

 **COMPARE OPTIONS**

PROBLEM: _____

(want/goal) _____

QUESTION: _____

SOLUTIONS: S1. option1 → (short-term result) → +pros. -cons. (c)concerns. \$cost. •irrelevant

S1. option1: _____

S2. option2: _____

S3. option3: _____

S4. option4: _____

S5. option5: _____

S6. option6: _____

 main Goals,Needs,Purpose: _____

specific GOAL,NEED,WANT: _____

criteria (if helpful): wise, love, Godpleasing, beneficial, _____

 S. Solution: (best option) _____

Reason: _____

Step1: _____ Step2: _____ Step3: _____

extra space for more options or  B/BB thoughts

TEST THE THOUGHT

B=Thought BB=Truth. ("B" for Belief)

Use this section when strong emotion or uncertainty.

PS123, BB or P → B → S
P → B/BB → S123

P. Problem: include feelings, problem/concern, thoughts or want/goal

P. Problem: _____

B. Thought: T/F _____

BB. Truth: _____

BB. God says... _____

S. Solution: Good action: _____

S. Compare Options (page 1). write question, options S1. S2. S3. pros cons motive and goal.

MORE TOOLS

ST = Short Term LT = Long Term

QUICK TEST: IF → THEN → THEN. BB. IF I do This THEN (ST) _____ THEN (LT) +pros. -cons.

TEST premise: B. T/F IF this then that.
BB. Truth: _____

B. T/F IF this situation then (I must) do that.
BB. Truth: _____

TEST advice or opinion or statement:
B. He says "an opinion or statement" T/F
☞ Ask: "why?" (get his reasons).
=B. That statement means/implies This statement ...
BB. Truth: _____

(IF unsure, then STOP. Compare Options)
☞ Say: "I don't know. Let me think about it."
(=B. in other words...) (=B. so you're saying...)
(maybe he's right, maybe he's wrong)

TEST action (also use to TEST advice/opinion)
BB. IF I do This then +pros. -cons.
BB. IF I do That then +pros. -cons.

B. Question. (e.g. "Should I do this?")
BB. IF This situation then +pros. -cons.
BB. IF That situation then +pros. -cons.

Therefore → Do Best action: Do This → best results (most pros, least cons) or **Compare Options**.
(Try Best option → evaluate results, pros/cons → improve with new options).

☞ Say: "I like this and this (but I don't like that), so for that reason I will do this." be assertive