patterns/Habits** *(Faulty Responses — The Ruts We Fall Into)*
- **Isolation** – Isolate because it is easy, safe, comfortable.
- **Avoidance Habits** – Trying to avoid people, problems, pain, discomfort, conflict, risk
- **Addictions** – Trying to escape reality with Alcohol, drugs, pornography, gambling, overeating
- **Codependency** – Trying to control or be controlled instead of being honest and assertive.
- **People-Pleasing** – Saying "yes" when you need to say "no." or "I don't know"
- **Procrastination** – Putting off what matters most.
- **Pride / Perfectionism** – Trying to look good instead of being real.
- **Self-Pity** – Replaying hurts, "could-have/should-have" thinking.
- **Anger Outbursts** – Using anger as a coping tool.
- **Idleness** – Too much unstructured time leading to temptation.

✅ **The Better Path (DM101 Framework)**
- **BB. Better Belief (Truth):** Replace lies with truth.
- **Ba+. Good Attitude:** Choose a thankful, realistic, hopeful mindset.
- **D+. Better Actions:** Build wise, healthy habits step by step.

C.Feeling.    A.Situation.    B.Thought.    B- Fallacy involved. →  D.Action.           D- Bad habits
                              BB.Truth.       BB.Better Belief.      →  D+ good Action.   D+ Better habits

# 🌟Extra Encouragement

This section is like a toolbox of extra wisdom and reminders to help you make good choices. Some are from the Bible, some from well-known thinkers, and some are just common-sense examples. When you feel confused or stuck, come back here—one simple truth can help you see your next step more clearly.

**Seek wisdom.** Proverbs 4 says: *"Wisdom is supreme. Get wisdom."*

**Watch out for lies.** Beware of the lies of the devil, the world and our own sinful thoughts and desires.
      Test each thought or statement: *Is this true or false? Helpful or harmful?  Good or bad?*

**Follow Christ,** not the ways of the devil, world or my sinful thoughts and desires.   (Ephesians 2:1-10)

**Note:** The "world" includes culture, TV, books, songs, friends and people that might speak false statement.

**Follow Biblical principles.** 10 commandments. Read the Bible. Meditate on God's Word.

**Wisdom is discernment.** Learn to spot the difference:
      Truth vs. Lies. Good vs. Bad. Right vs. Wrong. Wise vs. Foolish. Good for me vs Bad for me.
      Helpful vs. Harmful. Healthy vs. Unhealthy. Real love (agape) vs. nice, romance, apathy.

**When you feel bad, something needs attention.** That might mean changing:   A. your situation, or B. your thinking, or Ba. your attitude.

**Listen to your inner warnings.** Pay attention to your feelings, gut feelings or concerns. explore them instead of ignoring them.
      If your car makes noise → go to a mechanic.
      If you have pain → go to a doctor.
      If you feel anxious or uneasy → talk to God, write out your feelings and thoughts. Test the thoughts.
      Write options pros cons.

**Stop and reset when lost.** IF you are lost when driving then STOP. Look at the map.  Ask *Where am I? Where am I going? How do I get there?*  When you are confused then STOP. Go to the Bible, God's map.

**Decisions are your steering wheel.** Let the Bible be your GPS. Let Jesus be your co-pilot.
Be careful of backseat drivers who try to tell you what to do and where to go. Use SmartThink. options123.

**Use criteria for big decisions.** Example: if you're buying a used car, write down what matters (price, mileage, reliability) and compare your options.

**+MSSPEL** = helps me Mentally, Spiritually, Socially, Physically, Emotionally, Life goals/habits.
      Does this fill my love tank or empty my love tank? (Love Tank = my emotional health and well-being)

**Failure teaches.** *"Success comes from good decisions. Good decisions come from experience.*
      *Experience comes from bad decisions."* —Mark Twain

**Decisions shape your destiny.** Where you end up tomorrow depends on the choices you make today.

**Your thoughts guide your life.** *"You are today where your thoughts have brought you.*
      *You will be tomorrow where your thoughts take you."* —James Allen

**Habits build destiny.** Sow a thought → reap an action.Sow an action → reap a habit.
      Sow a habit → reap character.  Sow character → reap destiny.

**Think on good things.** Think on what is true, noble, right, lovely, good. Philippians 4:8.

**Be thankful always** in all circumstances. 1 Thessalonians 5:18

**A simple prayer for daily living:**
*"Day by day, Lord, three things I pray: To see You more clearly, To follow You more nearly,*
*To love You more dearly,  Day by day."*