

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

☀️ Most bad decisions begin with a good-sounding reason that was never tested.

1. Ask: “Is that a good reason?”
2. Ask: “Is that a good idea?”

Good Decisions: Do what is right and good in thanks and praise to God our Creator, Redeemer. 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. Write all options pros cons.

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.

Wisdom is supreme, therefore get wisdom. Proverbs 4:7

Decision Making 101 worksheets on pages 5-6 are based on these principles, a practical application.

see DecisionMaking101.com for more resources

Decision Making process

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 CFeelings 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.

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	
BB. IF--THEN premise:	BB. IF I work hard and try to improve then +do better at work.	
D+ good Action → +pros.	D+ Work hard. Try to improve. → (short-term:work) → +do better at work.	

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

OTHER TOOLS:

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...)

BASIC DECISION MAKING PRINCIPLES DecisionMaking101.com.

LESSON 4

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. →

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 "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.y 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, 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:	1	2	3 different	4. do best.	5 training,	6 seek
	write criteria.	beat self up.	Job.	cope method	get help	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: _____

(WANT / GOAL): _____

QUESTION: _____

SOLUTIONS: **WRITE all options FIRST** Then → **+pros. -cons. (c)concerns** for each option

D1. option1: _____

D2. option2: _____

D3. option3: _____

D4. option4: _____

D5. option5: _____

D6. option6: _____

main Goals,Needs,Purpose: _____

specific GOAL,NEED: _____

criteria (if helpful): _____

D+ best option: _____

Reason: _____

Step1: _____ Step2: _____ Step3: _____

B/BB: (as needed) _____

TEST the THOUGHT. T/F •B.Thought. BB.Truth. BB. IF this then +pros -cons.

☹️ ☁️ IF strong emotion or doubt is present, THEN test the thought before choosing the D+ action.

C. Feeling: _____ (why?) →

A. Problem/Situation: _____

-cons. +pros. _____

B. Thought (T/F): _____

BB. Truth: _____

BB. God says... _____

D+ good action: _____

B. _____

BB. _____

😬 my attitude: _____

😊 good attitude: _____

PROBLEM: _____

Question: _____

SOLUTIONS: D1. option1 → (Short-Term result) → +pros. -cons. (c)concerns. \$cost. •irrelevant

D1. option1

\$

BB. God says...

Motive: _____

Criteria (_____)

D2. _____

main Goals,Needs: _____

specific Goal, Need: _____

criteria: _____

D+ do best option: _____

Reason: _____

Step1: _____

Step2: _____

Step3. _____

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

Is this wise? Is this agape love?

WRITE CRITERIA and COMPARE options.

Is this beneficial? Is this God-pleasing?

Specific Goal/Need: _____

ABCDF or 54321, +/- criteria. options:	D1.	D2.	D3.	D4.	D5.	D6.
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
Short-Term (duration):	word (5min)					
Motive:	word					
a (c)concern (-5 to 0):	word (impact)					
•IRRELEVANT:	word					

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. Test the Thought, Statement

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. BBa. 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

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)

BEWARE!  

 Fallacies. Bad Motives/Reasons for making decisions. (Bad/Wrong Thinking) LoserThink, 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.

What Does God Say/Want

 Good Motives/Reasons for making decisions. (Good/Right Thinking) SmartThink, 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.

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 Godpleasing, 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

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.

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. missed opportunities

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, help me to accept what I can't change, help me 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. Ps 23. 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

Decision Making 101 Lesson Plan

Lesson 1– The cause of Good and Bad decisions. page 1 The decision making process. page 2

- Hand out Decision Making 101 basics (DM101 basics) from DecisionMaking101.com
- A. Read out loud the Decision Making 101 explanation from page 1
 - 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 2
 - What are the natural steps of the decision process that everyone does?
 - Printout and handout the Lesson 1 and 2 worksheets from pages 12-13
 - Go through some scenarios with A.Situation. B.my Thought > C.my Feelings > D. Action. page 12,15
 - 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 3

- How does one get to the root problem? Read page 3.
- 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 different feelings and scenarios. page 13,15

Lesson 3– Find solutions: write all options pros cons and seek best solution. page 14

- 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 14,15
 - 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 7-9

- What are some Biblical truths/principles about decision making and problem solving? page 7
- 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? page 8
- What are the most common motives and fallacies? Which fallacies have you used on past decisions?
- How does motivation impact our actions? page 8
- How does attitude impact our actions? page 9
- How does a Christ-follower decide actions? page 7-9

Lesson 5– Work through the Decision Making 101 worksheet. page 4-6

- Print out and hand out the Decision Making 101 worksheets from decisionmaking101.com.
- Go through completed Decision Making 101 worksheet example on page 4
- Work through a real problem together. Discuss the steps as a group, using the worksheet page 5.
- Define a specific problem/scenario for each individual. see page 15-17 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 15-17 for scenarios to use for worksheets.

STUDENT WORKSHEET – Lesson 1B

normal decision making

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

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 _____

IF unsure, say "I don't know. Let me think about it." WRITE options pros cons. TEST the statement.

PROBLEM: _____

(WANT / GOAL): _____

QUESTION: _____

SOLUTIONS: WRITE all options FIRST Then → +pros. -cons. (c)concerns for each option

D1. option1: _____

D2. option2: _____

D3. option3: _____

D4. option4: _____

main Goals,Needs,Purpose: _____

specific GOAL,NEED: _____

criteria (if helpful): _____

D+ best option: _____

Reason: _____

Step1: _____ Step2: _____ Step3: _____

(You can use goals and main pros and cons as criteria). Is this wise? Is this agape love?

WRITE CRITERIA and COMPARE options. Is this beneficial? Is this God-pleasing?

Specific Goal/Need:

ABCDF or 54321, +/- criteria. options:	D1.	D2.	D3.	D4.	D5.	D6.
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
Short-Term (duration):	word (5min)					
Motive:	word					
a (c)concern (-5 to 0):	word (impact)					
•IRRELEVANT:	word					

SCENARIOS FOR LESSONS 1,2,3,5

☹️ Sad 😡 Angry 😟 Anxious 😕 Confused 😨 Afraid 🤑 Greedy

C. FEELINGS: 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.