

DECISION MAKING 101



DecisionMaking101.com

DECISION TOOLBOX

practical tools for making wise decisions

| | |
|---------|--|
| page | |
| 3-4 | Decision Making 101 worksheet — go through worksheet to solve problems |
| 5-8 | Decision Making 101 QuickStart — read this to understand the worksheet |
| 9-13 | Decision Process |
| 15-26 | Examples of Decision Making 101 |
| 27-30 | Fallacies |
| 31-33 | Biblical principles, attitudes. Feelings: CAB, BB. |
| 34-39 | Goals |
| 40-53 | Test the Thought, Statement |
| 54-62 | Criteria |
| 64-65 | Root Cause page |
| 66-74 | Armor of God |
| 75-79 | Test the media message |
| 80-86 | Decision Making 101 games |
| 87-93 | Biblical Answers for Christian Living - Topics |
| 94-104 | Problem•Solution library |
| 105-108 | Basic life principles |
| 109-111 | Books to recommend |

DM101.

B, BB, PS123

Test Thoughts → CAB, BB

or CAB, D123

Test Options → P-S123-C.

or PSC or P-S123

Test Attitude

(c) Bernhard Barnabas (BB)

version 1.4 updated 2-22-26

COMPARE OPTIONS. 

PROBLEM: _____

(WANT / GOAL): _____

QUESTION: _____

SOLUTIONS: options: +pros. -cons. (c)concerns.

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: _____

optional -- use as needed.

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

  Use this section when strong emotion or uncertainty is involved.

C. Feelings: _____

A. Problem: _____

B. Thought (T/F): _____

BB. Truth: _____

BB. God says... _____

D+ Good action: _____

 my attitude: Ba. _____

 good attitude: BBa. _____

OPTIONAL / ADVANCED

PROBLEM: _____

Question: _____

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

D1. option1

\$

Motive:

BB. God says...

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? Is this honest?

WRITE CRITERIA and COMPARE options.

Is this beneficial? Is this God-pleasing?

Specific Goal/Need: _____

| ABCDEF 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 | | | | | |

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."

WRITE all the options pros cons. TEST the thought or statement. TALK to GOD.

PROBLEM: What is bothering me? What is the problem or need? _____

(WANT/GOAL): What do I want? what outcome do I want? (optional). _____

QUESTION: Decision Question: EG. What choices do I have? How can I solve this problem?

SOLUTIONS: WRITE all the 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, want: _____

criteria, if needed: _____

D+ best option: _____

Reason: _____

Step1: _____

Step2: _____

Step3: _____

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

You can start here if emotions are involved.

🛑 A. Situation → 🧠 B. Thought → 😞 C. Feelings → 🚲 D. Decision/Action → Result
replace B. with BB. Truth → C+ good Feeling. → D+ good Decision/Action → Result

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

C. Feelings: C. Miserable, Depressed, Feel Bad (why?) because...
A. Situation: A. I made mistakes at work. (The reason I feel bad.)
B. Thought (T/F): B. I'm no good because I made mistakes. =B. I must be perfect. T/F (False)
BB. Truth: BB. I'm OK. Nobody is perfect. We all make mistakes.
BB. God says: BB. No difference; all are sinners. Christ came to save sinners. Romans 3
D+ good action: D+ Work hard. Try to improve. → (short-term: work) → +do better at work.

BB. IF I do this then +pros. -cons. BB. IF I work hard then +happier. +I do better at work.
BB. IF I do that then +pros. -cons. BB. IF I stay depressed then -I do poor at work. -I may lose job

see DecisionMaking101.com for more examples, tools, worksheets and resources.


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:** 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.**
BB. PSC

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





Benefit / Cost • Risk

 **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?). |
| <u>BB. God says...</u> | BB. What does God say/want? |
| BB. IF--THEN Premise | BB. IF this action → then this result. +pros. -cons. (BB2. opposite premise) |
| D+ Best Action: | D+ What is the best action, based on these truths? |

Problem → Question → Options → Pros & Cons → Goals/Needs → Decision. Evaluate in 1 month.

THE EXAMPLE

PSC. **PROBLEM**•Question / **SOLUTIONS**: S1,S2,S3•pros,cons / **CRITERIA**•Goals•Needs

PROBLEM: Anxious because Missed deadline at work because too busy. (I think my job is in jeopardy).

WANT/GOAL: I want to finish the project on time.

QUESTION: What's the best way to get the project done on time?

SOLUTIONS:

D1. Work extra hours → +short-term OK. -long term exhausting

Criteria: MSSPEL=BBCDCB, BAC

D2. Ask for help → +teamwork. +reduces stress

Criteria: MSSPEL=AABAAA, AAA

D3. Delay project → -causes stress. -harms others.

Criteria: MSSPEL=DCDDCD, FDD

main Goals: MSSPEL= helps me Mentally. Spiritually. Socially. Physically. Emotionally. Life Goals/Habits.

specific GOAL, NEED: Finish on time. Keep reputation. Show responsibility.

CRITERIA: MSSPEL. Finish on time, Keep reputation. Low stress. (from Goals, Needs, pros/cons)

D+ Best Option: D2. Ask for help

Reason: Meets goals, helps others, reduces stress, aligns with MSSPEL

Step 1: Ask for help. Step 2: Prioritize tasks

C.A.B.BB

C. Feeling: Stressed, anxious, worried about reputation, frustrated with self

A. Situation: Missed deadline on an important work project. -people upset. -behind schedule.

B. Thought (T/F): "I'm a failure. I'm not responsible enough." → False

BB. Truth: Everyone makes mistakes. I can take steps to fix it and make it better.

BB. God says... "Do your best and seek wisdom; help and teamwork are good." Galatians 6:2

D+ Good Action: use PSC . Ask for help from a coworker or supervisor, prioritize tasks, and create a plan to complete the project on time

ADVICE → ask WHY? → SO YOU'RE SAYING... → WHAT ABOUT...? → TRUTH → DECISION

When someone gives advice or opinion: (say "I don't know. Let me think about it.")

B. He says That statement. _____ (T/F) BB. Ask him "why?" (get his reasons)

=B. That statement means/implies This statement ... (=B. in other words...) (=B. so you're saying...)

BB. Truth: _____ (maybe he's right, maybe he's wrong)

BB. TEST consequences:

BB. IF you do This then +pros. -cons.

BB. IF you do That then +pros. -cons.

PSC HOW to make the best decision. Problem. Solutions. Compare (with goals, needs, criteria)

[1] **PROBLEM**

- Define clearly: include C.Feeling, A.Situation, B.Thought if helpful
- Use "because" to show root causes
- Example: "Anxious because I missed deadline at work because too busy.
I think my job is in jeopardy."

[2] **QUESTION**

- Ask the right question to guide your focus
- Examples:
 - What's the best way to handle this situation?
 - How can I achieve this goal?
 - What should I do next?

[3] **SOLUTIONS** / OPTIONS

- List all possible actions (D1, D2, D3...)
- Evaluate +pros / -cons / (c)concerns for each
- Rate each option according to criteria

[4] **GOALS** / NEEDS

- Decide what are your main goals, needs and purpose in life. Talk to God about it.
- Decide what you want or need to achieve for this specific problem.
- Example: Finish on time, reduce stress, keep reputation
- Goals drive which criteria are important

[5] **CRITERIA**

- Use your goals to set criteria for evaluating options
- Example: MSSPEL = helps me Mentally, Spiritually, Socially, Physically, Emotionally, Life Goals
- Can add specific goals as extra criteria.
- Can add +pros and -cons as extra criteria.

[6] **DECISION**

- Pick the option that best meets your criteria and aligns with goals
- D+ Best Action: clearly state what you will do
- Reason: why this option meets goals, criteria, and aligns with wisdom

[7] **REFLECT**

- After a week or a month, evaluate results. What worked (+pros). What to improve (-cons).
- Adjust as needed for next time. new PSC.

PSC → Decision → Results → Reflect → New PSC

PSC **Problem**: Ask the right Question. **Solutions**: List all Options. **Criteria**: Check Goals & Needs

PSC – Stop and Think – Choose wisely. Problem - Solutions 1,2,3 - Compare, Choose, Check

DECISION PROCESS



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, thought, opinion. Is this true? What is the truth?

Good decisions come from Looking at all the options and all the pros and cons, identifying the goals and needs, and considering both the short term and long term consequences.

Good decisions may also include writing the criteria and comparing the options for a particular goal/need. Good decisions have a good motive and the right attitude. Pick the best option. (GoodThinking)

•Test your thoughts, attitudes and actions. Are these good, beneficial, agape, God-pleasing? God says...

Explore vs ignore feelings, concerns, gut feeling. Bad feelings are a signal that something is wrong.

See “The 6 Pillars of Decision Making” by Patrik Ian Meyer for these basics of good decision making.

Decision Making 101 worksheets on pages 3-4 are based on these principles, a practical application.

see DecisionMaking101.com for more resources

Decision Making process

LESSON 1B

Decision Making 101 is based on the normal process/progression used to make decisions.

The normal decision process starts with a A.Situation/Event then my B.Thinking about the situation which leads to my 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. Stressed.

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. Stressed. 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. Show Proof.
-  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

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

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.

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.

OPTIONAL

B. (T/F) Statement. Test whether the statement is True or False.

B. (F) Circle "F" if False or "T" if True.

B- False Statement. Add "-" when you realize that it is False, a Lie. FALSE. T/(F)

BB. The Truth (accurate and correct thinking)

D. natural action that flows from "B. my thinking" (what I tend to do because of my thinking)

D- bad action → -cons.

D+ good action → +pros.

Goal: Avoid D-

Goal: Do D+

Method: P-S123-C (or shorten to PSC or PSC123 or P-S123)

SOLUTIONS:

+D1. Good option. +pros. (Label option +D1 after looked at pros cons)

-D2. Bad option. -cons. (Label option -D2 after looked at pros cons)

D3. an option → pros and cons. (not sure if it is a good option or not yet)

D4. an option → R1. Result 1 (.3) or R2. Result 2 (.5) or R3. Result 3 (.2).

(c) a concern replaces "C.Concerned. A.Situation."

(c) a concern. B/BB. My thinking about that concern

(+) a positive situation B/BB. my Thought (a comparison)

(-) a negative situation B/BB. my Thought (a comparison)

(o) an observation, neutral. OR (•) an observation, neutral.

(c) a concern = OK. (I see it is OK after thinking about it.)

BB. an observation

B. T/F. I want this... B. T/F. I think this ... B. T/F. Maybe this ...

BB. My thinking because of these observations and truths

BB. a Question

BB. IF this action/situation THEN pros cons:

D+ best action because of these Truths

"Good decision makers first avoid bad decisions (D-), then try to make good decisions (D+)."

EXAMPLES of PSC Decision Making 101



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. D3 because of D2 because of D1

SOLUTIONS: **WRITE** all the options, +pros, -cons Option1 > **Benefit / Cost•Risk**

Core Values > **GOALS/Needs**: Gospel. Love God. Help others. +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... (c)concern BB.my Thinking •irrelevant. \$cost. -con(.7)
 B1. assumption / thoughts behind D1.option1 BB1. Truth. Correct Thinking. BB1. God says...

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" VS complain criteria(DDCDDD)

D3. option3. +pros. -cons. **GET A DIFFERENT JOB** > (work) > +maybe better job. +maybe better boss(.6)
+Motive: beneficial. +BB. God says "Be wise." #TRIAL and ERROR. criteria(BBxBXB)

D4. option4. +pros. -cons. **DO YOUR BEST. TRUST GOD. COPE METHODS** > (work) > +feel better. +help others.
+Motive: good attitude. BB. God says... +work better=happy. criteria(ABBBBB)

BB. IF I do THIS action → then THIS result (+pros / -cons). (General Premise)
 BB. Ask the right **questions**. D+ do research. BB. What are my goals? B1.goal T/F. B2.goal T/F
 Ba my attitude Ba. Proud. Self-pity. Ba. Perfectionism. Ba. People pleasing.
 BBa good **attitude** BBa. Humble. Thankful. BBa Grace. BBa Assertive, Honest.

Circle the main pros and cons. Some of these can be the criteria, together with some goals and needs

+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)

| A=very good.C=OK.F=very bad | D1. | D2. | D3.different | D4.do best. | D5. training, | D6. seek |
|-----------------------------|----------|-----------------|---------------|-------------|---------------|----------|
| criteria. | options: | write criteria. | beat self up. | Job. | cope method | get help |
| 1 wise | A | D | B | A | + | 5. A |
| 2 agape love, | A | D | B | B | + | 4. B |
| 3 beneficial MSSPEL. | B | C | | B | + | 5. A |
| 4 God-pleasing | B | D | B | B | + | 5. A |
| 5 help others | A | D | | B | + | 4. B |
| 6 (a want vs need?) | (A) | (D) | (B) | (B) | (+) | 3. (C) |

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

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

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

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

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

EXAMPLES of C.A.B.D1,2,3. Decision Making 101 Problem/Solutions/Criteria = PSC

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 Importance = 4 (1-5) Take your time. Research.

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(.7) +pros. -cons. or R2.Result2(.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 (AABAA) \$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=loneley.** -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

PROBLEM: Looking for a good match, a good friend.

C. Feeling: "I feel excited around her."

A. Situation: "She's attractive and gives me thrills. We feel romance."

B. Belief: "If I feel attracted, then she must be the right one."

BB. Better Belief: "Attraction is good, but I need to test her character, values and interests too."

BB. Like the song says, "My mama said... you gotta shop around." — Captain & Tennille

BB. 🚗 Dating is like car shopping. Write criteria. Shop around. Test drive. Find best match.

D+: Keep dating wisely, evaluate with criteria, *not just feelings*. OBSERVE. pros, cons, concerns.

SOLUTIONS: WRITE all the options, +pros, -cons, (c)concerns

GOALS/Needs: +MSSPEL. Happy. Help others. Serve God.

specific Goal/Need: Find a lady who is a good friend, good match or good partner

D1. option1. +pros. -cons.

criteria (AAAAABBBAAA)

D2. option2. +pros. -cons.

criteria (CCDCCDCCDD)

D3. option3. +pros. -cons.

D4. option4. +pros. -cons.

D+ Circle the main, important +pros and cons. Some of these could be added to the criteria list.

WRITE CRITERIA and compare options. What matters and what matters to me.

Specific Goal/Need: Find a lady who is a good friend, good match or good partner

CRITERIA. OPTIONS: 1. Option1 2. Option2 3. Option3 4. Option4 5. Option5

1. Shared values: _____ A C + - 5

2. Open, Respectful communication A C + - 4

3. Shared interests: _____ A D + - 3

4. Trust. Honest. Trustworthy A C + - 3

5. Share feelings, thoughts freely A C + - 4

6. Similar goals: _____ B D + - 2

7. Conflict well. Open dialogue B C + - 5

8. Respect for differences A C + • 4

9. Shared sense of humor, Fun A D + - 3

10. Friendship & mutual support A D + - 4

11. Character: kind, understanding, good attitude, helper, encourage vs discourage, show respect etc

12. Personality: fun, conversation, etc. a team, partner, helper for same goals.

13. Add your criteria from circled pros, cons. Mature. Responsible. For marriage, do they want kids?

•IRRELEVANT: •appearance. •wealth. •house. -romance. -sensual/makeout.

D+ pick best option: Step1: spend time in group settings. Step2. Get to know them.

Step3: ask about values, goals, interests Step4: be friends with many. Step5: Evaluate in 2 months.

E. Evaluate results after 1 or 2 months. Fill in more and check criteria status and compare.

“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.

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

[more Bible Story examples](#)

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. > 14,000 die. 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. > -misery. -sin. -ruin mankind. -death.

D+ Jesus rejects Peter's bad suggestion/advice. D+ Jesus rejects Satan's lies with God's Word, the Truth.

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.

PROBLEM

{c}concern: I'm depressed because I'm 21 and my girlfriend broke up with me. I will never find another girlfriend.

C.my Feeling. C.depressed. C.regret. C.anxious. C.miserable

A.problem: I thought I found the perfect girlfriend, but I blew it and she left me.= unhappy

-lonely. -depressed. A1.another problem. A2.another problem. A3.another problem to P/S123 sometime

A.+good health. +good school. +good family. +good friends. BB. Things to be thankful for.

B.T/F my thinking: I'm a failure because I blew it and my girlfriend left and now I will never get married.

BB.Truth: We all make mistakes. BB.There are many fish in the sea -- many other good matches.

=B.my goal in life is romance, to get married. (T/F) (False) (a lie) (F.Fallacy of false assumptions) B- a lie

BB.Truth: my goal in life is to serve God and help others and God will provide what I need.

=B. Life must go my way. (T/F)

BB. Life is difficult. BB. God is my refuge and strength; a very present help in trouble.

BB. Que sera sera. Whatever will be will be. The future is not ours to see. BB. God's will be done.

B.T/F IF not sure then just jump in. (False) (Fallacy of hasty decision, authority, emotion) B- a lie

BB. IF not sure then Talk to God. Write P/S123+- Test the statement. Look at all options, pros and cons.

B.T/F someone says ... Fred says you should date other girls to find other friends. (Fred). BB. Interesting

BB. Ask WHY? BB.Maybe Right, Maybe Wrong. maybe partly right. BB.Truth. =B.T/F so you're saying...

=B.T/F Dating other ladies might be helpful. BB. an idea to consider. MRMW. BB. that's one option

BB. True. BB. Call ladies. Join eharmony. Check Lutherans Online. Join hobby groups. EG: examples, proof, evidence

BB.God says... Seek God's will and His kingdom and all these things will be added to you. Trust Me.

BB.God says... I will provide your needs. Don't look back. Be thankful. Love God. Love one another.

Ba- bad attitude. Ba- self-pity. Ba- doubt Ba- people pleasing. Ba- romance

BBa good attitude. Ba+ be thankful Ba+ trust God Ba+assertive, God pleasing Ba+friendship

B1.T/F If X then Y + - (General premise). B1.T/F X (Specific premise). B1.T/F therefore Y + - (Conclusion)

B1.T/F If look back in self-pity because unhappy then (easy) then -depressed. -help no one. -mess up your life

B2.T/F If get up, be thankful, date others then (work) then +find friends. +happier. +help others. +goals.

B3.T/F If call old girlfriend then (nervous) then maybe she dates me OR maybe she does not date me.

B4.T/F If write criteria for good match and compare then +better decision. +happier therefore do 'write criteria'

GOAL/NEED: Friends, Gospel, grace, help others, help look MSSPEL. not GOAL: -romance,-pleasure

D1.self-pity, regret, look back > (easy) > -depressed. -help no one. -miserable. -MSSPEL. -lose friends?

+D2.get up, date others > (work) > +friends. +social. +happier. +help others. +MSSPEL. +find good match?

D3.call old girlfriend > (nervous*10min) > R1.she dates me (.4) or R2.she doesn't date me (.6)

+D4.write criteria and compare options > (work*1hr) > +better decisions. +better life. +better match.

BB.What does this mean? B1.T/F BB1. B2.T/F BB2. B3.T/F BB3. (ask the right questions) (is this good?) (why?)

BB.What does this mean that she broke up with me?

B1.T/F I'm no good because she rejected me. BB1.This happens in dating. BB1.God loves you as you are.

B2.T/F Breaking up is part of dating. We learn from it. BB2. TRUE

B3.T/F I will never date again. BB3.There are many fish in the sea.There are other good matches out there.

B4.T/F Maybe we were not a good match. BB4. TRUE. BB4. date others to find a better match.

Rp. Root problem:1.self-pity. 2.lonely. 3.wrong priorities

Rn. Root need: 1.Friends. 2.Family. 3.God's grace and acceptance

Rc. Root cause: WHY 2020 A.situation? 2017 A.B.C.D. 2015 A.B.C.D.E. 2013 A.B.C.D1,D2,D3,E2.

SOLUTIONS

GOALS: MSSPEL. Worship,serve God. Love God. Love and help one another. Friends. Find a good match.

not GOALS: -romance, -pleasure, -people pleasing, •be rich? •be famous?(Y/N)

NEEDS: MSSPEL. Helps me Mental,Spiritual,Social,Physical,Emotional,Life goals. Friends. Help others.

GOAL: MSSPEL.Mental,Spiritual,Social,Physical,Emotional,Life goals/habits. Gospel. worship,serve God. Love, help one another.

D1. self-pity, regret, look back, should have/could have, isolate > (easy) >

\$Risk of depression (.8)

+pro. -con. -depressed. -miserable. -a sin. -help no one. -lose friends. -lose goals. -MSSPEL(FFFDFD).

criteria (FFFFFF)

BB. Is this Beneficial? Godpleasing? Match goals? Is this agape Love? F. Fallacy 2,3,4 avoidance

{c}concern. BB. Thoughts on concern. BB. Analyze by IF X then Y + +. (c) can become - or •

-Motive: 1.self-pity. 2.selfish 3.emotion(impatient). =Ba.ungrateful.

-BB. God says don't look back. Don't murmur or complain. Be thankful always. Trust God to help.

D2. get up, be thankful, date others > (work•2h/w) > +friends. +social. +happier.

\$Risk of depression (.2)

\$study Bible (1h/d) \$social(1h/d). +MSSPEL(AAAAAA). +confidence. +help others. #pray.

criteria (AAAAAA)

#call family and friends. #read the Bible and dating book. #write criteria and compare. #have many lady friends

{c} maybe some ladies will reject me. BB. That's OK. That's part of dating. Keep trying. BB. IF X then Y + +

+Motive: 1.MSSPEL 2.Love 3.Serve God. =Ba.Thankful. Ba.Love.

+BB. God says run the race before you. Help others. Take care of yourself. Serve God. Be thankful.

D3. call old girlfriend > (nervous•15m) > R1.she dates me. or R2.she not date me.

\$Risk of depression (.3)

If R1 she dates me then +good. +maybe friends again. •she has nice car. •she has pretty dress.

criteria (CCCBCC)

If R2 she doesn't want to date me then OK. +I know the situation +other ladies out there.

{c} she may not want to talk to me. she might get mad. BB. That's OK. Then I know; reality check.

Motive: 1.curious. 2.miss her. 3.lonely.

BB.God says love one another. Trust Him. Be friends to people. Help people.

D4. Armor of God. Read Bible. Talk to God. Be thankful. Help others. Gospel focus

\$Risk of depression (.1)

> (work) > +MSSPEL(AAABAA). +happier. +help others. +please God.

criteria (AAAAAA)

#call friends. #visit family. #volunteer. #have lady friends. #find useful goals. #be assertive

+Motive: 1.MSSPEL. 2.Love God. 3.Love others. 4.be Thankful. Ba+Thankful.

+BB.God says put on the full armor of God. Serve God. Help others. Be thankful.

D5. Addiction > (pleasure, escape•10min) > -a sin. -misery. -msspel. -ruin my life. -depressed. -insanity? -prison?

-BB. God says Flee temptation. Trust God. Don't give up. Isaiah 43. Psalm 23,51,130,103,107,32,25

D6. 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 .

+Motive: 1.MSSPEL 2.Wisdom 3.Love 4.Godpleasing

+BB. Wisdom is supreme. Call on God in day of trouble. Show me your ways, oh Lord. Wait on the Lord.

D7. Try something for a month and see if it is better > (effort) (change) (risk) > +maybe better. +learn.

#make observations after a month of pros and cons. +Trial and error.

D8. Write criteria and compare > (work•30min) > +better decision. +better life. +MSSPEL. +better match.

D9. If depressed then do MSSPEL 1.good thoughts,attitude. 2.Gospel,Bible. 3.Friends. 4.Exercise. 5.Hobbies.

F. Fallacy: 1.authority (Jim said it so it must be true) 2.Fear (afraid she get mad). 3.desires (seek pleasure)

4.avoidance (avoid pain, conflict, truth, discomfort, reality, risk) 5.people pleasing (not get him angry or hurt)

6.ignore concerns, problems VS P/S123. CABD. 7. emotions (fear, anger, impatient, pleasure, excited)

F. BEWARE of Fallacy=bad methods/ways/reasons to make a decision/opinion/belief. similar to bad Motive.

CRITERIA for a good life, a good dating life.

1. MSSPEL. 2. have friends. 3. Be a good friend 4. Find a good match. 5. Help others. 6. Share the Gospel

7. Love and serve God. 8. Love one another. 9. Healthy VS unhealthy. 10. Helpful VS harmful

D1. (FDFFFFFFF). D2. (AAAAAAAAA). D3. (•B•C••••). D4. (AAABAAAA)

D5. (FFFFFFFFF). D6. (AAAAAAAAA). D7. (BBAAABBB). D8. (AAAAAAAAA). D9. (AAA,_ABBB)

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

PROBLEM. C.my Feeling. why? A.Problem,Situation. B.T/F my thinking BB.Truth. Ba.attitude. D1,2,3 options {c}concern: We're concerned because the church services are full and no extra room for visitors or members
C.my Feeling: C. Concerned

A.problem: church services are crowded and there is no room for more people or visitors.

need: more room in church services. A. problem, situation, need, concern, goal, question:

B.T/F my thinking: We should tear down the front wall for a bigger church BECAUSE the church is too small.

BB.Truth. BB.Is this a good reason? BB.Is this a good idea?

BB.Truth. It is best to look all the options and all the pros and cons EG. examples, proof

B.T/F someone says ... we can save money by just keeping the status quo. Just ignore the concerns. (Fred)

BB. Ask WHY? BB.Maybe Right, Maybe Wrong. maybe partly right. BB.Truth.

=B.T/F so you're saying...

=B.T/F maybe the problem will go away VS we should try to solve this problem. BB. say 'That's one option'

BB. If we do nothing then the church will be crowded and people may not come because there is no room.

BB.God says... be wise with your money. God wants us to welcome people to church.

BB.Pray: G.God help me...

D. OK. Listen to advice > LoserThink. -maybe bad advice. -maybe bad decision

DD. Talk to God 1.Write P/S123 CABD 2.Write all options and all pros cons 3.Write criteria and compare options > +better decision

GOAL/NEED: a less crowded church, room for more people. not GOAL: mega church complex

D1. Tear out the front or side wall and make a bigger church

D2. Tear down the church and build a bigger mega church, with café and rec room.

D3. Have overflow in the commons or gym with a video of the service

D4. Add another service on Saturday night or Sunday afternoon/evening.

D5. Encourage people to watch church on livestream instead BECAUSE this is easy and will save money

D6. Set up chairs in the narthex like they do for Christmas Eve services

D7. Worship at Fox Valley Lutheran HS auditorium.

E4. Decided on option D4. Add another service on Saturday night (option chosen after research, P/S123)

E1. Find best ways to say or do option E4. HOW best to implement option E4. Step1. Step2.

+E2. EG: Show people the options, pros, cons and let them ask questions, tell opinions and vote. +pros. -cons.

E4/A1.consequences of E4 decision > +pros. -cons. CHECK results. Problem Solved? ADJUST. New D1,D2,D3

B1.T/F If X then Y + - (General premise). B1.T/F X (Specific premise). B1.T/F therefore Y + - (Conclusion)

B1.T/F If people watch livestream then +easy. +more room in church. +save on gas. -miss fellowship

B2.T/F If we have overflow in the commons then +more room in church. -people miss the live experience.

Ba- bad attitude. Ba- covet. Ba- uncaring. Ba- selfish. Ba- greedy. Ba- impatient. Ba- pride.

BBa good attitude. Ba+ be content. Ba+compassion. Ba+help people's needs. Ba+patient. Ba+humble.

Rp. Root problem:1. Not enough room in church for congregation

Rn. Root need: 1. Room for all members and visitors in the church.

Rc. Root cause: A3 because of A2.B2.D2. A2 because of A1.B1.D1 A1 B1 D1 > A2 B2 D2 > A3.

F. Fallacy: 1 authority. 2 majority. 3 people pleasing. 4 Fear. 5 hasty decision. 6 emotions. 7 desires. 8 avoidance.

BB.What does this mean? B1.T/F BB1. B2.T/F BB2. B3.T/F BB3. (ask the right questions) (why?)

PROBLEM: The church is too crowded. We need more room in each service. Do your homework

SOLUTIONS1,2,3 > (Short Term Result) > Long Term Results + - c • BB. God says. Motive. =Ba. Attitude.

GOALS: make more room in each church service 1.MSSPEL. 2.enough room. 3.affordable. 4.fellowship.

not GOALS: -mega church, •bigger church?(Y/N) 5.serving. 6.encouragement. (goals are also criteria)

NEEDS: more room in each church service so it isn't full. goal/criteria 1,2,3,4,5,6 rated (BBAACC)

GOAL: MSSPEL.Mental,Spiritual,Social,Physical,Emotional,Life goals/habits. Gospel. worship,serve God. Love, help one another.

1. Tear out the front or side wall of the church to make the church bigger > (work•1Y) >

\$2,000,000. \$Build(1year). \$Worship in the gym(1 year)

+pro the bigger church will fit more people. +more distance between pews?

-con big cost. -can we afford it? -people will have to worship in the gym for 1 year = set up chairs each Sunday

{c}concern: will people want to worship in the gym for 1 year? #get info on different options and costs

Motive/Reason: 1. make room for more people. =Ba.helpful criteria (AABAAA)for123456

BB. God says be good stewards of our money.

2. Tear down the church and make a mega church with café and rec room to attract more people > (work•2Y) >

\$6,000,000. \$Build(2 years). \$Worship in the gym(2 years)

+big enough to fit a lot of people and visitors. +maybe attract more people with the café and rec room

-huge cost. -can we afford this? -is this necessary? -a need or a want? •cafe. •rec room. •pool tables.

{c}will people want to worship in the gym for 2 years? BB. Try it for a month and see what people think.

Motive/Reason: 1. covet? 2. greed? 3.envy? =Ba-covetousness? criteria (BADAAA)

BB. God says to be good stewards of our money. Care for people's needs. Don't be greedy or covet.

3. Have overflow in the gym or commons with big video > (easy) >

\$6000 for big video screen.

+quick and easy solution. +save money.

-people won't have the in-person experience with pastor, singing, organ, fellow members.

{c} will people miss the in-person experience? BB. Try it for a month and see what people think.

Motive: 1. good stewards of God's money. 2. care for people's needs. criteria (AAABAB)

BB. God says to be good stewards of our money. Care for people's needs.

4. Add another church service, Saturday night or Sunday afternoon/night > (easier) >

\$100/w. \$pastor(2h/w). +quick and easy solution. +save money. +maybe enough room in each service(.8)

R1.enough room in each service (.8) or R2.still not enough room (.2).

If R1.enough room in each service then problem solved. If R2.still not enough room then look at other options.

{c} A pastor will need to give another service on Saturday night. BB. The pastors may be willing to do this once a month.

Motive: Reason1. good stewards of God's money. Reason2. care for needs. criteria (AAAAAA)

BB. God says to be good stewards of our money. Care for people's needs.

5. encourage people to watch livestream at home so there is more room at church > (easy) >

\$0. +easy. +more room in church. +save on gas(people at home).

-people may isolate. -people miss the fellowship. -people miss the in-person experience with the pastor, singing, organ, members

{c}people may get used to doing church at home and miss out on fellowship with other believers.

Motive: 1.easy. 2.cheap. criteria (CAADDD)

BB. God says don't forsake Christian fellowship, encourage and love one another, serve one another.

CRITERIA: 1. MSSPEL 2. enough room. 3. affordable. 4. fellowship. 5. serving. 6. encouragement. 7. not isolate

CRITERIA rated for option 1. AABAAA 2. BADAAA 3. AAABABA 4. AAAAAAA 5. CAADDDF. 6. BBXXCAB X=don't know

FALLACIES



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.

Decision Making 101.

LESSON 1A

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

Bad decisions come from making decisions without looking at all the options and all the pros and cons, and not identifying your goals and needs. It means that you don't consider both the short term and long term consequences. Bad decisions are often based on Lies, Fallacies and false assumptions.

•Fallacies are bad methods or reasons for making a decision. (BadThinking)
Beware of Fallacy of authority, majority, people please, hasty decision, avoidance, emotions, false premise

Good decisions come from Testing each statement and thought. Is this true? What is the truth?

Good decisions come from Looking at all the options and all the pros and cons, identifying the goals and needs, and considering both the short term and long term consequences.

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

Good decisions have a good motive and the right attitude. Pick the best option. (GoodThinking)

•Test your thoughts, attitudes and actions. Are these good, beneficial, agape, God-pleasing? God says...

Explore vs ignore feelings, concerns, gut feeling. Bad feelings are a signal that something is wrong.

See “The 6 Pillars of Decision Making” by Patrik Ian Meyer for these basics of good decision making.

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

BIBLICAL PRINCIPLES



Attitudes
Feelings

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. 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. Philipians 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

Ba. ATTITUDES

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:

Sad Angry Anxious Confused Afraid Greedy an Urge a Desire Humor
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
distressed, very angry! very anxious! = Red Flag!

Happy Calm Confident Humor Fun
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

You can start here if emotions are involved. **TEST the Thought, Statement. T/F**

C. Feeling: _____ (why?) →

A. Problem/Situation: _____

-cons. +pros. _____

B. Thought: _____ (T/F) .

BB. Truth: _____

BB. God says... _____

D+ good action: write PSC , _____

B. _____

BB. _____

my attitude: Ba. _____

good attitude: BBa. _____

GOALS



DECISION IMPORTANCE: ___ (1-5) 1=Trivial. 5=Major. OR IMP1=minor. IMP5=Major.

SOLUTIONS: WRITE all the options, +pros, -cons. option (BENEFIT / COST)

GOALS/Needs: +goal. +goal. •goal (Y/N)=not sure if good goal. -not a goal.

specific Goal/Need:

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

D1. option1:

Motive:

PRAY to God to show you proper goals. Talk to God. Read the Bible.

- **Goals** → define purpose
- **Criteria** → translate goals into measurable factors
- **Pros/Cons** → evaluate how each option performs on those criteria and goals

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

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

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

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

BB. TEST the Goals.

- B1. Goal 1. Y/N. BB1. God says...
- B2. Goal 2. Y/N. BB2. God says...
- B3. Goal 3. Y/N. BB3. God says...

AN EXAMPLE

BB. Possible Main Goals. Ask "why"? Reasons.

- B1. Share the Gospel T/F
- B2. Love one another T/F
- B3. Pleasure T/F
- B4. Marriage T/F
- B5. Get a lot of money T/F
- B6. Romance T/F

Your listed **goals** are

Share the Gospel

Love others

Pleasure (not a main goal)

Marriage (not a main goal)

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

B1. Share the Gospel

T/F: True

BB. God says:

“Go therefore and make disciples of all nations...” — *Matthew 28:19*

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

B2. Love Others

Y/N: Yes

BB. God says:

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

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

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

B3. Pleasure

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

BB. God says:

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

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

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

B4. Marriage

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

BB. God says:

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

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

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

ASK THE RIGHT QUESTION.

(for goals or criteria or B.Thoughts). Right question → Right decision.

Should I do this?

Right Questions

(Wisdom•Truth•Benefit — decision criteria)

What does God say or want?

What is the right thing to do?

What is the truth?

Is this God-pleasing?

Is this wise? Is this good? Am I being honest and assertive?

Is this beneficial (long-term)?

Is this agape love, helpful, good for him/her?

Am I being kind, gentle, helpful, loving?

What is the best option?

What do I want/need?

Is this good for me mentally, spiritually, socially, physically, emotionally, life goals/habits? (MSSPEL)

Is this good for him/her mentally, spiritually, socially, physically, emotionally, life goals/habits? (MSSPEL)

Wrong Questions

(Pressure•Feelings• Approval — often irrelevant)

Wrong Questions

Does this please him/her? (irrelevant)

What will they think if I do this? (irrelevant)

What does he/she want? (irrelevant)

What does he want me to do? (irrelevant)

What does he/she say? (irrelevant)

Is this nice?

Is this easy? Is this pleasurable?

How do I keep her from being angry?

Does this make me look good or bad?

How can I avoid conflict, discomfort or risk?

Is this romantic?

Will this hurt her feelings or get her mad?

Right Questions

VS Does this please God?

VS What does God think?

VS What does God want?

VS What does God want me to do?

VS What does God say? What is the truth?

VS Is this right? Is this honest? Is this truth?

VS Is this right? Is this beneficial?

VS How can I be open and honest?

VS Am I being Real Me? Am I honest and assertive?

VS How can I face problems with God's help?

VS Am I being a friend?

VS Am I being honest and assertive?

Check:

Does this charge or drain my battery?

Does this fill or drain my love tank?

IMPORTANCE & LIKE SYSTEM (IMP/L System)

A tool for understanding importance, enjoyment, and interpersonal differences

Definitions

IMP = Importance (1-5 scale)

How important this is relative to your values, responsibilities, needs, and consequences.

IMP=5 means it is very important (critical, must-do) This matters a lot.

IMP=1 means it is not important (optional, irrelevant) This doesn't matter.

L = Like / Enjoyment (1-5 scale)

How much you want it, enjoy it, or emotionally prefer it.

L5 = major like (strong enjoyment, desire)

L1 = low like (neutral or dislike)

What the Numbers Mean

IMP Scale (Importance)

- IMP=5 – very important
- IMP=4 – important
- IMP=3 – moderate importance
- IMP=2 – low importance
- IMP=1 – trivial/irrelevant. (it doesn't matter to me.)

L Scale (Enjoyment)

- L5 – Very enjoyable/desired
- L4 – Would like
- L3 – Neutral / okay
- L2 – Mild dislike
- L1 – Don't like / emotionally resistant

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

IF decision importance is 4 or 5 (IMP=5) then take time with the decision, slow down, don't rush.

Write all the options pros cons and goals. Test your assumptions.

Use Decision Making 101 detailed worksheets.

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

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

IF it doesn't feel right then don't do it.

DECISION IMPORTANCE: ___ (1-5) 1=Trivial. 5=Major. OR IMP1=minor. IMP5=Major.

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

GOALS/Needs: _____

specific Goal/Need: _____

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

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

If a decision is **high-impact**, **long-duration**, and **non-reversible**, then by definition it's a **“one-way door” decision**. Once you go through, you can't easily come back. Cautious if worst-case scenario is -3 to -5 !

Examples: marriage, having children, emigrating, starting a company that consumes all savings.

For these, the principle is:

Move slowly and deliberately. Be careful.

- Gather data and advice. Research.
- Write all options pros cons. Write criteria and compare options. Beware of red flags.
- Stress-test assumptions.
- Consider worst-case scenarios.
- Don't proceed until you're confident that even if things go wrong, you can live with the outcome.

Contrast: two-way vs. one-way doors

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

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

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

Assess Importance

Decision Importance (1–5)

1 = Trivial (e.g., where to eat). low-impact, short-term, reversible, worst case scenario=OK(-1)

3 = Moderate (e.g., which car to buy)

5 = Major. high-impact, long-term, non-reversible, worst case scenario=very bad(-5)

(e.g., marriage, home purchase, career change). Potential impact on me and others.

Stress-Test and Reflect















Before finalizing:

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

TEST the THOUGHT STATEMENT



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. Show Proof.
-  Logical reasoning / common sense. (use CounterExamples to prove a statement is False.)
-  Fruit/results in others' lives
-  Inner conviction or peace
-  Reflection/journaling insight
-  Experiment. Trial and Error. Test on small scale, see what works before jumping in.
-  Facts, Reality. General Premise: IF this action then this outcome +pros. -cons.
-  Multiple sources agreeing

DECISION HELPS and TOOLS

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

EXPERT ADVICE FALLACY - Don't outsource your thinking or decisions. Be assertive, not gullible.

C. my Feeling: uncertain, anxious, confused

A. Situation, Problem

B. He says do that action. (He gives me advice or an opinion.)

D. OK. I do that action. or I believe his advice or his opinion.

B. He is always right and I am probably wrong. Fallacy of authority, people pleasing, halo effect

B. He must be right because he is an expert, confident, excited, has charisma, popular, has a title

BB. He is human. He might be right or wrong. **Test each statement. Ask him "why?"**.

BB. God says "Test the spirits to see if they are from God." 1 John 4:1. (be discerning)

BB. IF this action then this result +pros. -cons. IF that action then that result +pros. -cons.

D- I follow advice without thinking > -bad decision(.8). -bad result. -regret.

D+ STOP. Test the statement. Look at all the options pros cons. > +better decision. +peace of mind.

GENERAL PREMISE: modus ponens. Situation ↔ Criteria → Result (+/-) → Action

B1. Define antecedent: THIS **SITUATION** (IF and only IF) = 1. 2. 3. . (criteria and meaning)

B1.T/F IF THIS **SITUATION** then that result +pros. -cons. (Therefore do that.)

B1. THIS **SITUATION** THEREFORE that result +pros. -cons. (Therefore do that.)

B1. IF you want that result then do THIS. IF you don't want that result then don't do THIS.

🚫 **Stop and Test the advice or indirect command** (e.g. “you should do this” or “you must do that”)

When given advice and you feel pressured to agree or obey,

1. **Ask “Why?”**
 2. Listen to his reasons. B1.Reason 1 (T/F/?/•Irrelevant). B2.Reason 2 (T/F/?/•Irrelevant). BB2.Truth
 3. Clarify with: **“So you’re saying...?”**
 4. **Say “I don’t know. Let me think about it.”** (“You might be right or You might be wrong.”)
 5. (He might be right or he might be wrong.) (or he may be partly right.) (or he may have biases)
 6. **Later, Test the statement.** Write down ALL the options pros cons. Use Decision Making 101 method.
- Beware of expectations as hidden commands. Test them. Ask “why?” Is it true/good? pros cons options.

This pause protects me from two mistakes:

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

⚠️ **Watch out for Biased Advice or Opinions** (Even smart people can have blindspots and be wrong.)

Advice is filtered through another person’s experiences, personality and motives.

When someone gives advice, remember: their advice may not be objective — it can be shaped by bias.

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

IF you notice one of these biases then slow down. Ask for reasons or evidence. Ask “Why?”

Test the statement and weigh +pros and -cons before deciding. Is this true and beneficial?

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

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

D+ say “This situation, pros and cons. so **For that reason** I will do this action.”

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

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

How can I spot or find “expectations” hidden inside advice or commands?

Why “expectations” matter

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

If you can **notice those hidden expectations**, it helps you:

- avoid feeling pressured
- decide based on facts (not just pressure to please them)

 **How to Find Hidden Expectations in Advice or Commands**

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

① **Listen for duty or obligation words**

These words usually signal **expectation** (not just suggestion):

- must, have to, need to, should, supposed to, expected to
- “If you don't..., you'll disappoint / fail / be wrong”

Example:

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

② **Imagine what they'd do if you said no**

Ask yourself:

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

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

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

③ **Look for emotional pressure or consequences**

Hidden expectations often come with pressure like:

- guilt (“You'll let me down if you don't...”)
- fear (“You'll ruin everything if you don't...”)
- praise (“I'll be proud if you do this...”)

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

④ **Ask directly: “Are you expecting me to do this?”**

This is the fastest way to surface hidden expectations.

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



How to mark it during Stop and Test

When you write down the statement, add this question:

Expectation? (Yes / No / Unsure)

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

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



Why this matters

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

When someone says:

“You should do this because of that...”


Ask these 2 questions:

1. “Is that a good reason?” “Is it true?” “Is it relevant?”
B. (T/F) → IF that reason or situation is true, does it actually justify this action?
2. “Is that a good idea?”
PSC → What are all the options? What are the pros and cons of each option?

The reasons fall in one of these categories:

 False Statement

- Factually wrong or based on a lie or false assumption
- Fails BB (Truth test) immediately

 Bad Reason

- Sounds persuasive but is weak, shallow, emotional, pressured, or incomplete
- May contain some truth but still poor justification

 Irrelevant Reason

- Might be true
- But has no meaningful connection to goals, needs, or outcomes

 Good Reason — But Bad Idea

- Reason is true and relevant
- BUT PSC reveals better options or serious downsides

 Must test using PSC

 Good Reason — Good Idea

- Reason is true
- Relevant to goals and needs
- PSC confirms best decision

 Must test using PSC

PSC confirms the decision.

 **Key Teaching Insight (This is powerful)**

Good-sounding reasons are **NOT** enough.

You only know if a decision is wise **after PSC**.

Most bad life decisions happen because people:

- Stop at **B. Reason**
- Never test options, pros, cons, or irrelevants
- Never discover better alternatives

Here's a practical **checklist for spotting advice that might not be fully in your best interest**. You can pair this with your Decision Making 101 worksheet, especially when evaluating (c) concerns:

Advice Evaluation Checklist

1. Check the advisor's motive

- Ask: *Why are they suggesting this?*
 - Are they looking out for **your well-being** or **their convenience, comfort, or agenda**?
 - Example: "You should just do X" because it's easier for them, not necessarily best for you.

2. Look for bias

- Are they projecting their **past experiences** onto your situation?
- Are they assuming your preferences or priorities are the same as theirs?

3. Watch for pressure or shortcuts

- "Just do it," "Stop thinking so much," or "Ignore your concerns" are red flags.
- Advice should help **analyze options, not bypass thinking**.

4. Consider missing perspectives

- Do they skip discussing **risks, cons, or consequences**?
- Are they ignoring your **short-term and long-term outcomes**?

5. Evaluate consistency with your values

- Does it align with your goals, priorities, or God-pleasing principles?
- Example: Even if they say it's "practical," does it conflict with what is wise, agape, or beneficial?

6. Check for transparency

- Are they open about **uncertainty**, limits, or possible downsides?
- Honest advice usually includes **pros, cons, and concerns**, not just the outcome they want.

7. Identify potential conflicts of interest

- Will following this advice benefit **them** more than you?
- Could it serve a personal, social, or financial agenda?

Taking Risks

D1. Try something new or new career > (RISK) > IF +3 or 0 then "what do you have to lose", just do it.

Result 1: **50% chance (+3)** = big success, help others, growth (.5)(+3)

or Result 2: **30% chance (0)** = doesn't work out, but OK, learn, try again (.3)(0)

or Result 3: **20% chance (-1)** = worst case (embarrassment)... learn resilience (.2)(-1)

Motive: growth, learning, helping, new opportunities.

D2. Call or talk to someone > R1. Fun talk. Friend.(+3) or R2. They ignore me=OK. Reality Check. (0)


D3. Not try anything risky >(easy) (no risk) > +safe. -not reach potential growth or gains. -not help others

Motive: safe. easy. Avoid stress, mistakes, embarrassment. Comfort

👉 Some risks are **worth it** (low cost, high learning, potential benefits) 🏆

👉 Some risks require **careful steps** (#do this checklist) ⚠️


👉 Some risks are **not wise** if the warning signs are strong (chance of very bad outcome) 🚫

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


Conditional Options Tool

(Use when your choice depends on what happens.)

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

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



A. Situation =B. That means This? (Y/N). BB. Truth

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

 **opportunity.** Maybe a special opportunity. Opportunity knocks once. IF +MSSPEL then TAKE IT.
 open door. closed door.

D1. Option1. -miss this opportunity → status quo
 D2. Option2. +opportunity → benefit for me and others

Therefore, as we have **opportunity**, let us do good to all people, Galatians 6:10

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



D1. Noun#1. ()criteria1. ()criteria2. ()criteria3. ()criteria4 = not know status. a new item.

After study it becomes (+)criteria1. (-)criteria2. ()criteria3. (+)criteria4



Pause & Reflect: Compare Situations

C. Concerned

A. Current situation. -cons. -cons. -cons=unhappy. +pros. A1. Related situation. A2 Related situation.

A. Past situation for comparison. +pros. +pros. +pros. = happy

(c) a concern about current situation:

(+) a good situation: +pros. +good trait.

(-) a bad situation: -cons. -bad trait.

(o) observation.

B. Exploration: Maybe this other situation was better. Compare → What worked? Why was it better?

BB. Reality Check: True or False. Why? What can I learn? How can I apply it here?

D+ write all options +pros. -cons. Find best option.

D+ lessons learned:

D+ add (c) and (+) to criteria for that topic



“WHAT IF” TOOL (can also be used to evaluate a (c)concern in options section)

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

A. Situation / Planned Activity / Event: ...

B. What outcomes do I worry about, if I do this option?

B. What if Outcome A occurs? (probability .8) → Impact: -5

B. What if Outcome B occurs? (probability .5) → Impact: +3

B. What if Outcome C occurs? (probability .1) → Impact: 0

D1. Option 1 – List possible outcomes and evaluate probabilities and impact. (Also evaluate (c)concerns)

• Outcome A (probability .8) → Impact: miserable (-5) Outcome A (.8)=miserable (-5)

• Outcome B (probability .5) → Impact: happy (+3) Outcome B (.5)=happy (+3)

• Outcome C (probability .1) → Impact: neutral (0) Outcome C (.1)=neutral (0)

D1. Option 1 → Summarize weighted risks and rewards: Outcome=miserable(.8)(-5) = [-4.0]

Weighted impact = (Probability × Impact) = (.8 × -5) + (.5 × +3) + (.1 × 0) = [-2.5] Risk outweighs reward.

D2. Option 2 → Repeat with different outcomes. Outcome=happy(.5)(+3) = [+1.5]

D3. Option 3 → (c)concern (.8)(-4). (c)concern (.5)(-1). (c)concern (.2)(-5)

D+ Compare options numerically or qualitatively

D+ Best option:



D+ Experiment. Try different options for a month. Monitor Results, +pros,-cons. Observe. Trial and error.

D+ Test or verify general premises/assumptions with an experiment and check +pros,-cons. Observe

TESTING the EXPLANATIONS

When someone says: “*This happened because of that,*” a good decision maker asks:

- Could there be other explanations?
- Am I accepting the first answer too quickly?

Pattern:





- B. Statement of cause/effect
- BB. Reminder: there may be other reasons
 - B1. Alternative reason → BB1. Supporting thought
 - B2. Alternative reason → BB2. Supporting thought

This tool helps students:

1. Avoid one-sided thinking.
2. Consider multiple causes.
3. Stay curious instead of jumping to conclusions.

Example:

- B. She says: “*I failed the test because I’m dumb.*”
- BB. There may be other reasons/causes:
 - B1. Didn’t study enough → BB1. Lack of preparation.
 - B2. The test was unusually hard → BB2. Even strong students struggled.
 - B3. Misread the questions → BB3. Simple mistakes can lower a grade.
 - B4. Stress or distractions → BB4. Couldn’t focus during the test.

 **(c) = a concern:** Concerned. Bothered. Uneasy. a doubt.  caution,  warning,  red flag! (c)!

BB. What is the Truth about the concern. OR (c) a concern = OK. OR (c) a concern = impact (.8)(-4)

C.Concerned. A.a Situation. B.Belief. BB.Better Belief. D.Decision. Deed. Do. E.Evaluate the results.

a shorthand: instead of C. and A. (+) positive (•) neutral ← (c) concern → (-) negative. () unsure
D+ add (c) a concern or (+) good trait or (-) bad trait to Criteria page on topic. BB.observation. information.

a shortcut: (c) replaces C. and A. (c) a concern. B.my Thought. BB.Truth. D+ good Action. (shortened)
instead of C.Feeling. A.Situation. B.my Thought. BB.Truth. D+ good Action. (Full path)

EG. (c) concern. BB. Truth. General Premise. D+ Good Action. (Ultra-short)

EG: (c) car won’t start BB. IF car doesn’t start then take it to mechanic. D+ Take it to the mechanic

Beware of False Assumptions

B. IF you do this then this will happen. (T/F). BB. Maybe True or Maybe False. TEST it.

Many of our daily errors come from accepting an untested conditional as true

G=Good, B=Bad, N=Neutral.

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

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

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

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

Types of Conditional Premises

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

1. Definitional / Meaning Conditionals. (True/False)

Definition:

*IF X happens, THEN it means Y (based on the definition or category).
This can be true or false.*

Used for:

- clarifying meaning
- testing categories
- avoiding false assumptions

Example:

If you are rich then you are happy. False.

Example:

If something is a square it has four equal sides.

True by definition.

2. Cause/Effect Conditionals.

Definition:

IF you do X, THEN Y will likely occur as a result.

Used for:

- predicting outcomes
- listing pros and cons
- estimating risks and rewards

Structure:

- “If you do this → these consequences happen.”

Example:

If you go to Hawaii → +warm. +fun. –expensive.

This is about **effects**, not definitions or truth categories.

3. Prescriptive / Rule-Based Conditionals. (should/must) (True/False)

Definition:

IF X, THEN you should / may / must do Y (according to rules, norms, laws).

Not about consequences or definitions, but about **standards/rules**.

Used for:

- ethics
- social expectations
- policies

Example:

If you are dating then you should marry. False

If you borrow something then you should return it. True

Types of Statements (Everyday Life Examples)

(All statements can be accurate or inaccurate and should be tested. Feelings should be explored.)

People think using different kinds of statements.

Knowing the type helps you evaluate it correctly.

1. Descriptive Statements (IS)

Describe facts or observations.

- “The refrigerator is almost empty.”
- “My phone battery is at 12%.”
- “The bus is running late today.”

Test for: accuracy.

2. Prescriptive Statements (SHOULD)

Recommend an action.

- “You should bring an umbrella.”
- “We should take a different route.”
- “You ought to get your oil changed soon.”

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

3. Definitional Statements (MEANING)

Clarify the meaning of a word or category.

- “A budget is a plan for how you will use your money.”
- “Exercise means any activity that increases your heart rate.”
- “A hobby is something you do for enjoyment, not duty.”

Test for: usefulness and accuracy.

4. Cause-and-Effect Statements (WHY)

Explain or infer why something happens.

- “If you skip breakfast, you may feel tired later.”
- “If the dog is scratching, it might have allergies.”
- “If the windows are open, the house will cool down.”

Test for: evidence and alternatives.

5. Evaluative / Value Statements (GOOD / BAD)

Make a judgment about quality, importance, or worth.

- “This coffee tastes too bitter.”
- “This neighborhood feels safe.”
- “This movie isn’t very interesting.”

Test for: criteria and perspective.

6. Predictive Statements (WILL / LIKELY)

Anticipate what will probably happen.

- “It’s likely to snow tonight.”
- “The road will probably be busy after 5 p.m.”
- “This plant will grow quickly with more sunlight.”

Test for: patterns and evidence.

7. Emotional Statements (FEELING)

Express internal experience.

- “I feel nervous about driving in the snow.”
- “I’m relieved the repairs are done.”
- “I’m frustrated with this computer.”

Explore for: causes and needs.

8. Questions

Invite information or clarity.

- “Where did I put my keys?”
- “What time does the store close?”
- “How much water does this plant need?”

Use for: guiding thinking.

9. Commands

Direct or instruct action.

- “Turn off the lights when you leave.”
- “Please close the door.”
- “Pick up your shoes.”

Test for: appropriateness and authority.

Summary Chart (Everyday Life)

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

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.

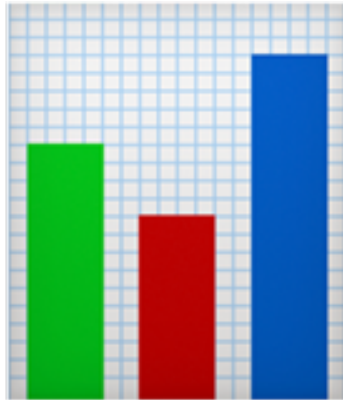
Decision Making 101 is based on ideas from "The Lies We Believe" by Chris Thurman, "LoserThink" ch10 by Scott Adams, "Christian Decision Making" by Lowell Smith, "Intro to Logic" by Dr. Robert Stufflebeam, "Winning the War in Your Mind" by Craig Groeschel, "What Would You Do?" by Dean Feldmeyer, "Battlefield 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.

CRITERIA



Compact Criteria Comparison Method

Purpose

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

Step 1. Write Your Criteria

Examples:

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

Step 2. Use the Rating Scale

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

Step 3. Rate Each Option

Write a letter for each criterion (A-F). (Example: Option 1 = A C B A B).

That means for Option 1: criteria1=A. criteria2=C. criteria3=B. criteria4=A. criteria5=B.

Step 4. Compare Patterns

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

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

Step 5. Decide

Pick the option that best meets your **goal/need** and passes the **wise / agape** test.

•Reminder: The **letters are a tool, not the final authority**. Motives and God's truth must guide the choice.

Another option to save space is to put **criteria(AABAA)** rating in the Option pros cons line.

EG. D1. Option 1 > (short-term) > +pros. -cons. +criteria(AABAA)

D2. Option 2 > (short-term) > +pros. -cons. -criteria(DDCDD)

This also allows the big criteria chart lines to be used for more B.Thought and BB.Truth notes.

WRITE CRITERIA and compare options.

Be honest. Is this wise? Is this agape love? Is this beneficial, God-pleasing?

Specific Goal/Need:

| ABCDF or 54321, +/- | D1. | D2. | D3. | D4. | D5. | D6. |
|---------------------|-----|-----|-----|-----|-----|-----|
| criteria. options: | | | | | | |
| 1 | | | | | | |
| 2 | | | | | | |
| 3 | | | | | | |
| 4 | | | | | | |
| 5 | | | | | | |
| 6 | | | | | | |
| 7 | | | | | | |
| 8 | | | | | | |
| 9 | | | | | | |

•IRRELEVANT:

Criteria: 1. criteria1. 2. criteria2. 3. criteria3. 4. criteria4.

- 1.option 1 → (Short-Term) → ()criteria1. ()criteria2. ()criteria3. ()criteria4. +pro. +pro.
- 2.option 2 → (Short-Term) → (+)criteria1. (+)criteria2. ()criteria3. (+)criteria4. +pro. -con.
- 3.option 3 → (Short-Term) → (-)criteria1. (-)criteria2. (+)criteria3. (+)criteria4. +pro. +pro.
- 4.option 4 → (Short-Term) → (+)criteria1. ()criteria2. (+)criteria3. (-)criteria4. +pro. -con.

ASK THE RIGHT QUESTION.

(for goals or criteria or B.Thoughts). Right question → Right decision.

Should I do this?

Right Questions

(Wisdom•Truth•Benefit — decision criteria)

What does God want? What does God say?

What is the right thing to do?

What is the truth?

Is this God-pleasing?

Is this wise? Is this good? Am I being honest and assertive?

Is this beneficial (long-term)?

Does this serve God? Does this further his kingdom of Grace and share the Gospel?

Is this agape love, helpful, good for him/her?

Am I being kind, gentle, helpful, loving?

What is the best option?

What do I want/need?

Is this good for me mentally, spiritually, socially, physically, emotionally, life goals/habits? (MSSPEL)

Is this good for him/her mentally, spiritually, socially, physically, emotionally, life goals/habits? (MSSPEL)

Wrong Questions

(Pressure•Feelings•Approval — often irrelevant)

Wrong Questions

Does this please him/her? (irrelevant)

What will they think if I do this? (irrelevant)

What does he/she want? (irrelevant)

What does he want me to do? (irrelevant)

What does he/she say? (irrelevant)

Is this nice?

Is this easy? Is this pleasurable?

How do I keep her from being angry?

Does this make me look good or bad?

How can I avoid conflict, discomfort or risk?

Is this romantic?

Will this hurt her feelings or get her mad?

Right Questions

VS Does this please God?

VS What does God think?

VS What does God want?

VS What does God want me to do?

VS What does God say? What is the truth?

VS Is this right? Is this honest? Is this truth?

VS Is this right? Is this beneficial?

VS How can I be open and honest?

VS Am I being Real Me? Am I honest and assertive?

VS How can I face problems with God's help?

VS Am I being a friend?

VS Am I being honest and assertive?

Check:

Does this charge or drain my battery?

Does this fill or drain my love tank?

DECISION IMPORTANCE: ___ (1-5) 1=Trivial. 5=Major. OR Priority: P1=minor. P5=Major.

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

GOALS/Needs: _____

specific Goal/Need: _____

D1. option1. +pros. -cons. **WRITE CRITERIA AND COMPARE** > (short term result) > +pros. -cons. (c)concern.
Motive: Find best options. BB. God says... •irrelevant. \$cost. -risk(.7)

If a decision is **high-impact**, **long-duration**, and **non-reversible**, then by definition it's a **“one-way door” decision**. Once you go through, you can't easily come back. Cautious if worst-case scenario is -3 to -5 !

Examples: marriage, having children, emigrating, starting a company that consumes all savings.

For these, the principle is:

Move slowly and deliberately. Be careful.

- Gather data and advice. Research.
- Write all options pros cons. Write criteria and compare options. Beware of red flags.
- Stress-test assumptions.
- Consider worst-case scenarios.
- Don't proceed until you're confident that even if things go wrong, you can live with the outcome.

Contrast: two-way vs. one-way doors

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

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

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

Assess Importance

Decision Importance (1–5)

1 = Trivial (e.g., where to eat). low-impact, short-term, reversible, worst case scenario=OK(-1)

3 = Moderate (e.g., which car to buy)

5 = Major. high-impact, long-term, non-reversible, worst case scenario=very bad(-5)

(e.g., marriage, home purchase, career change). Potential impact on me and others.

Stress-Test and Reflect

Before finalizing:

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

CRITERIA GRID with PROBABILITY and RISK

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

WRITE CRITERIA and compare options.

Be honest. Is this wise? Is this agape? Is this beneficial, God-pleasing?

Goals/Needs:

Specific Goal/Need:

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

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

an EXAMPLE

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

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: | D1. | D2. | D3.different | D4.do best. | D5. training, | D6. |
|---|-----------------|---------------|--------------|-------------|---------------|-------------|
| | write criteria. | beat self up. | Job. | cope method | get help | Quit my job |
| 1 wise _____ | A | D | B | A. 5 | + | 1 |
| 2 agape love, _____ | A | D | B | B. 4 | + | 1 |
| 3 beneficial MSSPEL. _____ | B | C | | B. 4 | + | 2 |
| 4 God-pleasing _____ | B | D | B | B. 4 | + | 1 |
| 5 help others _____ | A | D | | C. 3 | + | 1 |
| 6 practical _____ | A | D | B | A. | + | 1 |
| 7 chance of dream job | .5 | .1 | .6 | .2 | .2 | .1 |
| 8 Risk no pay (-5) | .1 | .7 | .2 | .2 | .1 | .9 |
| 9 Risk moving (-2) | .1 | .5 | .7 | .1 | .1 | .8 |

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

Impact scale: -5 = very bad, 0 = neutral, +5 = very good.

Probability: .5 = 50% chance. .7 = 70% chance.

TOPIC CRITERIA. B. Question: should I do this? BB. Criteria for that decision.

(Do this action IF and ONLY IF this BB.criteria.) BB. Criteria: what matters and what matters to me.

B. The Question

“Should I do this?” (Every decision boils down to this.)

Examples:

- Should I go to college?
- Should I take this job?
- Should I steady date this person?
- Should I marry this person?
- Should I buy a different house?

Here is an example:

Example 1: Should I go to college?

Step 1: Ask the basic question (B)

- **B:** Should I go to college?
- **B:** Why might I want to do this? Is that a good reason?
- **B:** What are the good reasons to go? What is the purpose for this action?

Step 2: Identify BB. Criteria for making this decision. (The right reasons to do this action.)

- College is wise if: (necessary and sufficient)
 1. It increases knowledge and marketable skills. AND
 2. It helps achieve career and life goals. AND
 3. It is financially feasible and manageable. AND
 4. The choice aligns with personal values and God-pleasing principles.

Step 3: Evaluate Options

D1. Go to this college. +gain education. +better career opportunities. criteria(AABA)

D2. Don't go to college. +save money. +work experience. -fewer career options. criteria(CDAC)

D3. Go to Harvard. +prestigious college. -different values. -too expensive. criteria(AADC)

Step 4: Decide

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

More examples: IFF means “If and only if”. necessary and sufficient. must-have.

Step 2: Identify BB. Criteria for making this decision. (The right reasons to do this action.)

- Get married IFF good match and both mature and both want to and want babies and beneficial.
- Take job IFF good pay and qualified and enjoy the work and helps people.
- Buy the car IFF good price and dependable and comfortable and good gas mileage.
- Buy the house IFF a good price and good house and nice neighborhood and nice location.

CHAIN CONDITIONAL

$A \rightarrow B, B \rightarrow C, C \rightarrow D.$ means $A \rightarrow B \rightarrow C \rightarrow D.$ THEREFORE $A \rightarrow D.$

deterministic chain

IF A then B(.8). IF B then C(.8). IF C then D(.6). IF A then D(.38). IF A1 then not D. probabilistic chain

TOPIC CRITERIA: PROBLEM. options. OBSERVE: Pros. Cons. (c)concerns → Topic Criteria.

PROBLEM: _____

Question: _____

SOLUTIONS: +pros. -cons. (c)concerns. \$cost. •irrelevant

D1. option1: _____

D2. _____

D3. _____

D4. _____

main Goals,Needs: _____

specific Goal, Need: _____

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 | | | | | | |
| 11 | | | | | | |
| 12 | | | | | | |

a (c)concern (-5 to 0):

word (impact)

•IRRELEVANT:

word

TOPIC CRITERIA: PROBLEM. options. OBSERVE: Pros. Cons. (c)concerns → Topic Criteria.

PROBLEM: _____

Question:

SOLUTIONS: +pros. -cons. (c)concerns. \$cost. •irrelevant

D1. option1:

D2.

D3.

D4.

main Goals,Needs:

specific Goal, Need:

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 | | | | | | |
| 11 | | | | | | |
| 12 | | | | | | |
| a (c)concern (-5 to 0): | word (impact) | | | | | |
| •IRRELEVANT: | word | | | | | |

TOPIC CRITERIA: CRITERIA for different DECISIONS (a checklist).

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

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.

Happy marriage criteria:

1. Good match. 1. Helper suitable for me. 2. Both mature. 3. No addictions. 4. Want to marry. 5. Love and cherish each other.
6. Beneficial for both. 7. God-pleasing. 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. Respect. 13. Do you make each other happy? 14. Beneficial to you MSSPEL. 15. 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.

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 | + | | | |

ROOT CAUSE



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

A. Situation or Problem:

What are the primary causes of this problem or situation?

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

1. Reason1:

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

Why? Because

Root Cause: 1.
D+ Solutions: 1.

2. Reason2:

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

Why? Because

Root Cause: 1.
D+ Solutions: 1.

3. Reason3:

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

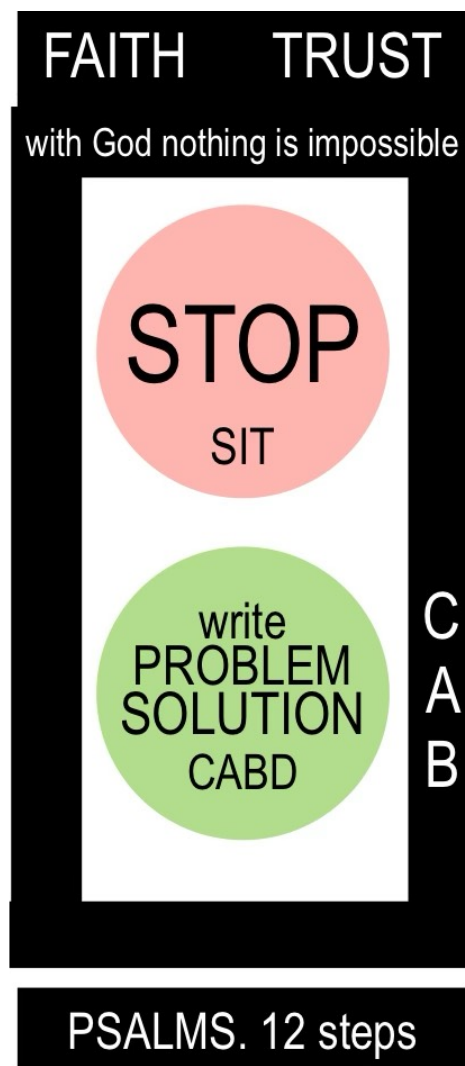
Why? Because

Root Cause: 1.
D+ Solutions: 1.

Legend:

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

ARMOR of GOD





SHIELD of FAITH



God says ...

Armor of God. FIGHT. Day of Battle. Just for Today. 12 steps. Ephesians 6:10
Helmet of Salvation. God is my strength, my song, my salvation.

God erases all my sins and remembers my sins no more. Isaiah 43
Shield of Faith. TRUST. STOP! Just say "No!" FLEE.

write/read P/S123. write all options +pros -cons. Trust His promises.
Sword of the Spirit, Word of God. 10 commands. Lord's Prayer.

Psalm 23,32,51,25,103. Colossians. Romans. John. Ephesians.
Prayer. Call on God, Pray, Praise, Thanks. Confess/Forgiven

Pray without ceasing. Praise the Lord and forget not all His benefits. Ps 103
Breastplate of Righteousness. 1.Thankful. 2.Love God. Love one another.

Be Thankful always in all things.

Belt of Truth. Seek Truth. Speak the Truth in love. be honest. Be assertive.

God's Word is truth. Be assertive: express your thoughts,feelings,wants

Shoes of the Gospel, share the Gospel

We preach Christ crucified.

Shirt of kindness, compassion, gentleness, humility. Col 3:12

Robe of Righteousness

Mental: good thoughts, good attitudes, good actions.B+.Ba+.DD

Spiritual: Gospel. Bible. Pray. praise, thanks. Trust. Serve.

Social: Friends, be a friend, talk, call, social, help others, a club

Physical: Safety First. Eat well. Exercise

Emotional: happy, fun, content, assertive, Grace. humor.

Life Goals/Habits: good goals, good habits, get involved, project

IF temptation, "Just a little..."

You must not be weakened in the situation

You must not be deceived

You must not be gentle with your emotions. Run!!

Lord, help me to See Thee more clearly, Love Thee more dearly,
Follow Thee more nearly, day by day.

12 steps/disciplines. The Plume: Just for Today. a day of battle.

Follow Christ not the ways of the devil, world, sinful flesh.

1. Just for Today. Follow Christ. Love God. Love one another.
Don't look back. Plan ahead. Armor of God. MSSPEL.
2. God's grace (is sufficient). His love and forgiveness. 2Cor12:9.
Psalm 23,25,32,51,103,130. Romans. Ephesians. Colossians.
3. God help me accept what I cannot change, help me change what I can
and give me wisdom to know the difference.
4. Think on good things. You gotta accentuate the positive,
eliminate the negative and don't mess with Mr. inbetween. self-talk
5. Be thankful always in all things. It could be worse (examples).
Write/Speak my blessings. Humor. Don't covet, murmur, complain.
6. Speak the Truth in love. Be honest. Be assertive. P/S123. C.A.BB.
Love one another. Help others. Be kind. Armor of God. msspel
1. Talk to God. Read Bible. Pray. Trust. 10 commands. Lord's Prayer.
Psalm 25,23,51. Romans. Ephesians. Galatians.
2. Talk to someone. Talk to people. Call. Visit. Text. Email. Encourage.
I pray to see Thee more clearly, follow more nearly, love more dearly
3. Trust and obey.
Meditate on God's Word and promises. 10 commands.
4. God, teach me how to love God, others, myself. MSSPEL.
Love one another. Help others. Be kind. Armor of God.
5. Grow up. Be a man. Put away childish things: childish thinking, attitudes,
actions. 1Corinthians 13. LOVE God, others, yourself.
6. Do something useful. I can contribute. Get involved. Read book.
Psalms. P/S123. Project. Sports. play hymns. Gaffigan,
COPE: SIT. Psalms. CABD123. iPhone news. humor.
- D+. Read book, project, game, write prayer/blessings
- D+. PS123, Gaffigan, CCM, sing, hymns, write a letter, METV

10 commandments paraphrased

1. Thou shalt have no other gods beside Me, your Creator, Redeemer, Sanctifier.
You should fear, love, trust, obey God above all things.
2. Call on God in the day of trouble, pray, praise, give thanks.
3. Meditate on God's Word day and night.
Blessed are they that hear the Word of God and do it.
4. Honor your father and mother.
Listen, my son, to a father's instruction. Do not forsake his teaching.
Wisdom is supreme. Get wisdom. Proverbs 4
5. Thou shalt not kill.
Do not hurt or harm your neighbor. Help and befriend him in every bodily need.
Do not hate or stay angry with anyone. Love and forgive one another. Be kind. Be helpful.
6. Thou shalt not commit adultery.
Lead a chaste and decent life in thought and deed. Do not lust.
Love and honor your spouse.
7. Thou shalt not steal. Use your time, talents, treasures wisely.
8. Speak the truth in love. Be honest. Do not lie or deceive.
- 9/10. Do not covet. Do not murmur. Be content. Be thankful.

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. 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

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. people pleasing

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.

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.** Job1:21

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. 1Cor10

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. 1John2:15. "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

TEST the MEDIA message
TV. movies. songs. books.



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. Harmful message. Bad influence. Discourage.

BB. Truth. Good message. Helpful message. Good influence. Encourage.

♪ 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.

Gotta get up and try, try, try.

What the world needs now is love, sweet love.

Hold on for one more day.

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

Leave it to Beaver.

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.

TEST and EVALUATE MEDIA MESSAGE

Test the spirits to see if they are from God.

BEWARE of lies in the media.

Write down the media you are analyzing (song, movie, show, or game).

Identify the B. Message — the idea the media is promoting.

Write the =B. It means this — what that message implies or suggests.

Identify the B- Lie

Identify the BB. Truth — what is actually true, wise, or beneficial.

Repeated media messages → shape attitudes → shape decisions → shape life outcomes

Media shapes beliefs. Beliefs shape decisions. Decisions shape life.

Media source: _____

B. Message: _____

=B. It means this: _____

B- The Lie: _____

BB. The Truth: _____

Messages can be True or False or Mixed (some truth, some error)

TEST AND EVALUATE MEDIA MESSAGE

“Test the spirits...”

“Think on what is true...”

Media Source: _____

Type: Song / Movie / TV / Book / Game / Social Media / commercial

B. Message: (T/F) _____

=B. It means this: (T/F) _____

BB. The Truth: _____

How could this message influence decisions or attitudes? _____

Media Source: _____

Type: Song / Movie / TV / Book / Game / Social Media

B. Message: (T/F) _____

=B. It means this: (T/F) _____

BB. The Truth: _____

How could this message influence decisions or attitudes? _____

Media Source: _____

Type: Song / Movie / TV / Book / Game / Social Media

B. Message: (T/F) _____

=B. It means this: (T/F) _____

BB. The Truth: _____

How could this message influence decisions or attitudes? _____

Media Source: _____

Type: Song / Movie / TV / Book / Game / Social Media

B. Message: (T/F) _____

=B. It means this: (T/F) _____

BB. The Truth; _____

How could this message influence decisions or attitudes? _____

Media Source: _____

Type: Song / Movie / TV / Book / Game / Social Media

B. Message: (T/F) _____

=B. It means this: (T/F) _____

BB. The Truth: _____

How could this message influence decisions or attitudes? _____

TEST AND EVALUATE MEDIA MESSAGE

“Test the spirits...”

“Think on what is true...”

Media Source: _____

Type: Song / Movie / TV / Book / Game / Social Media

B. Message: (T/F) _____

=B. It means this: (T/F) _____

BB. The Truth: _____

How could this message influence decisions or attitudes? _____

Media Source: _____

Type: Song / Movie / TV / Book / Game / Social Media

B. Message: (T/F) _____

=B. It means this: (T/F) _____

BB. The Truth: _____

How could this message influence decisions or attitudes? _____

Media Source: _____

Type: Song / Movie / TV / Book / Game / Social Media

B. Message: (T/F) _____

=B. It means this: (T/F) _____

BB. The Truth: _____

How could this message influence decisions or attitudes? _____

Media Source: _____

Type: Song / Movie / TV / Book / Game / Social Media

B. Message: (T/F) _____

=B. It means this: (T/F) _____

BB. The Truth: _____

How could this message influence decisions or attitudes? _____

Media Source: _____

Type: Song / Movie / TV / Book / Game / Social Media

B. Message: (T/F) _____

=B. It means this: (T/F) _____

BB. The Truth; _____

How could this message influence decisions or attitudes? _____

DECISION MAKING 101

GAMES



PSC Decision Game: Is That a Good Reason? **or “It seemed like a good idea at the time”**


OBJECTIVE

Learn to identify whether reasons for a decision are truly wise or misleading, and practice using PSC to evaluate advice instead of automatically accepting it.


This game trains players to test statements, test advice, and recognize when a reason sounds good but leads to a poor decision.


The reasons fall in one of these categories:

 False Statement

 Bad Reason

 Irrelevant Reason

 Good Reason – But Bad Idea (Must test using PSC)

 Good Reason – Good Idea (Must test using PSC)

SETUP

Prepare cards (index cards or printed) that contain:

Scenario

Example:

“Should I go to a party tonight?”

Advice / Reason

Example:

“You should go because everyone else is going.”

“You should go because it will be fun.”

“You should go because you might meet new friends.”

Include:

- Good reasons
- Bad or misleading reasons
- Irrelevant reasons
- Funny or exaggerated reasons

HOW TO PLAY

1. Player draws a card and reads it aloud. OR someone writes an advice-reason statement.

Example format:

“You should do THIS because of THIS reason.”

2. Group asks:

Is that a good reason?

Players discuss or vote and must explain their thinking.

3. Classify the Reason

Players decide which category the reason fits:

4. Evaluate Using PSC

Players must complete the decision process:

List options (D1, D2, D3...)

Write pros and cons for each option

Identify missing factors or ignored consequences

Identify irrelevant or misleading reasons

Then decide:

Is the reason truly wise (BB. Truth)

OR

Is the reason faulty (B– Lie / Poor reasoning)?

SCORING (Optional)

- +1 Spotting a bad reason that sounds good
- +1 Explaining why the reason is faulty
- +1 Identifying false or irrelevant reasoning
- +1 Identifying a good reason but bad decision using PSC
- +1 Identifying a good reason and good decision using PSC

EXAMPLE CARD

“You should buy the newest phone because all your friends have it.”

GAME DISCUSSION

Step 1 — Ask

Is this statement true?

Is this a good reason?

Is this relevant or irrelevant?

Step 2 — PSC Evaluation

Options:

D1 = Buy the phone

D2 = Wait and save money

D3 = Buy a cheaper phone

Pros / Cons may include:

- Social approval
- Enjoyment
- Financial cost
- Long-term satisfaction
- Personal goals and needs

Step 3 — Decision Evaluation

Reason: “Everyone else has it”

→ B- Bad reasoning (peer pressure / majority fallacy)

BB Truth:

“Decisions should consider goals, needs, values, and long-term consequences — not just what others are doing.”

OPTIONAL HUMOR TWIST

Include absurd or exaggerated reasons:

“I should buy it because it will make me a superhero.”

Players explain why it is false or irrelevant using PSC .

SKILLS THIS GAME BUILDS

- Testing advice instead of accepting it blindly
- Recognizing peer pressure and persuasion tactics
- Practicing PSC decision analysis
- Developing BB (Truth-based) thinking
- Strengthening critical thinking and discernment

WHY THIS GAME MATTERS

People often accept advice from:

- Friends
- Authority figures
- Advertisers
- Politicians
- Salespeople
- Social media

Advice often sounds convincing because it includes a reason.

But reasons can be:

False

Irrelevant

Incomplete

Emotionally persuasive but logically weak

PSC helps uncover hidden consequences, better options, and missing information.

Good decisions come from testing reasons — not just hearing them.

When someone says:
“You should do this because of that...”

The reasons fall in one of these categories:

 False Statement


- Factually wrong or based on a lie or false assumption
- Fails BB (Truth test) immediately

 Bad Reason

- Sounds persuasive but is weak, shallow, emotional, pressured, or incomplete
- May contain some truth but still poor justification

 Irrelevant Reason

- Might be true
- But has no meaningful connection to goals, needs, or outcomes

 Good Reason — But Bad Idea

- Reason is true and relevant
- BUT PSC reveals better options or serious downsides

 Must test using PSC

 Good Reason — Good Idea

- Reason is true
- Relevant to goals and needs
- PSC confirms best decision

 Must test using PSC

 PSC confirms the decision.

 **Key Teaching Insight (This is powerful)**

Good-sounding reasons are **NOT** enough.

You only know if a decision is wise **after PSC** .

Most bad life decisions happen because people:

- Stop at **B. Reason**
- Never test options, pros, cons, or irrelevants
- Never discover better alternatives

“You might be doing LOSER-THINK IF.... “ game

(IF you think this or do this **THEN** you might be doing StupidThink or LoserThink.) because ...
(or “Why did you do that?” “It seemed like a good idea at the time.”)

Objective: practice spotting fallacies and false statements — and see some humor in our mistakes.

1. Someone describes a scenario of a bad decision or bad thinking. (Use premade cards or make some.)
2. People identify **Fallacy** and explain. (see Decision Making 101 manual for a list.)
3. People identify the **distorted thinking** or underlying LIE.
4. People write a **good thinking reframe**. (the Truth or correct Thinking) (SmartThink)
5. After 5 minutes pass paper to the left for comment or discuss as a group.

Use Truth and Humor to recognize that we all make mistakes. God knows we are but dust.

As a father has compassion on his children, so the Lord has compassion on those who fear him; for he knows how we are formed, he remembers that we are dust. Psalm 103:13-14

BRAINSTORM game.

Objective: practice using the Decision Making 101 worksheet with different scenarios.

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

TRUTH or BULLSHIT game

Objective: practice spotting false or misleading statements including fallacies.

Prepare a list of statements — some true some BS. Fact or Crap.

Read a statement out loud.

Players decide: **Truth**  or **Bullshit**  and explain why.

After guesses, reveal the real answer and explain why.

Optional: give points to correct answers. Maybe include questions from Bullshit game also.

**“BIBLICAL ANSWERS
for
CHRISTIAN LIVING”
TOPICS**

**FROM
DECISIONMAKING101.com**

see gotquestions.org
christianfamilysolutions.org/helpful-articles/
whataboutJesus.com

Biblical answers for Christian Living.

Decision Making

What does the Bible say about decision making?
<https://www.gotquestions.org/Bible-decision-making.html>

Biblical principles for decision making
<https://www.gotquestions.org/decision-making-Bible.html>

What does the Bible say about common sense?
<https://www.gotquestions.org/common-sense.html>

How to apply the Bible to my life.
<https://www.gotquestions.org/applying-the-Bible.html>

Some common Lies we believe
70 common lies and Biblical truths by Sharon Jaynes

“Telling yourself the Truth” by Backus and Chapian
replacing misbelief with Truth

Biblical answers about Life
whataboutjesus.com

What does the Bible say about motivation?
<https://www.gotquestions.org/Bible-motivation.html>

What are some Bible verses about attitude?
<https://www.gotquestions.org/Bible-verses-about-attitude.html>

What does the Bible say about thankfulness/gratitude?
<https://www.gotquestions.org/Bible-thankfulness-gratitude.html>

What does the Bible say about attitude
<https://www.gotquestions.org/Bible-attitude.html>

How to deal with regrets
<https://www.gotquestions.org/dealing-with-regrets.html>

What does the Bible say about habits?
<https://www.gotquestions.org/Bible-habits.html>

What does the Bible say about expectations
<https://www.gotquestions.org/Bible-expectations.html>

What does it mean to seek first the kingdom of God?
<https://www.gotquestions.org/seek-first-kingdom-God.html>

Questions about God

Questions about God
https://www.gotquestions.org/content_God.html

Questions about Jesus
https://www.gotquestions.org/content_Jesus-Christ.html

Questions about the Holy Spirit
https://www.gotquestions.org/content_Holy-Spirit.html

Questions about salvation
https://www.gotquestions.org/content_salvation.html

Questions about the Bible
https://www.gotquestions.org/content_Bible.html

What is the full armor of God?
<https://www.gotquestions.org/full-armor-of-God.html>

Important questions for new Christians
<https://www.gotquestions.org/new-believer-article-index.html>

Questions about humanity
https://www.gotquestions.org/content_humanity.html

Questions about worldview
https://www.gotquestions.org/content_worldview.html

Questions about spiritual life
https://www.gotquestions.org/content_spiritual-life.html

Questions about prayer
https://www.gotquestions.org/content_prayer.html

Questions about sin

https://www.gotquestions.org/content_sin.html

Questions about life

https://www.gotquestions.org/content_life.html

Topical Bible questions

https://www.gotquestions.org/content_topical.html

Relationships

Christian Family Solutions: helpful articles

<https://christianfamilysolutions.org/helpful-articles/>

Questions about relationships

https://www.gotquestions.org/content_relationships.html

Healthy Relationship

<https://christianfamilysolutions.org/2023/03/01/how-do-i-know-if-a-relationship-is-healthy-or-unhealthy/>

Friendship

https://www.gotquestions.org/content_relationships_friendship.html

What does the Bible say about friends?

<https://www.gotquestions.org/Bible-friends.html>

Dating

https://www.gotquestions.org/content_relationships_dating.html

Finding a good match

Compatibility test

Getting Married

https://www.gotquestions.org/content_relationships_getting-married.html

Marriage Basics

https://www.gotquestions.org/content_relationships_marriage-basics.html

Questions about family

https://www.gotquestions.org/content_family.html

Christian Behavior

Devotions for Life
from WELS.net

What does the Bible say about Christian behavior?
<https://www.gotquestions.org/Christian-character.html>

Living my life as a Christian
<https://mountoliveappleton.com/archived-bible-studies/living-my-life-as-a-christian/>

Questions about health
https://www.gotquestions.org/content_health.html

What is the key to living a victorious Christian life?
<https://www.gotquestions.org/victorious-Christian-life.html>

What does it mean to live for Jesus?
<https://www.gotquestions.org/living-for-Jesus.html>

What does the Bible say about Christian liberty?
<https://www.gotquestions.org/Christian-liberty.html>

How can I overcome a habitual sin?
<https://www.gotquestions.org/habitual-sin.html>

Help for porn addiction
www.conquerorsthroughchrist.net

What is Christian discipleship?
<https://www.gotquestions.org/Christian-discipleship.html>

Contentment
<https://www.gotquestions.org/Bible-contentment.html>

What does the Bible say about forgiving yourself?
<https://www.gotquestions.org/forgiving-yourself.html>

What does the Bible say about shame and regret?
<https://www.gotquestions.org/shame-regret.html>

False Beliefs

Questions about false beliefs

https://www.gotquestions.org/content_false-beliefs.html

Questions about cults and religions

https://www.gotquestions.org/content_cults_religions.html

Questions about Catholicism

https://www.gotquestions.org/content_Catholicism.html

Questions about Judaism

https://www.gotquestions.org/content_Judaism.html

Questions about Islam

https://www.gotquestions.org/content_Islam.html

End Times. Eschatology. Millennialism vs Amillennialism.
from WELS.net

Bible teachings and doctrine

Bible teachings and doctrine

from WELS.net

Biblical Devotions

from WELS.net

What about Jesus?

whataboutjesus.com

Good Decision Making Books

“Telling yourself the Truth” by William Backus and Marie Chapien

“The Lies We Believe” by Chris Thurman

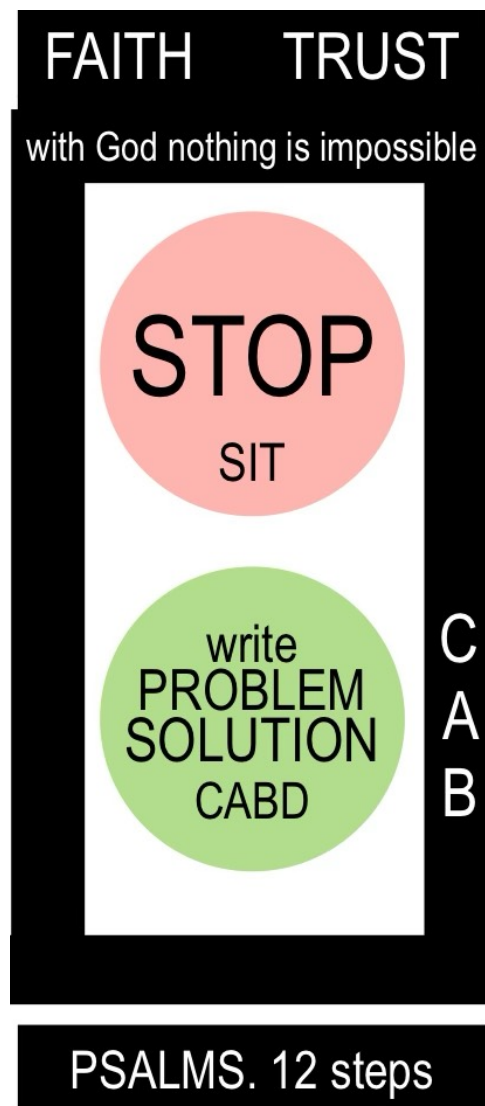
“Healing for Damaged Emotions” by David Seamands

“Better Decisions, Fewer Regrets” by Andy Stanley

“The Five Pillars of Decision Making” by Patrik Ian Meyer

“The 10 Commandments of Dating” by Ben Young and Sam Adams

PROBLEM•SOLUTION LIBRARY



PROBLEM, SOLUTION.

- 👉 Unsure → Analyze (PSC)
- 👉 Sure → Apply Proven Solution.

When unsure then PSC or PSC
PROBLEM. Question
SOLUTIONS. write all options pros cons
CRITERIA. Goals, Needs.

When sure of tested solution PSR or PSB
PROBLEM: Name the situation/problem
SOLUTION: Name the proven solution
REASON this is a good solution: because

- Pros, Benefits
- Cons avoided. Prevents problems, mistakes, regrets.
- Meets goals, needs, criteria
- BB. God says...

BB. IF this problem/situation then do this action because of these reasons.
BB. God says...

"Temptation → Flee + PSC123"

Use this library to see proven solutions to common problems.
If you're unsure, analyze using PSC .

If you're sure, apply the solution and note the reasons to reinforce your decision-making skills."

Main Library Page (Hub)

- Short introduction:
"This library contains common life problems and proven solutions using the DM101 method.
- Each category is a separate post for easy reference."
- **Category links (spokes):**
 1. Life Difficulties → [Link to Life Difficulties post]
 2. Relationships → [Link to Relationships post]
 3. Work / School → [Link to Work / School post]
 4. Finances → [Link to Finances post]
 5. Spiritual / Moral Choices → [Link to Spiritual / Moral Choices post]
 6. Habits / Self-Control → [Link to Habits / Self-Control post]
 7. Health / Fitness → [Link to Health / Fitness post]
- Optional: small **search bar or filter** so users can type a keyword and find a problem quickly



STOP!

IF bad action then → -cons / -bad results

IF good action then → +pros / +good results

Scenarios

Problem → Solution → Reason

Category 1: Everyday Life / Productivity

1.

PROBLEM: Car doesn't start

SOLUTION: Call AAA and take it to a mechanic

REASON: They can fix the car safely and ensure transportation.

2.

P: Running late for an appointment

S: Call ahead to let them know and adjust schedule

R: Shows responsibility, reduces stress, and preserves relationships.

3.

PROBLEM: Forgetting an important task

SOLUTION: Use a planner or set phone reminders

REASON: Prevents missed deadlines, reduces stress, and improves reliability.

4.

PROBLEM: Impulse online shopping

SOLUTION: Wait 24 hours and review need vs want

REASON: Avoids buyer's remorse, saves money, and meets financial goals.

5.

PROBLEM: Overcommitting to tasks

SOLUTION: Prioritize and say "no" to low-priority requests

REASON: Protects time, reduces stress, and maintains focus on important goals.

6.

PROBLEM: Poor work habits

SOLUTION: Use time-blocking and set reminders

REASON: Increases productivity, builds discipline, and meets career/learning goals.

7.

PROBLEM: Trouble remembering deadlines

SOLUTION: Use a calendar or app to track important dates

REASON: Increases reliability, reduces stress, and prevents missed tasks.

8.

PROBLEM: Difficulty completing a big project

SOLUTION: Break it into smaller tasks with deadlines

REASON: Increases focus, reduces overwhelm, and improves completion rate.

9.

PROBLEM: Overloaded with notifications

SOLUTION: Turn off non-essential notifications and schedule focused work time

REASON: Reduces distraction, improves productivity, and preserves focus.

10.

PROBLEM: Temptation to procrastinate on homework

SOLUTION: Set a timer for focused work with short breaks

REASON: Increases focus, ensures progress, and builds discipline.

11.

PROBLEM: Decision under pressure

SOLUTION: Pause and say, "I don't know, let me think," then use PSC

REASON: Reduces hasty decisions, allows thoughtful options, and aligns with wise decision-making.

Category 2: Emotions / Anxiety / Mindset

12.

PROBLEM: Feeling overwhelmed with schoolwork

SOLUTION: Break tasks into smaller steps and use a schedule

REASON: Reduces stress, increases productivity, and meets learning goals.

13.

PROBLEM: Feeling nervous before a test

SOLUTION: Review key points and take deep breaths

REASON: Builds confidence, improves focus, and enhances performance.

14.

PROBLEM: Anxiety about public speaking

SOLUTION: Prepare notes and practice in front of a mirror

REASON: Builds confidence, reduces fear, and meets performance goals.

15.

PROBLEM: Feeling discouraged

SOLUTION: Reflect on past successes and write a gratitude list

REASON: Improves mindset, motivates action, and supports emotional health.

16.
PROBLEM: Feeling stressed about an upcoming decision
SOLUTION: Write out options with PSC and test consequences
REASON: Reduces anxiety, clarifies choices, and supports wise decisions.
17.
PROBLEM: Feeling shy in new situations
SOLUTION: Prepare questions or conversation starters
REASON: Builds confidence, encourages connection, and reduces anxiety.
18.
PROBLEM: Feeling nervous about a social event
SOLUTION: Prepare conversation topics and practice confidence
REASON: Reduces anxiety, builds social skills, and improves experience.
19.
PROBLEM: Feeling stressed about deadlines
SOLUTION: Prioritize tasks, make a schedule, and tackle one task at a time
REASON: Reduces stress, improves productivity, and ensures deadlines are met.
20.
PROBLEM: Feeling discouraged about goals
SOLUTION: Break goals into smaller steps and celebrate progress
REASON: Boosts motivation, reinforces progress, and prevents giving up.
21.
PROBLEM: Feeling frustrated with slow progress
SOLUTION: Focus on small wins and track incremental improvement
REASON: Boosts motivation, reduces frustration, and reinforces persistence.
22.
PROBLEM: Feeling bored or unproductive
SOLUTION: Identify a constructive task or learning activity
REASON: Increases focus, encourages growth, and reduces wasted time.

Category 3: Relationships / Communication

23.
PROBLEM: Friend wants me to join a risky activity
SOLUTION: Politely decline and suggest a safer alternative
REASON: Protects safety, preserves friendship, and honors personal boundaries.

24.

PROBLEM: Conflict with roommate

SOLUTION: Have a calm conversation to find compromise

REASON: Resolves issue constructively, maintains relationship, and meets harmony goals.

25.

PROBLEM: Argument with a friend

SOLUTION: Pause, reflect, and approach with calm words

REASON: Reduces tension, maintains friendship, and promotes understanding.

26.

PROBLEM: Tension with a family member

SOLUTION: Schedule a calm discussion to express feelings

REASON: Clarifies misunderstandings, strengthens bonds, and resolves conflict.

27.

PROBLEM: Friendship tension

SOLUTION: Ask for their perspective and share yours respectfully

REASON: Clarifies misunderstandings, strengthens trust, and meets relationship goals.

28.

PROBLEM: Disagreement with coworker

SOLUTION: Listen actively and suggest compromise

REASON: Resolves conflict, strengthens teamwork, and maintains professional relationships.

29.

PROBLEM: Conflict with a teacher or manager

SOLUTION: Schedule a respectful meeting to clarify expectations

REASON: Resolves misunderstanding, strengthens communication, and maintains professionalism.

30.

PROBLEM: Someone interrupts or criticizes unfairly

SOLUTION: Pause, assess, respond calmly

REASON: Maintains composure, prevents escalation, and models maturity.

31.

PROBLEM: Feeling lonely

SOLUTION: Reach out to a friend or join a social group

REASON: Builds connection, improves mood, and supports social health.

Category 4: Values / Integrity / Spiritual

32.

PROBLEM: Temptation to lie

SOLUTION: Tell the truth and explain your perspective

REASON: Maintains integrity, prevents guilt, and aligns with personal values.

33.

PROBLEM: Temptation to gossip

SOLUTION: Stay silent or redirect conversation positively

REASON: Maintains integrity, prevents conflict, and fosters trust.

34.

PROBLEM: Temptation to overshare

SOLUTION: Pause and think about consequences before speaking

REASON: Protects privacy, maintains boundaries, and prevents regret.

35.

PROBLEM: Someone gives bad advice

SOLUTION: Test advice using CABB, then decide with PSC

REASON: Avoids poor outcomes, encourages critical thinking, and aligns decision with truth.

36.

PROBLEM: Feeling tempted to quit a challenge

SOLUTION: Break challenge into smaller tasks and take one step at a time

REASON: Builds resilience, ensures progress, and strengthens perseverance.

37.

PROBLEM: Feeling tempted to give up on learning

SOLUTION: Break lessons into small steps and reward progress

REASON: Builds persistence, reinforces learning, and encourages mastery.

38.

PROBLEM: Feeling tempted to compare yourself to others

SOLUTION: Focus on your own progress and set personal goals

REASON: Improves self-esteem, encourages growth, and reduces negative emotions.

39.

PROBLEM: Feeling tempted to respond angrily

SOLUTION: Pause, take deep breaths, and respond calmly

REASON: Prevents conflict, models maturity, and preserves relationships.

40.
PROBLEM: Confusion about advice
SOLUTION: Test advice using CABB, decide with PSC
REASON: Avoids mistakes, aligns decision with truth, and reinforces learning.

Category 5: Health / Habits / Self-Care

41.
PROBLEM: Want to improve fitness
SOLUTION: Schedule a 30-minute daily walk and track progress
REASON: Improves health, builds consistency, and meets fitness goals.

42.
PROBLEM: Feeling unmotivated to exercise
SOLUTION: Start with a 10-minute workout routine
REASON: Builds habit, improves energy, and promotes health.

43.
PROBLEM: Temptation to eat unhealthy snacks
SOLUTION: Prepare healthy snacks in advance
REASON: Supports health, reduces impulsive eating, and maintains energy.

44.
PROBLEM: Trouble falling asleep
SOLUTION: Establish a calming nighttime routine and limit screens
REASON: Improves sleep quality, reduces fatigue, and supports health.

45.
PROBLEM: Temptation to overeat at a social event
SOLUTION: Eat mindfully and choose balanced portions
REASON: Maintains health, prevents regret, and builds self-control.

46.
PROBLEM: Feeling stressed by household chores
SOLUTION: Make a schedule and tackle tasks in short sessions
REASON: Reduces stress, increases efficiency, and keeps environment organized.

47.
PROBLEM: Feeling anxious about health
SOLUTION: Research reliable sources and consult a doctor if needed
REASON: Reduces fear, ensures accurate information, and promotes wellbeing.

48.

PROBLEM: Feeling tempted to avoid exercise

SOLUTION: Schedule short, enjoyable workouts consistently

REASON: Builds health, establishes routine, and reduces stress.

49.

PROBLEM: Feeling tempted to overshare online

SOLUTION: Pause and think about consequences before posting

REASON: Protects privacy, maintains boundaries, and prevents regret.

50.

PROBLEM: Feeling tempted to quit learning something difficult

SOLUTION: Break lessons into small steps and reward progress

REASON: Builds persistence, reinforces learning, and encourages mastery.

Category 6: Life Difficulties

STOP!

IF bad action then -cons

IF good action then +pros

51. "Temptation → Flee + PSC123"

P: Tempted to addict to escape my feelings and reality.

S: STOP! Flee temptation. BB. Is this True? Good? Write PSC and read Psalms.

Talk to someone.

R: Godpleasing, beneficial MSSPEL. prevent trance or insanity or regret.

52.

PROBLEM: Feeling hopeless after failure

SOLUTION: Reflect on lessons, make a small next-step plan, and take action

REASON: Builds resilience, restores confidence, and promotes growth

53.

PROBLEM: Financial stress or debt

SOLUTION: Make a budget, reduce unnecessary expenses, and seek advice

REASON: Reduces anxiety, prevents worsening debt, and restores control

54.
PROBLEM: Tempted to lash out in anger
SOLUTION: Pause, take deep breaths, write down feelings, and respond calmly
REASON: Prevents regret, maintains relationships, and models self-control

55.
PROBLEM: Feeling lonely or isolated
SOLUTION: Reach out to friends/family or join a supportive group
REASON: Builds connection, improves mood, and reduces negative thoughts

56.
PROBLEM: Facing a major life change (move, job, school)
SOLUTION: Make a step-by-step plan and seek guidance
REASON: Reduces overwhelm, increases preparedness, and promotes smooth transition

57.
PROBLEM: Struggling with self-doubt
SOLUTION: Write strengths and past successes, then set small achievable goals
REASON: Builds confidence, encourages progress, and counters negative thinking

58.
PROBLEM: Tempted to give up on a relationship
SOLUTION: Pause, identify issues, communicate clearly, and seek constructive solutions
REASON: Preserves meaningful relationships and reduces regret

59.
PROBLEM: Feeling overwhelmed by responsibilities
SOLUTION: List priorities, delegate where possible, and tackle tasks one at a time
REASON: Reduces stress and increases effectiveness

60.
PROBLEM: Experiencing grief or loss
SOLUTION: Allow yourself to feel, talk with trusted people, and take care of your body and mind
REASON: Supports healing, reduces emotional strain, and promotes recovery

61.
PROBLEM: Tempted to avoid responsibilities due to fear
SOLUTION: Use PSC to list options, test consequences, and take a small first step
REASON: Encourages action, reduces fear, and builds courage

- 62.**
PROBLEM: Feeling trapped in a toxic environment
SOLUTION: Identify escape options, create a plan, and seek support
REASON: Promotes safety, well-being, and long-term freedom
- 63.**
PROBLEM: Facing a moral dilemma
SOLUTION: Evaluate options using REASON, PSC , and ethical criteria
REASON: Helps make a principled decision and reduces future regret
- 64.**
PROBLEM: Feeling overwhelmed by past mistakes
SOLUTION: Reflect, learn, forgive yourself, and make a better plan forward
REASON: Encourages growth, reduces guilt, and restores agency
- 65.**
PROBLEM: Experiencing repeated failure at a goal
SOLUTION: Analyze why previous attempts failed, adjust strategy, and try again
REASON: Increases likelihood of success and builds resilience

See DecisionMaking101.com PROBLEM•SOLUTION LIBRARY for more Problem•Solutions.

Existing Problem → Solution Libraries (Real Examples)

1. Cognitive Behavioral Therapy (CBT) Coping Skills Lists
2. 12-Step Recovery Programs
3. Biblical Counseling “Put Off / Put On” Lists
4. Habit and Self-Improvement Playbooks
5. Military / Emergency Checklists

BASIC PRINCIPLES

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). This can be discovered through PSC .

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.

STOP!

BB. IF bad action then → -cons / -bad results

BB. IF good action then → +pros / +good results

✨ Extra Encouragement

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

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

Watch out for lies. Beware of the lies of the devil, the world and our own sinful thoughts and desires.

Test each thought or statement: *Is this true or false? Helpful or harmful? Good or bad?*

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

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

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

Wisdom is discernment. Learn to spot the difference:

Truth vs. Lies. Good vs. Bad. Right vs. Wrong. Wise vs. Foolish. Good for me vs Bad for me.

Helpful vs. Harmful. Healthy vs. Unhealthy. Real love (agape) vs. nice, romance, apathy.

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

Listen to your inner warnings. Pay attention to your feelings, gut feelings or concerns. explore them instead of ignoring them.

If your car makes noise → go to a mechanic.

If you have pain → go to a doctor.

If you feel anxious or uneasy → talk to God, write out your feelings and thoughts. Test the thoughts.

Write options pros cons.

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

Decisions are your steering wheel. Let the Bible be your GPS. Let Jesus be your co-pilot.

Be careful of backseat drivers who try to tell you what to do and where to go. Use SmartThink. options123.

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

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

Does this fill my love tank or empty my love tank? (Love Tank = my emotional health and well-being)

Failure teaches. *“Success comes from good decisions. Good decisions come from experience.*

Experience comes from bad decisions.” —Mark Twain

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

Your thoughts guide your life. *“You are today where your thoughts have brought you.*

You will be tomorrow where your thoughts take you.” —James Allen

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

Sow a habit → reap character. Sow character → reap destiny.

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

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

A simple prayer for daily living:

“Day by day, Lord, three things I pray: To see You more clearly, To follow You more nearly, To love You more dearly, Day by day.”

RECOMMENDED BOOKS



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

| <u>Problem.</u> | <u>Book.</u> |
|---|---|
| directions/guidance for Life Depression | Bible Psalms "Healing for Damaged Emotions" by David Seamands "How to Win Over Depression" by Tim LaHaye |
| Guilt | "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 |
| Decision Making | "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 |
| Better thoughts, attitudes | "Winning the War in Your Mind" by Craig Groeschel CW hymns. Bible. "Battlefield of the Mind" by Joyce Meyer |
| Perfectionism | "Healing for Damaged Emotions" by David Seamands |
| Low self-esteem | "Healing for Damaged Emotions" by David Seamands |
| Anxiety | "Answer to Anxiety" by Herman Gockel |
| Answers on personal problems | "I Hate to Bother You, But ..." by William Hulme. gotquestions.org . whataboutJesus.com |
| Friends | "The Friendship Factor" by Alan Loy McGinnis |
| Finances, Priorities | "Heart 'N' Focus" by Jeffrey Davis, David Kehl |
| Understanding men, women | "Men are from Mars, Women are from Venus" by John Gray |
| Christian Dating | "100 Things to Know When Dating" by Hendricksonrose.com |
| Christian Dating | "The Dating Maze" by Brent D. Earles. |
| Christian Dating | "You Me He" by Sammy Tippit. |
| Christian Dating | "Guy's Guide to God, Girls, and the phone" by Jonathan McKee |
| Christian Dating | "The 10 Commandments of Dating" by Ben Young. Sam Adams. |
| Finding a good match | https://www.carepatron.com/files/compatibility-test.pdf criteria for a good match: same values, goals, interests. enjoy talk, kind. respect. open, honest. fun. |
| Finding a good match | Lutheransonline.com, eharmony.com . a helper suitable for him. Genesis 2:18. MSSPEL. |
| Finding a good match. | "Love Languages" by Gary Chapman, chapters 1-7. |
| Ready for marriage? | Before You Say "I Do" by Wright and Roberts. |
| Relationship advice | eharmony.com , Carolyn Hax |
| Married. | "Making Our Marriage Last a Lifetime" by AAL. |

Married. Engaged.
Spiritual Growth

"His Needs, Her Needs" by Willard Harley
"Building the Christian Home" by John Schuetze.
"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

Addictions
Alcoholism
Daily Devotions

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

Daily Devotions
Evolution VS Creationism

"The Lie" by Ken Ham
"What Darwin Didn't Know" by Geoffrey Simmons, M.D.

Worldviews, discernment
Life advice
Family and relationships
Podcasts

"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.