

GOOD DECISIONS: Do what is good and right 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 unsure, say "I don't know. Let me think about it."

COMPARE OPTIONS. TEST the THOUGHT. TALK to GOD.

**COMPARE OPTIONS.** ☀️ main worksheet

**PROBLEM:** What is bothering me? What is the problem or need? because... (Define the problem)

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

**QUESTION:** "What options do I have?" "How can I solve this problem?" (Brainstorm options)

**SOLUTIONS:** FIRST, Write all options. THEN, Write all +pros. -cons. (c)concerns for each option.

S1. option1:

S2. option2:

S3. option3:

S4. option4:

main Goals,Needs,Purpose: What are my main goals and purpose in life? (Evaluate options)

specific GOAL,NEED: What is the specific goal for this particular problem? Is this a good goal?

criteria (if helpful): Is this wise, agape love, beneficial, God-pleasing? (use goals, pros, cons)

Do: best option: (choose the option with the most pros / least cons) (Decide best option)

Reason:

Step1: Step2: Step3.

After a month, evaluate results. What worked (+pros). What to improve (-cons). (Adjust as needed)

optional -- use as needed.

**TEST the THOUGHT** B=Thought (T/F). BB=Truth. B=Belief. BB=Better Belief.

☹️ ☁️ Use this section when strong emotion or uncertainty is involved.

EXAMPLE:

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

**BB. TEST ACTION (IF → THEN → THEN)**

BB. IF I do This THEN (short-term result) THEN (long-term result → +pros / -cons)

BB. IF I work hard THEN (ST) more effort, less free time THEN (LT) +happier, +do better at work

BB. IF I give up THEN (ST) easy, less effort THEN (LT) -depressed, -lose job

chain: BB. IF X then Y. IF Y then Z. X → Y → Z. IF X then Z. IF you don't want Z then don't do X.

IF unsure, say "I don't know. Let me think about it."

More Tools — use as needed

**COMPARE OPTIONS.** ☀️

Benefit / Cost,Risk

**PROBLEM:** bad feeling BECAUSE of situation and my thoughts about it.

**QUESTION:**

**SOLUTIONS:** D1. option1 → (short-term result) → +pros. -cons. (c)concerns. \$cost. •irrelevant  
+ pros = gain / avoid negatives      -cons = cost / lose positives or miss opportunities

S1. option1: status quo

S2. option2: +pro. -con.

S3. option3: advanced: +pro (details)=result (+5)rating. -con (details)=results (-5). -con (.6)(-5) criteria (AABBCB)

S4. Improve an option (Fix a main con from another option):

Motive: (c)concern. BB.Truth about the concern

S5. option5:

Motive: (why do I want to do this?). Love or Fear? BB. God says...

main Goals,Needs,Purpose:

specific GOAL,NEED,WANT: +good goal. +good goal. -bad goal. -not a goal.

criteria (if helpful):

Do: Best Option.

Reason:

☝️ Say: "I like this and this (BUT I don't like that) so for that reason I will do this (or will not do this)."

Step1:

Step2:

Step3.

optional -- use as needed.

Proverbs 14:15,16

**TEST the THOUGHT**

B.Thought (T/F) → BB.Truth.

B.Belief → BB.Better Belief.

Use this section when strong emotion or uncertainty is involved.

PS123,BB

☹️ Feelings:

P. Problem/Situation:

B. Thought/Question: T/F

(self-talk)

BB. Truth:

(correct thinking)

BB. God says...

Do: good action

=B. What does this mean? B1.T/F? B2.T/F? B3.T/F?

This IF that and that. (This = That)

Descriptive conditional. What is this? definition, criteria.

IF this then +pros. -cons.

Predictive conditional. What will happen? consequences

IF this then do that.

Prescriptive conditional. What should I do? action

IF this situation then do that because +pros. -cons. (Prescriptive, Predictive)

IF this situation then +pros. -cons. therefore do that. (Predictive, Prescriptive)

☹️ my attitude:

😊 good attitude:

Teachers/Counselors: You can use these scenarios for PBS practice and discussion .

## SCENARIOS FOR PBS practice

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

**C. FEELINGS:** concerned, bothered, troubled, unsure, angry, worried, anxious, afraid, sad, guilty, shame, disappointed, bored, regret, nervous, proud, annoyed, depressed, unhappy, disturbed, doubt, lonely, embarrassed, discouraged, covet, envious, jealous, rushed, humiliated, hopeless, arrogant, overwhelmed, tired, stressed, amazed, confused, regret, gullible, empty, stubborn, tempted miserable, feel bad, heartache, uncomfortable, discomfort, feels questionable, feel off, uncertain, Red Flag! Anxious! OK=acceptable

😊 Happy    😌 Calm    😎 Confident

happy, calm, content, satisfied, feel good, feel OK, peaceful, motivated, encouraged, hopeful, assertive, bold, discerning, understood, comfort, comfortable, insights, risk, excited, confident, courage, thankful, fulfilled, humble, observation, comforted feel better, peace, gut feeling, intuition, analyzing, compassion, love, observe, "I noticed", observant, objective

## SCENARIOS or SITUATIONS or PROBLEMS

one way to decide your B.thinking about the situation is to pick a Scenario/Situation.

pick a Feeling (angry, anxious, afraid, sad, depressed, bothered, discouraged, stressed).

This Feeling will indicate B.my thinking which will lead to D.my action.

What is the BB. truth or better thinking? This will lead to D+ better action.

## SCENARIOS (organized by ChatGPT)

### ◆ 1. Personal Growth & Internal Struggles

- I'm ashamed of my past mistakes.
- I feel like a failure when I mess up.
- I keep falling into the same bad habit
- I feel overwhelmed and burned out.
- I doubt my worth or value.

### ◆ 2. Relationships (Family, Friends, Romantic)

- My friend betrayed me or gave me bad advice.
- My sibling and I are constantly fighting.
- My parents don't support my goals.
- I'm jealous of my friend's success or lifestyle.
- Should I date, break up, or marry this person?
- I'm lonely and want deeper friendships.
- A friend is in need, but I don't know if I should help.

### ◆ 3. Work, Career, & School

- I made a mistake at work and my boss is angry.
- I was offered a new job but would need to move.
- I didn't get the job I wanted.
- I don't like my job and feel stuck.
- What college should I attend?
- I'm failing a class and don't know how to catch up.
- I'm being treated unfairly by a teacher/boss.

#### ◆ 4. Health & Wellness

- I broke my leg and can't work for a while.
- I'm tired and feel physically unwell all the time.
- I'm battling depression or anxiety.
- I'm addicted to something (food, gaming, alcohol).
- I want to be healthy but can't stay motivated.

#### ◆ 5. Financial & Material Needs

- I lost my job and can't pay rent.
- A beggar asks me for money – should I give?
- I want to buy a car – new or used?
- A friend needs money – should I loan it?
- I don't have enough to cover all my expenses.

#### ◆ 6. Moral, Ethical, or Spiritual Dilemmas

- Someone offers me drugs or alcohol.
- I know what's right, but I don't want to do it.
- I feel God is calling me to something hard.
- I'm tempted to cheat, lie, or cover up a mistake.
- I know I should forgive someone, but I don't want to.
- Should I confront someone about their sin?

#### ◆ 7. Life Transitions & Major Decisions

- Should I move to a new city or stay here?
- Do I accept a new job or keep the one I have?
- Should I rent or buy a home?
- What church should I attend?
- Should I take a gap year before college?
- Should I marry this person or wait longer?

#### ◆ 8. Community, Church, & Service

- I feel called to serve or volunteer, but I'm already overwhelmed.
- I want to help the poor, but I don't know how.
- Should I speak up about a community injustice?

#### ◆ 9. Time Management & Priorities

- I don't have time for everything I care about.
- Should I say "yes" to this opportunity or decline?
- I want to read my Bible but always push it off.
- I want to balance school, friends, and faith better.

#### ◆ 10. Teacher or students come up with scenarios

