IF unsure, say "I don't know. Let me think about it." Decision Making 101 worksheet

☀️ COMPARE OPTIONS

PROBLEM: _____

(want/goal) _____

QUESTION:

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

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:

extra space for more options or 💭B/BB thoughts or a comparison chart (connect dots to make columns)

😐💭 Strong emotion or uncertainty? → See next page (B/BB)

optional -- use as needed.

TEST THE THOUGHT

B=Thought. BB=Truth.

Use this section when strong emotion or uncertainty is involved.

😐Feelings:_____.
📓Problem:_____.
_____.
B. Thought: T/F _____.
BB. Truth: _____.
BB. God says... _____.
D+ Good action: _____.
D+ Compare Options (page 1). write question, options D1. D2. D3. pros cons and goal.

_____
_____
_____
_____
_____
_____

😐my attitude:
😄good attitude:_____.

_____
_____
_____
_____
_____
_____

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. B. T/F IF this then do that. BB. Truth.

TEST advice or opinion or statement:
B. He says "an opinion or statement" T/F
=B. That statement means/implies This statement ...
BB. Truth:_____
say "I don't know. Let me think about it."
ask him "why?" (get his reasons)
(=B. in other words...) (=B. so you're saying...)
(maybe he's right, maybe he's wrong)

TEST action → consequences:
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 → D+ Best action: do This → best results (most pros, least cons)
(Try best option → evaluate results, pros/cons → improve with new options)