

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.

## THE DECISION WORKSHEET

**PROBLEM:** What is bothering me? What is the problem or need? \_\_\_\_\_

(WANT/GOAL): What do I want? What outcome do I want? (optional). \_\_\_\_\_

**QUESTION:** 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: \_\_\_\_\_

Use Page 1 to Compare options.

Use Page 2 to Test your thinking.

see [DecisionMaking101.com](http://DecisionMaking101.com) for more examples, tools, worksheets and resources.

# TOOL

## TEST the THOUGHT.

B.Thought (T/F) → BB.Truth

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>B. Thought (T/F):</b>	B. I'm no good because I made mistakes.	=B. I must be perfect. T/F (False)
<b>BB. Truth:</b>	BB. I'm OK. Nobody is perfect. We all make mistakes.	
<b>BB. God says:</b>	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.	

Use IF--THEN premise to test the consequences.

**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  
D+ good action: 1. Work hard. 2. Work on improving my mood.

# WORKSHEET

## TEST the THOUGHT.

B.Thought (T/F) → BB.Truth

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

C. Feeling: \_\_\_\_\_ (why?) → \_\_\_\_\_

A. Problem/Situation: \_\_\_\_\_

\_\_\_\_\_ -cons. +pros. \_\_\_\_\_

**B. Thought (T/F):** \_\_\_\_\_

**BB. Truth:** \_\_\_\_\_

**BB. God says...** \_\_\_\_\_

D+ good action: \_\_\_\_\_

my attitude: \_\_\_\_\_

good attitude: \_\_\_\_\_

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