

## Decision Making 101

Wisdom is supreme. Get wisdom. Proverbs 4:7. Be discerning.

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.

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 or False? Good or Bad?

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. A good decision will have a good motive and the right attitude.

(see "The 6 Pillars of Decision Making" by Patrick Ian Meyer). Explore vs ignore feelings, concerns, gut. The Decision Making 101 worksheets on pages 2-4 are based on these principles, a practical application.

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## Decision Making

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.

IF you change your B.Thinking then you change your C.Feelings and D.Decision/Action.

(A → B → C → D). A. Situation → B. Thinking. → C. Feeling. → D. Action/Decision

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 Thinking (T/F) B. I'm no good because I made mistakes. I must be perfect.

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. +feel better.

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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.

Pages 3-4 are the Decision Making 101 worksheets. They can be printed out and then filled out in order to work through a problem or a feeling to find good thinking, good attitude and the best solution.

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

an EXAMPLE of the Decision Making 101 method

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...

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...

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

Motive: beneficial. BB. God says... #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.

Ba my attitude	Ba. Proud.	Self-pity.	Ba. Perfectionism.	Ba. People pleasing.
BBa good attitude	BBa. Humble.	Thankful.	BBa Grace.	BBa Assertive, Honest.

+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, Godpleasing?

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

IF this criteria then +pro. +pro. criteria. options:	1	2	3 different	4. do best.	5 training,	6 seek opportunity.
1 wise	A	D	B	A	+	5
2 agape love,	A	D	B	B	+	4
3 beneficial MSSPEL.	B	C		B	+	5
4 Godpleasing	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 1 or 2 months. what worked +pros, what to improve -cons. Adjust as needed.

IF not sure then say "I don't know. Let me think about it." TALK to GOD. Test the statement by CABD. Write all options +pros. -cons.

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

Decision Making 101 worksheet

C. my Feelings:

(why?)

A. Problem/Situation:

+pros. -cons.

B. my Thinking (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:

D1. option1. +pros. -cons.

Motive:

D2. option2. +pros. -cons.

D3. option3. +pros. -cons.

D4. option4. +pros. -cons.

B.

BB.

B.

BB.

Ba. my attitude:

BBa good attitude:

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

Specific Goal/Need:

ABCFD	D1.	D2.	D3.	D4.	D5.	D6.
criteria.	options:					
1	A	C	+			
2	A	B	+			
3	B	C	+			
4	B	D	+			
5	A	B	+			
6						
7						
8						
9						

•IRRELEVANT:

D+ do best option:

Step1:

Step2:

IF not sure then say "I don't know. Let me think about it." TALK to GOD. Test the statement by CABD. Write all options +pros. -cons.

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

Decision Making 101 worksheet

C. my Feelings:

(why?)

A. Problem/Situation:

+pros. -cons.

B. my Thinking (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:

D1. option1. +pros. -cons.

Motive:

D2. option2. +pros. -cons.

D3. option3. +pros. -cons.

D4. option4. +pros. -cons.

B. He says...

=B. which means...

BB. Truth:

BB. Truth:

Ba. my attitude:

BBa good attitude:

**WRITE CRITERIA and compare options.**

Be honest. Is this wise? Is this agape? Is this beneficial, Godpleasing?

Specific Goal/Need:

ABCFD	D1.	D2.	D3.	D4.	D5.	D6.
criteria.	options:					
1	A	C	+			
2	A	B	+			
3	B	C	+			
4	B	D	+			
5	A	B	+			
6						
7						
8						
9						

•IRRELEVANT:

D+ do best option:

Step 1:

Step 2:

Step 3:

Create in me a clean heart, oh God, and renew a right spirit within me... Restore to me the joy of your salvation. Psalm 51:10

**Ba- BAD ATTITUDES:** self-pity, envy, covet, jealous, fear, pride, selfish, murmur, anger, unforgiving, timid, disrespect

**BBa GOOD ATTITUDES:** Thanks, content, trust God, faith, humble, love, helpful, kind, patient, forgiving, brave, respectful

Ba- people pleasing, perfectionism, greed, lust, discontent, ungrateful, low self esteem, Super Me vs Real Me, dishonest, gullible

BBa God pleasing, Grace, Love God. Love one another. generous, confident, friendly, serve, Joy, humor, Truth, honest, assertive

**C.FEELINGS:** concerned, bothered, troubled, unsure, angry, worried, anxious, afraid, sad, guilty, shame, disappointed, bored, regret nervous, proud, annoyed, depressed, unhappy, disturbed, excited, doubt, lonely, embarrassed, discouraged, covet, envy, jealous, cold rushed, hopeless, arrogant, overwhelmed, frustrated, unrest, uneasy, judgmental, judged, Red Flag!, stressed, confused, apathy, dark Gullible, trusting, agreeable, uncritical, nice. Skeptical, unsure, cautious, analytical, careful, questioning, doubtful, testing, critical think OBSERVE, calm, content, happy, satisfied, thankful, bold, confident, trust, assertive, insights, discerning, risk, courage, understood, comfort, comfortable, encouraged, humble, motivated, fulfilled, joy, love, generous, friendly, positive, see/help needs, helpful, empathy

**EXAMPLES of C.A.B.D.** B.my Thinking. BB.Truth. Good Thinking

C.my Feeling. A.Situation. **B.my Thinking.** **BB.Truth.** Ba. Bad attitude. BBa. Good attitude. D. Bad action. D+ Good action

C. Guilt. C. Feel bad. C. Depressed.

A. Dwell on my many mistakes and sins.

B. I'm no good. I'm too bad. My sins are too great.

BB. Behold the lamb of God, who takes away the sin of the world. BB. Where sin abounded, grace did much more abound.

BB. Chief of sinners though I be, Jesus shed His blood for me. 1Timothy 1:15 hymn

Ba. Guilt. Dwell on my mistakes and sins. Beat up on myself. BB. Repent. Get up. Jeremiah 8:4

BBa. Repent. Dwell on God's love, mercy, grace, forgiveness. Meditate on God's Word & hymns. Psalm 51,32,103,107 Romans 3,5,8

BB. Praise the Lord, oh my soul, and forget not all His benefits, who forgives all your sins and heals all your diseases. Psalm 103

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C. Anxious. C. Afraid.

A. My future seems uncertain.

B. What if things don't work out well with my job, finances, family, health

BB. God is my refuge and strength; a very present help in trouble. Psalm 46 BB. Cast all your cares on Him for He cares for you.

BB. My help is in the name of the Lord, the maker of heaven and earth. BB. Be still and know that I am God. Psalm 46:10

Ba. anxious, worry about the future, doubt, what if this happens? BB. I can do all things through Christ, Philippians 4:13

**BBa. Trust in the Lord with all your heart and lean not unto your own understanding.** Que sera sera. Whatever will be will be.

BBa. Be anxious for nothing, but in everything by prayer and supplication with thanksgiving, take your requests to God.

C+ Confident. C+ Peace. Calm. Content. D+ Toolbox: Write options pros cons. Read Bible. CCM music. see friends. help others.

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C. disappointed. C. unhappy. C. depressed. C. Red Flag! C. Covet, Jealous. C. Self-pity.

A. unmet expectations, loss of hopes/dreams. losses. trials and tribulations. difficulties. broken dreams.

B. Life should go my way. BB. Joseph in his trials is content, trusts and obeys. BB. Good times are just a taste of heaven.

BB. Life is difficult. trials. BB. Life is a vale of tears. Psalm 23. BB. I'm doing better than I deserve. BB. Oh well. It is what it is.

BB. Be thankful. It could be worse. Not in cold prison. Not in Antarctica. BB. Be thankful +health. +body. +mind. +food. +creation

BB. God, grant me serenity to accept what I can't change, courage to change what I can. Don't look back. Plan ahead. BB. Grieve

BB. Naked I came into the world. Naked I will leave. **The Lord gives and He takes away. Blessed be the name of the Lord.** Job 1:21

BB. Godliness with contentment is great gain. For we brought nothing into the world and we can take nothing out. 1Timothy 6:6

BB. Oh well, it seemed like a good idea at the time. BB. REGAL. Repent Grieve Accept Learn, Laugh, Love. BB. Humor

B. I deserve a happy life with all my hopes and dreams coming true. BB. Be thankful. BB. at least it's not that situation...

BB. I deserve God's wrath. All I have is by God's grace and mercy. In His grace He gave me forgiveness, salvation, heaven.

Ba. self-pity, murmur/complain, look back, should have/could have, regret. dwell on my mistakes and sins and losses. 1Cor 10

BBa. gratitude, thankful, content. Rejoice in the Lord. Humble, God's will be done. Don't look back. Plan ahead. Think good things.

BBa. Praise God. Psalm 103. He forgives all my sins. He heals all my diseases. Praise God from whom all blessings flow.

**BB. Love not the world, nor the things in the world. 1John 2:15.** "What is the world to me." CW717. "Thou shalt not covet."

BB. God's grace is sufficient. Jesus and His love and forgiveness are all I need. Lower your expectations. Ps23. Psalm 107

BB. What is God trying to teach me? BB. be humble. IF not sure then say "I don't know". Talk to God. Write all options pros cons.

D+ Read the Psalms, hymns. D+ Lower expectations. D+ Be thankful. Think good things. Friends. Armor of God. 10 commands

# EXAMPLES of C.A.B.D1,2,3. Decision Making 101 Problem/Solutions/Criteria = PSC123+-\_ P/S123

C.my Feeling. A.Situation. B.my Thinking. BB.Truth. Ba- Bad attitude. BBa. Good attitude. D. Bad action. D+ Good action

D1. Option 1 +pros. -cons. D2. Option 2 +pros. -cons. D3. Option 3 +pros. -cons. GOAL/NEED: BB. Truth

## PROBLEM

C. Anxious. C. Unsure. C. Concerned (explore vs ignore feelings/concerns/gut feeling)

A. What do I do after I graduate from high school? = anxious. A1. I look at career options = happy.

B. T/F I should get a job at a factory BECAUSE I can make a lot of money there. =(I can more make money THEREFORE factory job.) 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. It is best to look at all the options and all the pros and cons. BB. what if ...? BB. Is this Godpleasing?

B. T/F someone says you should move to California BECAUSE there are a lot of good jobs out there. B- a Lie BB. Ask WHY? BB. Maybe Right; Maybe Wrong. BB. What does God say/want. BB. Truth. =B.T/F so you're saying...

=B. T/F California has the best jobs. "B. T/F statement 2" indicates that "B.T/F statement 1" means/implies "B.T/F statement 2". BB. Many states have better jobs and aren't so far away. BB. California has more crime.

B. T/F. How much make as computer programmer? Truths, Facts, Reality, Experiment, Expert books, BB. I don't know. D+ Research this. BB. Truth. EG. Proof: Evidence, Examples, Experience, Observation, Research. Bible

BB. Ask the right questions. EG. BB. What does this mean? BB. Why? good reason? BB. Root problem/need? BB. pros? cons

BB. If you do your research then +better decisions. +better life. (General Premise). IF A then B. IF you want B then do A.

BB. God says Find ways to serve Him and help people. Use your talents; don't bury them. IF A then B. IF not want B then don't do A.

BB. God give me wisdom and guidance in finding my career. IF A then B. Therefore I will do A.

Ba. my attitude Ba. Greedy. Ba. People pleasing. Ba. Nice. Ba. Selfish. Ba. Lazy. IF A then B. A therefore B.

BBa Good attitude. BBa Content. BBa Godpleasing. BBa Assertive. BBa. Serving. BBa. Ambitious

D. OK. Listen to advice, move to California > LoserThink. -maybe bad advice. -maybe bad decision, bad life, regret.

D+ Talk to God. 1. Write P/S123, CABD 2. Write all options and all pros, cons 3. Write criteria and compare options > +BEST option  
SOLUTIONS: beliefs > values > purpose > priorities > GOALS: kind, helpful, friend

GOAL/NEED: +make a living to support myself and family. +help others. +use my gifts and talents. +a career

+worship and serve God with my gifts. +MSSPEL = helps me Mental, Spiritual, Social, Physical, Emotional, Life goals/habits.

not GOAL: -please others. -get rich. -pleasure. •a goal? (Y/N)(+/-) = not sure. •a goal (GBN)(+ -) IF good goal then '+goal'

OPTIONS: Benefits / Cost•Cons•Risk \$cost. \$work(time). \$work(4H/D). \$duty: \$criteria: traits needed. Risk/Reward.

D1. Status quo > (short term result) > +pros. -cons. (c)concerns. •irrelevant. \$cost. -con(.8)

Benefits: +pros. Cons: -cons Cost: \$cost. Risk: -con(.8). R1.Result1(1.7) +pros. -cons. or R2.Result2(2.3) +pros. -cons.

D2. Work at a factory > (easy)(free)(not wait) > +make a lot of money right away. +no student debt. -no advancement=stuck in job criteria (BCCCB) \$0. \$study(3 months). Motive:make a lot of money fast. -BB. God says...

D3. Go to college > (4 years) > PROS: +a career. +a skill. +BA/BS degree. +get a better job. +career fit your skills(.7). CONS: cost criteria (ABAAA) \$80,000. \$study(4 years). +Motive:career to support family. +BB. God says.... \$criteria: smart(T),tough(F)

D4. Become a WELS teacher > +a career. +a skill. +serve God. +help others. +educate kids. +share the Gospel. +a good purpose. criteria (AAAAA) \$30,000. \$study(4 years). +Motive:serve God, help others. +God says... \$duty: \$work(time)

D5. Go to a 2-year Technical School BECAUSE it is easier > (study 2 years) > pros: +a skill. +help others. cons: criteria (ABABA) \$10,000. \$study(2 years). +Motive:career to support family. (c) concern BB. my thoughts on concern.

D6 Get a job in California > (easy) > +fun. +adventure. -no career. -away from family=lonely. -no advancement? -low wage(.7)

criteria (CCCCC) \$500. \$study(0 years). -Motive:have fun. •(c) concern BB. my thoughts on concern. =OK

+D7. Do what is right > (difficult) > +the right thing. +Godpleasing. •maybe difficult consequences. •maybe people angry at me.

+D8. If not sure then STOP, talk to God, write P/S123 > (wait) (impatient) (people impatient) > +better decision. +better life.

+MSSPEL(AAABAA). #don't proceed until you are sure what is the right thing to do. #Listen to God, not people. #Wait on the Lord

•Trait(GBN)=not sure if good or bad trait. IF Good then +Trait. IF Bad then -Trait. IF Neutral then •Trait. #open doors, closed doors

D9. Try something for a month and see if it is better > (effort) (change) (risk) > +maybe better. +learn. +pro=result. +adventure=learn #make observations after a month of pros and cons. +Trial and error. ( )criteria +/- ( )happier? ( )more social (+)help others

D10. Write criteria and compare > (work•30min) > +better decision. +better life. +MSSPEL. +better match. ♦ opportunity

E5. Option chosen because of +this and +this. Evaluate: check results in 2-6 months. +pros. -cons. Adjust or Try different option.

CRITERIA for a good career: 1. Make a living to support myself and family. 2. Help others. 3. use my gifts and talents

4. a career. 5. worship and serve God with my gifts. D+ circle main +pros -cons, these could be criteria. some goals could be criteria.

NOT CRITERIA: •wealth. •famous. •popular. •world traveler. •handsome. •great house. •sports car. •people pleasing. •pleasure

Good decisions Test each statement, look at all the options and all the pros and cons, and identify the goals and needs.

Good decisions may also include writing the criteria and comparing the options for a particular goal or need.

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.

A bad decision is based on **Lies and Fallacies** (bad methods or reasons for making a decision, B- a Faulty Thinking Pattern)

## Fallacies. Bad Motives/Reasons for making decisions. (BadThinking) foolish

Here are some common fallacies, bad reasons or ways to make a decision: a false premise, distorted patterns of reasoning.

1. Fallacy of authority: making decisions based on someone's advice or opinion, without testing the statement, Psalm 118:8 thinking that this person is always right. (EG. HE said it so it must be right.) halo effect, expert advice fallacy. beware of bias,BS. They may be right; they may be wrong; they may be partly right. Ask "why?" Test the statement. Is it True or False? True or BS?
2. Fallacy of majority. Just because the majority believe something doesn't mean it is true. Beware of compromise of truth or principles
3. Fallacy of people pleasing VS being honest, assertive. trying to be nice and not hurt their feelings. Want approval. I must look good. saying or doing things to make them happy so that they like me and not get mad and hurt my feelings. Must live up to expectations
4. Fallacy of hasty decisions, because you feel rushed or feel too proud to say "I don't know" "Let me think about it." Impatient. Rushed; I don't want to look slow. This means making a decision before looking at all the options and all the pros and cons.
5. Fallacy of avoidance, trying to avoid conflict, pain, truth, reality, problem, Risk, work, discomfort, his anger/dislike, doing what is right
6. Fallacy of fear, afraid of what people will say or think or do if I do the right thing or what I want, real me. Fear of risk, mistakes, failure
7. Fallacy of emotions, basing your decisions on fear, anger, pleasure, excited, romance, pride, flattery, easy, pity, impatience, desires
8. Fallacy of desires, basing your actions and decisions on your desires, pleasure, covet, envy, lust, greed, self-pity, feelings, feels good
9. Fallacy of jumping to conclusions, without having all the facts. **FALSE PREMISE.** False assumption. First impressions. Anchoring.
10. Fallacy of false dilemma, thinking there are only 1 or 2 options when there may be 5 or more options.
11. Fallacy of half-truths, looking at just the pros or just the cons or just some of the pros or cons instead of looking at all the pros cons concerns for each option.
12. Fallacy of go with the flow, OK. following a combination of many fallacies, without stopping to talk to God and apply GoodThink. If it feels good, do it. Just go with the status quo (easy) without stopping to question or examine the routine, habits, actions, goals
13. Fallacy of false assumption, false cause, irrelevant, listen to advice, repetition, sunk costs, ignore my feelings/concerns/gut, look back
14. Fallacy of look back in self-pity, could have/should have, BB. Don't look back. Plan ahead. Reality. D1,2,3 options. D+Best option.
15. Fallacy of perfectionism. I must be perfect. They must like me. I must look good. Super Me vs Real Me. must meet expectations.
16. Fallacy of focus on short-term instead of long-term results
17. Fallacy of escape problems through addictions – thinking that avoiding the problem through addictions will solve it, instead of facing reality and taking constructive action. Addictions will make things worse, not better.

## Good Motives/Reasons for making decisions. (GoodThinking) wise

On the other hand, here are some good reasons to make a decision/action: Grace. Gospel motivation. Gospel Joy. Share the Gospel. love for God, love for others, agape, help someone, beneficial, do what is right, Godpleasing, try to make it better, be assertive. Risk. help someone in their need, do the right thing, 10 commandments, share the Gospel, 1Cor13, be friendly, be generous, kind, wisdom good for me MSSPEL Mentally, Spiritually, Socially, Physically, Emotionally, Life goals/habits. Good for him/her MSSPEL. Looked at all the options and all the +pros and -cons and picked best option. Godpleasing, speak the truth in love, Safety First, Fear, Love, Trust, Obey God. Grace. Love one another. Show honor and love to wife. Praise and worship. Get involved. Contribute. Try to make it better. be a good friend. help a friend. Be generous. compassion, Grace, show respect and love, duty, responsibility

Goals/Questions: Gospel. Love God. Love one another. Help others. Be honest. Be assertive. Is this right/wrong, good/bad?

Is it wise, loving, godpleasing, beneficial? Is this good for me? Is this good for him/her? Write a good story. see Good Motives.

What Does God Say/Want? WDGSW. IF C.Red Flag! or gut feeling or concerns then explore it, don't ignore it.

Decision Making 101 is based on ideas from "The Lies We Believe" by Chris Thurman, "LoserThink" ch10 by Scott Adams,

"Christian Decision Making" by Lowell Smith, "Intro to Logic" by Dr. Robert Stufflebeam, "Winning the War in Your Mind"

by Craig Groeschel, "What Would You Do?" by Dean Feldmeyer, "Battlefield of the Mind" by Joyce Meyer. Toyota Kaizen.

"better decisions, fewer regrets" by Andy Stanley. "Healing for Damaged Emotions" by David Seamands.

"Living My Life as a Christian" WELS Bible Study. "Mind over Mood" by Dennis Greenberger. DM101 by Bernhard Barnabas.

"Telling Yourself the Truth" by William Backus and Marie Chapian. "The 6 Pillars of Decision Making" by Patrik Ian Meyer.

PRINCIPLES. INSIGHTS for LIVING. ARMOR of GOD. Talk to God. What Does God Say/Want. Go to the Bible.

STOP! God says ... IF it is right then do it. IF it is wrong then don't. IF not sure then Talk to God. Write all options +pros. -cons.

God's Guidance is from God's Word

**Call on God in every trouble for help, guidance, wisdom, strength, advice, forgiveness, mercy, Psalms**

1.Thou shalt have no other gods. Exodus 20. Worship and serve God alone. Luke 4:8. What does God say/want.10 commands. Show me your ways, oh Lord. Teach me your paths. Psalm 25. Bible is my map, GPS. 10 commands. 1Cor13. Lord's Prayer. 2Timothy 3:15-16 All scripture is useful for teaching, rebuking, correcting, training in righteousness and to make us wise to salvation. Thy word is a lamp unto my feet and a light unto my path. Psalm 119:105. Golden Rule. Luke 6:31. Your Word is Truth. John17:17 Hebrews 12:1 Let us run with perseverance the race set before us, fixing our eyes on Jesus, my Savior and King. GROW in Grace. Isaiah 43:18 Forget the former things. Do not dwell on the past. Behold, I am doing a new thing. I will make a way in the wilderness. God, help me accept what I can't change (past decisions, people), give me courage to change what I can (BB. D+) Fear not for I am with you. Be not dismayed; I am your God. I will help you; I will strengthen you. Isaiah 41:10. 2Peter1:5 Trust in the Lord with all your heart and lean not on your own understanding. In all your ways acknowledge Him ... Proverbs 3:5,6  
God's Forgiveness

**For God so loved the world that He gave His only begotten Son, that whoever believes in Him will not perish, but have eternal life.**

Behold the lamb of God, who takes away the sin of the world. John1:29. 1John2:2. Romans 3-8. Psalm 130. John 3:16. .

Wash away all my sins. Psalm51. Though your sins be as scarlet, they shall be white as snow. Isaiah1:18

I am He who blots out your transgressions...and remembers your sins no more. Isaiah 43:25 Psalm 25

As far as the east is from the west, so far has He removed our transgressions from us. Psalm 103:12

If we confess our sins He is faithful and just and will forgive us our sins and cleanse us from all unrighteousness. 1 John 1:9

The wages of sin is death, but the gift of God is eternal life. Romans 6:23 1Tim1:15 1John1:9

All we like sheep have gone astray, each has turned to his own way and the Lord has laid on Him the iniquity of us all. Isaiah 53.

Where sin abounded, grace did much more abound. Romans 5:20. God have mercy on me a sinner. Luke 18:13.

For I will forgive their wickedness and remember their sins no more. Jeremiah 31:34

Praise the Lord, and forget not all His benefits, who forgives all your sins and heals all your diseases. Psalm 103. Luke 2:10.

Blessed is he whose transgressions are forgiven, whose sin the Lord does not count against him. Psalm32

He himself bore our sins on the tree so we may die to sin and live for righteousness. 1Peter 2:24

Saved from God's wrath by Grace alone, Faith alone. We are God's workmanship, created in Christ to do good works. Eph 2:10

Seek God's will in Gospel Joy Seek ye first the kingdom of God ... Matthew 6:33

**Blessed is the man who walks not in the counsel/advice of the ungodly,** (Follow Christ, not the ways of devil, world, flesh. Eph 2)

but his delight is in the law of the Lord and on His law he meditates day and night. Psalm 1. Matthew 7:24. 10 commandments

Blessed are they who hear the word of God and do it. Luke 11:28. James 1:22. Matthew 13. Colossians 3. Philippians 4:9.

My sheep hear my voice; I know them and they follow me. I give them eternal life, and they shall never perish. John 10:27,28

I am the vine, you are the branches. He who abides in me and I in him bears much fruit. John 15:5. Grow in grace. 2Peter3:18

For the grace of God has appeared that offers salvation to all people. It teaches us to say 'No' to ungodliness

and worldly passions and to live godly lives, while we wait for the blessed hope... Titus 2:11-14. Be careful. Be wise. Eph 5:15

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to

God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. Romans 12:1-2.

And we take captive every thought to make it obedient to Christ. 2Cor10:5 STOP! God says... Eph 4:15 Speak the truth in love.

Beware of false prophets. 2 Cor 11:3. The devil uses lies to lead us astray from pure devotion to Christ. Romans16:17 mark, avoid.

Test the spirits (thoughts, statements, attitudes, actions) to see if from God. 1John 4:1 2Cor10:5. (Godpleasing, True or False)

Love one another

since God so loved us, we also ought to love one another. 1John4:11 "If you love me, keep my commandments." John 14:15

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude. It is not self-seeking,

it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. 1Corinthians 13. REGAL. Repent. Grieve losses. Accept. Learn. Laugh. Love.

Do to others as you would have them do to you. Luke 6:31. What would Jesus do? Good Samaritan Luke 10:25-37

A new command I give you: Love one another. As I have loved you, so you must love one another. John 13:34. Golden Rule.

"Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength."

The second is this: 'Love your neighbor as yourself.' Mark 12:30. Set free, to serve and love one another. Galatians 5:13-14

## Bible Story examples: Good Decisions VS Bad Decisions

D- 1 Cor 10:11. (Examples of bad decisions) These things happened to them as examples and were written down as warnings for us, D+ Hebrews 11. (Examples of good decisions, based on faith in God and His promises, from men of faith.)  
A.Situation. B.Thinking. Ba- Bad attitude. D- Bad action > -results. BB. Truth. BBa Good attitude. D+ Good action > +results.  
D1. Option 1 +pros. -cons. D2. Option 2 +pros. -cons. D3. Option 3 +pros. -cons. E3. Decision chosen > consequences

### BIBLE STORY DECISIONS

similar situations: one has good thoughts/attitude and good decision; one believes the lie, has a bad attitude and bad decision.  
B. a Thought. B- a LIE. BB. TRUTH. Ba- Bad attitude. BBa Good attitude. D- Bad Decisions. D+ Good Decisions/deeds  
D+ Men of Faith. BB. Is there an example or Bible story that fits your situation?  
F. decision based on Fallacy of 1.authority, advice. 2.hasty decisions. 3.people-pleasing. 4.avoidance. 5.fear. 6.jump to conclusions  
7.false dilemma. 8.half-truths. 9.majority. 10.emotions. 11.desires. 12.go with the flow. 13.false assumption. (see page7) (Motive)

Write A.B.Ba.D. BB.BBa.D+ for different Bible story decisions. (examples from the Bible. examples for our learning.) Bible lessons. Discuss his A. Situation. B. Thinking. Ba. attitude. C. Feelings. D. action taken > consequences. Motive: F.Fallacies  
Discuss his A. Situation. BB.Thinking. BBa attitude. C+Feelings. D+ action taken > consequences. Motive:

A. God tells Adam not to eat the “apple”. A. Temptation. D- Adam disobeys God > -ruin mankind. -mankind sinful. -death.  
A. God asks Joshua to march around Jericho wall 7 times. D+ Joshua obeys God > +defeat Jericho. +God blesses Joshua.  
A. God asks Jonah to preach to Nineveh. D- Jonah tried to run from God > -Jonah eaten by a big fish. -Jonah depressed.  
A. God asks Noah to build an ark. D+ Noah trusted and obeyed God > +God saved Noah and the animals. +God blessed him  
D- People murmur and complain in desert. Ba- murmur, complain. Ba- unthankful. B. We deserve more.  
D+ Paul content in prison. BBa contentment. BBa thankful. BB. We deserve God's wrath. He gives grace.  
D+ Job content when loses his wealth, family and health. BB. The Lord gives and He takes away. Blessed be the name of the Lord.  
D+ Joseph content and serve God when in slavery and prison. A. Joseph sold into slavery. A. Joseph in prison.  
D- Israelites worship the golden calf in the desert. > -God is angry. -many die. (Exodus 32)  
D+ Daniel refuses idolatry, sent to the lion's den. > +God saves Daniel. +God blesses Daniel. (Daniel 6:16)  
D- 10 of 12 spies report that the people of Canaan are too powerful. B. We are too weak. C. Afraid. (Numbers 13-14)  
D+ Joshua and Caleb say that we can take the land. God is on our side. BB. God is on our side. We will win. C. Confident  
D- Cain is jealous and angry and kills his brother. Ba- jealous, angry. C. Angry. (Genesis 4)  
D- Joseph's brothers are jealous and angry and sell Joseph to slavery. Ba- jealous, angry. C. Angry. (Genesis 37)  
D+ Joseph forgives his brothers who sold him into slavery. BBa forgiving. kind. C. Kind, Forgiving. (Genesis 45)  
D- Nebuchadnezzar becomes like a wild beast because of his pride. B. I have built this great Babylon by my mighty power.  
D+ Daniel humbly interprets his dream. BB. I am a servant of the almighty God. His will be done.  
D- Rich man builds bigger barns in his greed and lives for riches and luxury and pleasure.  
D+ Paul lives to serve God and help others and spread the gospel.  
D- Pharisee proud that he is better than others. (Luke 18:19-24)  
D+ Publican asks God to be merciful to him a sinner. Humble. (Luke 18:19-24)  
D- Priest and Levi not help the hurting but pass on the other side. Ba- apathy. (Luke 10:25)  
D+ The good Samaritan helps the one in need. BBa.empathy. (Luke 10:25)  
A. King David and Bathsheba temptation. D- David gives in to temptation > -David's son dies. -adultery. -murder. -ruin David's life.  
A. Joseph and Potiphar's wife temptation. D+ Joseph flees from temptation > +God blesses Joseph.  
D- Adam listens to Eve's bad suggestion/advice. F. Fallacy of 1.advice. 3.people pleasing vs Godpleasing. 11.desires.  
D+ Jesus rejects Peter's bad suggestion/advice.  
D- Samson lust for Delilah > (pleasure) > -Samson loses his power, his eyes, his freedom and his life.  
D- Jacob infatuated. married bad match. > -difficult marriage and difficult life. A. Single. B. Should I marry? Who should I marry?  
D+ Isaac finds a good wife. His servant uses good criteria > +happy marriage. A. Single. B. Should I marry? Who should I marry?  
D+ St. Paul stays single, bachelor > +can serve God, others and gospel better. A. Single. B. Should I marry? Who should I marry?  
D- Peter lies and denies Jesus. Ba- Fear. Ba- people pleasing. F.Fallacy of fear, people pleasing. (Luke 22:57)  
D+ Apostles speak the truth and the gospel when opposed by religious leaders, accept consequences. (Acts 4)  
D+ Martin Luther speaks the truth and the gospel when opposed by pope and emperor, accepts consequences.

# The Lies We Believe

## B- a Lie. False Beliefs.

### BB. Truth. Correct Thinking.

B- I must be perfect

BB. God loves me just as I am.

BB. While we were sinners, Christ died for the ungodly. Romans 5:8.

B- I must have everyone's approval to be happy, worthwhile.

BB. You can't please everyone. BB. Be a Godpleaser, not a man pleaser. Colossians 3:23-24.. Galatians 1:10.

B- It is easier to avoid problems than to face them.

BB. Problems usually get worse when avoided. Philippians 3:13-14. Forget what is behind. Strive for the goal to win the prize.

B- Things have to go my way for me to be happy.

BB. Happiness is a choice.

B- You are only as good as what you do.

BB. God loves real me, just as I am. We are saved by grace through faith, a gift of God, not by works. Ephesians 2.

B- Life should be easy. B- Life should go my way.

BB. Life is difficult. BB. God's will be done.

B- Life should be fair.

BB. Life is sometimes fair and sometimes not fair. Ecclesiastes 8:14. BB. I'm doing better than I deserve.

B- My spouse should meet all my needs.

BB. God says honor and love and husband your wife.

B- God's love must be earned.

BB. God's love, forgiveness, salvation is a gift of His grace, undeserved love. Ephesians 2

from "The Lies We Believe" by Chris Thurman.

B- IF he said it then it must be true. B- IF he said it then it must be false.

BB. Test each statement or thought. Everyone is human and can be right or wrong.

## EMOTIONAL LIES

B- look back, regret, self-pity. should have, could have, IF only.

BB. I can't change the past; I can only learn from it. BB. Looking back will not make it better; it will make it worse.

BB. God grant me serenity to accept what I can't change, grant me courage to change what I can.

B- I am not loved and accepted as I am. I must be someone else to be accepted. I must be Super Me.

BB. God loves and accepts Real Me, just as I am.

B- I have a right to be angry and bitter at that person. They wronged me.

BB. God says forgive one another, as He has forgiven us. Grace.

some of these thoughts are from "Healing for Damaged Emotions, chapter 9" by David Seamands

## RELIGIOUS LIES

B- If I fall or sin then it is hopeless. I'm no good.

BB. Christ died for sinners and forgives all our sins. God loves me dearly, grants me salvation. God loves me dearly, loves even me.

B- perfectionism: I am never good enough. I ought to have done better. Should have. Could have. Would have. IF only. peoplepleasing

B- perfectionism: unrealistic expectations, conditional love, a subtle theology of works.

B- perfectionism: "you will be loved IF..." "we will accept and approve of you WHEN..." "you will be loved IF YOU... or BECAUSE..."

BB. God loves and accepts me just as I am, not when I shape up. God's grace, unconditional undeserved love, a free gift.

BB. "God was in Christ, reconciling me to Himself, not counting my trespasses against me." 2 Corinthians 5:19

B- Low Self-esteem: we love you when... IF... but...

BB. Good self-esteem: I am God's child. God loves me just as I am. God loves me dearly, loves even me. John 3:16.



## "WHAT WOULD YOU DO? Just This Once" by Dean Feldmeyer.

GOAL: +msspel. +help others. +Godpleasing. +honest. -people pleasing. -peer pressure  
+MSSPEL = helps me Mentally, Spiritually, Socially, Physically, Emotionally, Life goals/habits.

### Page 8. The invitation

C. Confused

A. Rita invites him to try weed at the party.

B. It's just a little. Just this once.

BB. Temptation. Don't compromise.

BB. God says Flee Temptation. Be a friend. Love one another.

D. Go with the flow > LoserThink, -bad consequences.

D+ Say "I don't know. Let me think about it." Talk to God. Write P/S123. > +better decision. +better life.

D1. P121 consent to weed > (pleasure)(please Rita) > -illegal. -get high. -addicted?

Motive: 1. Pleasure. 2. Fit in. 3. People pleasing

R1. Get away with it. (.6) or R2. Get arrested (.3) or R3. Get addicted (.4) -ruin my life. -hurt others.

BB. God says...

D2. P56. refuse weed (boring)(Rita upset)(made fun of) +sane. +legal. +not an addict. +OK.

Motive: 1. MSSPEL. 2. Love. 3. Godpleasing.

BB. God says...

E. Try weed (p121)

F. Fallacy of people pleasing, majority, hasty decisions, emotions, desires, go with the flow.

### Page121. Pressure increases

C. Excited

A. Smoke weed with Rita. > Rita touch his leg

A. Rita ask him to go somewhere to makeout

B. This could be fun, pleasurable

BB God says Flee Lust

D1. Go home > +safe. +good life.

D2. p122. Go to makeout place > (c)tempted to makeout. -makeout(.8) > sex?(.2)

R1. Sober (.2). +good

or R2. Makeout (.6). •(pleasure•30min). -lust. -guilt. -ruin friendship. -maybe sex(.3). •pleasure(30min). -stuck with bad match.

or R3. Sex (.2). •(pleasure•30min). -ruin our lives. -guilt. -scars. -regrets. -stuck with bad match.

E2. Go to makeout place. (p122).

### Page122. At the makeout place

C. Excited

A. At makeout place > lay on blanket on lawn > kiss > long kiss

> passionate kiss > sensual

B. This will be fun

BB. This could be a big mistake

BB. God says Flee Lust

C. Exciting. Sensual.

D1. p127 Keep kissing

D2. p49. Stop. Go home.

F. Fallacy of pleasure, emotions,

page 127. Consequences of giving in

A. Keep kissing > makeout > sex > -miserable. -guilt. -regrets.

B. I blew it. I'm no good

BB. I have sinned. Repent. God forgave all our sin.

BB. Behold the Lamb of God who takes away sin of the world. John 1:29

B. Give up. Give in.

BB. Get up. Turn to God.

BB. Repent. God forgave all our sin, and the sin of the world, by His death on the cross.

C. Feel guilty. C. Miserable. C. Afraid

D1. p59 Talk to her to apologize > (difficult) > R1.she ignore me or R2.we talk

D2. Give up

D3. p30 Talk to foolish friend.

D4. Repent. God's forgiveness. Psalm 51,32,103

D5. Talk to pastor, counselor or wise friend.

page 30. The vodka temptation

A. Talk to foolish friend. He offers vodka to feel better.

D1. Take some vodka > (feels good) (escape) > more vodka. > get drunk

D2. Go home. +not drunk. •live with guilt and regrets

D3. Go home and get counseling. +better

E1. Take some vodka

page 30. The choice

A. Take vodka > more vodka > -drunk

D1. Keep the drinking lifestyle > -ruin your life. -mess up other's lives

D2. Get help > +get better. +contribute. +help others

A1. Situation. B1. my Thinking. D1. my Action =A2.new situation. B2. D2.

A1. B1. D1. = A2. B2. D2. =A3. B3. D3.

## Books to recommend

### Problem.

directions/guidance for Life  
Depression

Guilt

Decision Making

Better thoughts, attitudes

Perfectionism

Low self-esteem

Anxiety

Answers on personal problems

Friends

Finances, Priorities

Understanding men, women

Christian Dating

Christian Dating

Christian Dating

Finding a good match

Finding a good match

Finding a good match

Finding a good match

Finding a good match.

Ready for marriage?

Relationship advice

Married.

Married. Engaged.

Spiritual Growth

Addictions

Alcoholism

Daily Devotions

Daily Devotions

Evolution VS Creationism

Worldviews, discernment

Life advice

Family and relationships

Podcasts

LIFE maps, GPS. good advice, guidance. questions/answers. problem/solutions.

### Book.

Bible

Psalms

"Healing for Damaged Emotions" by David Seamands

"How to Win Over Depression" by Tim LaHaye

"Happiness is a Choice" by Frank Minirth and Paul Meier

Psalms 51,32,103,130, 25. Romans 3-8.

"Healing for Damaged Emotions" by David Seamands

"What Would You Do? Just This Once" by Dean Feldmeyer

"The Lies We Believe" by Chris Thurman

"The 6 Pillars of Decision Making" by Patrick Ian Meyer

"better decisions, fewer regrets" by Andy Stanley

"Winning the War in Your Mind" by Craig Groeschel

CW hymns. Bible.

"Battlefield of the Mind" by Joyce Meyer

"Healing for Damaged Emotions" by David Seamands

"Healing for Damaged Emotions" by David Seamands

"Answer to Anxiety" by Herman Gockel

"I Hate to Bother You, But ..." by William Hulme. [WELS.net](#) > serving you > Topical Q&A

"The Friendship Factor" by Alan Loy McGinnis

"Heart 'N' Focus" by Jeffrey Davis, David Kehl

"Men are from Mars, Women are from Venus" by John Gray

"The Dating Maze" by Brent D. Earles. "You Me He" by Sammy Tippit.

"Guy's Guide to God, Girls, and the phone" by Jonathan McKee

"The 10 Commandments of Dating" by Ben Young and Sam Adams.

[stylecraze.com/articles/what-to-look-for-in-a-partner.](#)

<https://www.carepatron.com/files/compatibility-test.pdf>

criteria for a good match: same values, goals, interests, talk, kind, respect, open, honest, fun.

Lutheransonline.com, [eharmony.com](#). a helper suitable for him. Genesis 2:18. MSSPEL.

"Love Languages" by Gary Chapman, chapters 1-7.

Before You Say "I Do" by Wright and Roberts.

eharmony.com, Carolyn Hax

"Making Our Marriage Last a Lifetime" by AAL. "His Needs, Her Needs" by Willard Harley

"Building the Christian Home" by John Schuetze. criteria for a good marriage.

"Putting Away Childish Things" by David Seamands. "If Only" by David Seamands

"I Hate to Bother You, But ..." by William Hulme

"Counterattack: Taking Back Ground Lost to Sin" by Jay Carty

[mountoliveappleton.com](#). sermons

"Living My Life as a Christian" WELS Bible Study

[conquerorsthroughChrist.net](#)

"Together with Jesus" by Richard Lauersdorf. "Beside Quiet Waters" by Richard Lauersdorf  
Meditations by WELS

"The Lie" by Ken Ham

"What Darwin Didn't Know" by Geoffrey Simmons, M.D.

"What in the World is Going On" by David Thompson

Chuck Swindoll books. Insight for Living. [insight.org](#)

Focus on the Family. Dr. James Dobson. [FocusOnTheFamily.com](#)

Men of His Word.

## BEWARE of FALSE TEACHERS.

## THINK on GOOD THINGS.

### What is the MESSAGE?

Mark those who teach contrary to doctrine you have learned and avoid them.

Test the spirits to see if they are from God.

whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Philippians 4:8

B- a Lie. Bad message

BB. Truth. Good message

### ♪ Good songs and message

iTunes...

Lucky Man by Montgomery Gentry.

That's Life by Frank Sinatra.

I Gotta be Me by Steve Lawrence

Young at Heart by Frank Sinatra.

The Best is yet to Come by Michael Buble.

Make Someone Happy by Frank Sinatra

Turn the Lights Back On by Billy Joel.

Climb Every Mountain by Sound of Music.

Favorite Things by Sound of Music

You gotta accentuate the positive.

The more we get together the happier we'll be.

You've got a friend in me.

1280 WNAM Appleton WI.

Piano Man by Billy Joel.

Hold on for one more day.

Gotta get up and try, try, try.

What the world needs now is love, sweet love.

Thank you for being a friend

Simon and Garfunkel. James Taylor. Billy Joel.

Good CCM music with good messages

"God will make a way" Don Moen. "He is all you need" Steve Camp.

"You are good Always" Steve Green

"God will provide a way" Mickey and Becki Moore

iTunes:

Wayne Watson. Michael Card. Twila Paris. Petra. Michael Schroeder. Emu Music. Steve Green. Keith Getty.

Don Francisco. MLC choir. St. Olaf choir. Concordia choir.

### 🎬 Good movies and messages.

The Sound of Music.

BB. Follow your dreams. Love your family. The joy of music and a good message.

Reagan

BB. Do what is right.

Groundhog Day.

BB. Making better decisions

Camelot

BB. How to handle a woman? BB. "Simply Love her." said the wise old man.

### 📺 Good TV shows and message.

BB. "One life to live" is a good statement.

BB. "As sands in hourglass, so are days of our lives" is a good statement.

Law and Order, original

BB. Seek the truth. Do what is right

The Waltons. Home Improvement. Last Man Standing. Bonanza. Little House on the Prairie. Andy Griffith show



## Good books about life

authors: Oke. Focus on the Family. Adventures in Odyssey.



## Good Comedy about life

Jim Gaffigan

Jerry Seinfeld "Is this anything?"

Garrison Keillor



## Good messages in games

game of Life. Description of life and life choices and options and consequences.

Chess. Look at all options. Long Term results. +pros. -cons. Make the best move.

Fact or Crap or Bullshit. Be discerning. Recognize statements can be Fact or Crap, Truth or a Lie.

SimCity. Civilization.

True or False.

# **BASIC PRINCIPLES. BB. True General Premises. IF X then Y (+pros, -cons)**

## Examples of True Principles of Life

"Good decision making is about discovering and living by true principles that lead to wise, beneficial, and God-pleasing outcomes." (Basic Principles are General Premises that are True.)

A BB. General Premise shows the connection between what we do and what happens:

IF I do X → THEN Y (+pros / -cons).

When this connection is always true, it becomes a Principle of Life.

Good decision making means discovering and following these true principles.

The Bible—especially the Gospel, the Ten Commandments and Proverbs—is a foundational place to start for core principles.

Here are some more basic principles.

### **1. Choice builds habits.**

IF I repeat an action, THEN it becomes easier next time.

### **2. Honesty builds trust.**

IF I tell the truth, THEN people can rely on me.

### **3. Laziness steals opportunities.**

IF I waste time, THEN I lose chances for growth.

### **4. Respect strengthens relationships.**

IF I treat others kindly, THEN friendships grow stronger.

### **5. Ignoring problems makes them worse.**

IF I avoid a problem, THEN it usually grows bigger.

### **6. Small steps lead to big results.**

IF I do a little each day, THEN progress adds up.

### **7. Bad company corrupts character.**

IF I spend time with foolish people, THEN I learn foolish ways.

### **8. Hard work usually pays off.**

IF I stay disciplined, THEN I reap the benefits later.

### **9. Forgiveness brings peace.**

IF I forgive, THEN I release bitterness and heal relationships.

### **10. Self-control brings freedom.**

IF I master my impulses, THEN I gain more freedom and respect.

## Your Turn: Add Principles You Discover

11. IF I \_\_\_\_\_, THEN \_\_\_\_\_.

12. IF I \_\_\_\_\_, THEN \_\_\_\_\_.

13. IF I \_\_\_\_\_, THEN \_\_\_\_\_.

(Keep building your list as you notice true connections in life!)

### **14. Principle of Choice**

IF I make a conscious choice, THEN I take responsibility for the outcome.

### **15. Principle of Action**

IF I act, THEN progress occurs; IF I do nothing, THEN nothing changes.

### **16. Principle of Cause and Effect**

IF I plant seeds, THEN I eventually reap results.

### **17. Principle of Integrity**

IF I act honestly and consistently, THEN trust and respect grow.

**18. Principle of Learning**

IF I reflect on experiences, THEN understanding and wisdom increase.

**19. Principle of Adaptability**

IF I adjust to circumstances, THEN I survive and often thrive.

**20. Principle of Effort**

IF I apply consistent effort, THEN results accumulate over time.

**21. Principle of Focus**

IF I concentrate on what matters most, THEN effectiveness multiplies.

**22. Principle of Gratitude**

IF I appreciate what I have, THEN happiness grows.

**23. Principle of Responsibility**

IF I accept responsibility, THEN I gain control over my life.

**24. Principle of Patience**

IF I wait for the right timing, THEN outcomes are often better.

**25. Principle of Honesty**

IF I speak truthfully, THEN clarity and trust are strengthened.

**26. Principle of Balance**

IF I manage priorities well, THEN stress decreases and satisfaction increases.

**27. Principle of Perspective**

IF I see situations objectively, THEN decisions improve.

**28. Principle of Persistence**

IF I keep going despite obstacles, THEN success becomes possible.

**29. Principle of Respect**

IF I respect others, THEN relationships are healthier.

**30. Principle of Self-Knowledge**

IF I understand myself, THEN decisions align better with my values.

**31. Principle of Communication**

IF I express myself clearly, THEN misunderstanding decreases.

**32. Principle of Compassion**

IF I act with empathy, THEN connections and support grow.

**33. Principle of Reflection**

IF I review results, THEN future choices improve.

see [decisionmaking101.com](http://decisionmaking101.com) for more resources

# CRITERIA for different DECISIONS (a checklist)

EXAMPLES / SUGGESTIONS: criteria and good/right reasons to do this decision/action.

Happy marriage criteria:

1. Good match. 2. Helper suitable for me. 3. Both mature. 4. No addictions. 5. Want to marry. 6. Love and cherish each other. 7. Beneficial for both. 8. Want children. 9. Want to spend rest of life with this person. 10. Not rushed or pressured. 11. Do you make each other happy? Fill your love tank (emotional need)? 12. Looked at all the pros cons concerns. 13. Looked at all options pros cons and pick best, God-pleasing option. 14. Pre-marital counselling before engaged or wedding date. 15. Talked it over with God and seems to be His will. 16. Peace about the decision.

•irrelevant: what people think. romantic. dated many years. kissed. easy. expected.

B- (bad reasons to do this) we should marry because people say we should, romantic, dating long, kissed, easy, go with the flow, expected, people-pleasing, hasty decision, emotions, flattery,

Good match criteria:

1. Fun. Humor. 2. Open and honest communication. 3. Good conversation. 4. Same values, goals, priorities. 5. Similar interests. 6. Conflict well. 7. Kind and caring. 8. Mature. 9. No addictions. 10. Enjoy being together. 11. A helper suitable for me and my goals. 12. Do you make each other happy? 13. Beneficial to you MSSPEL. 13. Looked at all the pros cons concerns.

add Your Criteria (from options pros and cons etc): EG: 1. Likes to learn. 2. Talks ideas. 3. Likes games. 4. Curious

•irrelevant: dance. looks. wealthy. car. romance.

Good car criteria:

1. Affordable price. 2. Dependable. 3. Runs well. 4. Comfortable ride. 5. Good gas mileage. 6. Enough room for needs
- irrelevant: color. sun roof. what others think. on sale.

Good Job offer criteria:

1. Fair pay. 2. Growth opportunities. 3. Reasonable commute / location. 4. Healthy culture. 5. Align with skills. 6. Work-life balance. 7. Ethical / meaningful work.

Good house / apartment criteria:

1. Affordable price. 2. Pleasant. 3. Pass inspections. 4. Safe neighborhood. 5. Convenient location.

Circle numbers of criteria that are true for this option (IF testing just one option, Yes or No. "No" if not all numbers are circled).

OR Compare different options. EG: option1(AABBCA). option2(CCBCDC). option3(ABAABB).

OR Use this criteria grid to compare options.

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

Specific Goal/Need:

ABCDF	D1.	D2.	D3.	D4.	D5.	D6.
criteria.	options:					
1	A	C	+			
2	A	B	+			
3	B	C	+			
4	B	D	+			