

# DECISION MAKING 101 [worksheet](#).

## THE TOOL.

### DEFINE PROBLEM:

**SOLUTIONS:** WRITE all the options, +pros, -cons. (c)concerns. •irrelevant. \$cost.

specific Question:

general Goals/Needs:

specific Goal/Need:

D1. option1:

D2. option2:

D3. option3:

D4. option4:

D5. option5:

D6. option6:

D+ do best option:

Reason:

Step1:

Step2:

Step3.

**NOTES:** (optional) •B.Thought. BB.Truth. •(c)concern BB.Truth. •BB. IF This then That. [criteria](#)

You can start here if emotions are involved.

[TEST the Thought, Statement. T/F](#)



A. Situation → B. Thought → C. Feelings → D. Decision/Action

BB.Truth → C+ good Feeling. → D+ good Decision/Action

IF you change the Thought ↔ Attitude → then you change the Feeling and Action.

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

C. Feeling:

A. Situation:

B. Thought:

BB. Truth:

BB. God says...

# A QUICK OVERVIEW of the DECISION MAKING 101 method. **THE EXPLANATION**

SmartThink. Wisdom is supreme; therefore get wisdom. Proverbs 4:7

## HOW DO WE MAKE GOOD or BAD DECISIONS?

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

### Good Decisions: IF it is right then do it. IF it is wrong then don't do it.

IF you are unsure, then say "I don't know. Let me think about it."  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. Benefit / Cost • Risk
- 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, false assumptions or fallacies.

## HOW DO WE MAKE DECISIONS?

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 → (short term: easy) → -bad grades  
BB. Better Belief: Truth BB. "I made a mistake. I can do better next time if I study harder."  
D+ Better Action. D+ Study and ask for help → (short term: work) → +good grades  
A. Situation → B. Belief: Thought → C. Feeling. → D. Decision/Action → Results  
BB. Better Belief: Truth → C+ good Feeling. → D+ good Decision/Action → Results

## FIGURING OUT THE REAL PROBLEM. *(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?