

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?