

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: 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: _____

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

THOUGHT TEST TOOL

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**

THOUGHT TEST WORKSHEET

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

  IF strong emotion or doubt is present, THEN test the thought before choosing the D+ action.
C. Feeling: _____ (why?) →

A. Problem/Situation: _____
-cons. +pros. _____

B. Thought (T/F): _____

BB. Truth: _____

BB. God says... _____

D+ good action: _____

 my attitude: _____

 good attitude: _____

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