

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 it is beneficial, do it. IF it is harmful, 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:

(Write pros cons)
(Research)

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)
(do research, if needed) criteria (AABBCB)

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

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

S5. option5: +pro. -con. (c)concern. (?) = Question / Unknown → Research

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

main Goals, Needs, Values, Purpose: Values=what is important to me. What matters to me.

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

criteria (if helpful):

S. Solution: 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:

(Reality) (Correct Thinking)

BB. God says...

BB. Observation. EG. examples

S. Solution: good action

P → BB. Observation → BB IF-THEN → S

=B. What does this opinion/statement mean or imply? BB. Is this True?

=B. What does this activity mean? B1.T/F? B2.T/F? B3.T/F? Motive? Goal? =BB.Truth. Observation.

😬 my attitude:

😊 good attitude:

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)

HOW TO MAKE A GOOD DECISION (DM101 process)

P → S1,S2,S3 → Goals → S+ → R

[1] PROBLEM

- Define the problem clearly: include C.Feeling, A.Situation, B.Thought
- What do I want or need?
- Use "because" to show root causes
- Example: "Anxious because missed deadline at work because too busy.
I think my job is in jeopardy. I want to keep my job and reduce stress.

[2] QUESTION

- Ask the right question to guide your focus
- Examples:
 - What's the best way to handle this situation?
 - How can I achieve this goal?
 - What should I do next?

[3] SOLUTIONS / OPTIONS

- List all possible options (S1, S2, S3...). Brainstorm.
- List all +pros. -cons. (c)concerns for each option.
- (?) = Question / Unknown? → Research, when more information is needed. S+ Research

[4] GOALS / NEEDS

- Decide what are your main goals, needs, values and purpose in life. Talk to God about it.
- Decide what you want or need to achieve for this specific problem.
- Goals drive which criteria are important

[5] CRITERIA

- Use your goals to set criteria for evaluating options
- Example: MSSPEL = helps me Mentally, Spiritually, Socially, Physically, Emotionally, Life Goals/Habits
- Can add specific goals as extra criteria.
- Can add +pros and -cons as extra criteria. Can include likes and dislikes.

[6] DECISION

- Pick the option that best meets your criteria and aligns with goals, has many pros and no serious cons.
- S+ Best Action: clearly state what you will do
- Reason: why this option meets goals, criteria, and aligns with wisdom
- Steps to accomplish the decided option or goal

[7] REVIEW RESULTS

- After a week or a month, evaluate results. What worked (+pros). What to improve (-cons).
- Adjust as needed for next time. new PS123. Trial and Error. Scientific Method.

PS123 → Decision → Results → Review → New PS123. Continuous Improvement.

Teachers/Counselors: You can use these scenarios for PS123, BB 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 S. my action.

What is the BB. truth or better thinking? This will lead to S+ 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. Real-Life and student-generated scenarios

- Make a list of scenarios from teachers and students
- Teacher or students bring real-life scenarios.
- Use current events, movies, TV shows, books, Bible stories, or history.
- Ask ChatGPT to generate additional scenarios.

Teachers/Counselors: Decision Making 101 Lesson Plan

The PS123 worksheet can be introduced in just a few minutes. Students can then practice PS123 together by discussing 2–3 real-life scenarios each week.

(See DM101 Teacher Guide pages 4-5 for sample scenarios.)

The teacher should model the process on the whiteboard, writing each step as the class goes through it.

Students can continue using page 1 each week. As they learn page 2 tools they may add them in the extra space on page 1 or use page 2 for additional guidance.

A teacher could introduce Decision Making 101 gradually over 5-8 months using short 15-20 minute weekly practice sessions with simple real-life scenarios.

OR

A teacher could teach Decision Making 101 in a shorter 5-week format using weekly 30-minute practice sessions.

Worksheets are available at decisionmaking101.com

Students can take some worksheets home to practice on their own.

DM101 progression:

Lesson 1: Compare options. PS123. (worksheet page 1)

Lesson 2: Test thoughts. B/BB. (worksheet page 2)

Lesson 3: Test actions/consequences. BB. IF → THEN → THEN pros cons.

Lesson 4: Test advice/opinions. Use lessons 1-3: PS123. B/BB. Test actions.

Lesson 5: Discuss decision making principles.

See decisionmaking101.com Biblical answers for Christian Living

Decision Making 101 Lesson Plan

Why Learn good Decision-Making?

Decisions have consequences.

Bad decisions often harm ourselves and others.

Good decisions often benefit ourselves and others.

Better decision-making tends to produce better outcomes.

Decision-making is a skill that improves with practice.

The purpose of this course is to help you make better decisions so you can live a wiser, healthier and more fulfilling life while helping others.

Week/Month 1 — PS123 (DM101 worksheet Page 1)

Students practice Compare Options:

- Hand out dm101 worksheet and “How to make a good decision”
- Go through dm101 example and then other scenarios
- defining the problem
- brainstorming options
- writing all pros and cons
- defining the goal
- choosing the best option

This helps students build the basic habit of slowing down and comparing options before making decisions.

Week/Month 2 — PS123,BB (DM101 worksheet Page 2 top half) PBS

Students learn to Test the Thought:

- B = Thought
- BB = Truth
- emotions
- assumptions
- “TEST the thought”

Students learn that thoughts, assumptions, emotions, and beliefs should be tested rather than automatically believed.

Week/Month 3 — TEST action (DM101 worksheet Page 2 bottom half)

Students practice:

- BB. IF→THEN→THEN pros cons
- short-term vs long-term thinking
- consequences
- evaluating results

This section is still concrete and practical.

Example:

“IF I skip homework THEN free time now THEN stress later.”

Students learn to think through likely consequences before acting.

Week/Month 4 — TEST advice/opinions using lessons 1-3. (Page 2 bottom half)

Students are now ready for more advanced social reasoning skills such as:

- “Ask why”
- =B. What does this imply? (hidden assumptions). BB. Truth
- Test the action. IF → THEN → THEN pros cons.
- “maybe right, maybe wrong”
- assertive disagreement
- 1. advice → S1. (one option to consider)
- 2. Compare all options. S1,S2,S3...pros cons

Students can practice taking a real advice statement or opinion ("B"), identifying the suggested option ("S1"), testing the reasoning, assumptions, truthfulness, and likely consequences, and then comparing it with other options S1,S2,S3...

Homework: Read through the first 4 posts in Biblical answers for Christian Living in decisionmaking101.com. Jot down some decision making principles for next week's discussion.

Week/Month 5 — Discuss decision making principles

- Read and discuss decision making principles from the first 4 posts in Biblical answers for Christian Living in decisionmaking101.com
- What are your main goals, needs, purpose, values, priorities, duties?
- What are good, God-pleasing goals, needs, purpose, values, priorities?
- How does God's Word help define our goals?
- What are some bad motives/reasons for doing something? What are some good motives?
- What are the most common fallacies? What fallacies have you used?
see [Decision Making Principles](#) p6-7
- How does motivation affect our decisions?
- How does attitude affect our decisions ? (see DM101 book p33)
- Apply these principles to real-life decisions.

Month 5-8 — optional tools from “More Resources”

Teachers can use their discretion regarding which additional tools from “More Resources” they want to introduce. Different tools may be more helpful for different students, situations, age groups, or class discussions. Teachers may choose to introduce only one additional tool or concept at a time as needed. See DM101 Teacher Guide page 9 for a list of some optional Tools to choose from. See DM101 Book “Table of Contents” for a list of some optional Tools to choose from.

P → B/BB → S1,S2,S3 → Goals → S+

a List of optional Tools in “more resources”

“X” or **Highlight** or underline tools that you are interested in.

PBS. define Problem. Test Belief. Test Solutions.

P → B/BB → S1,S2,S3 → Goals → S+ → R

BB. Truth. Correct Thinking. Reality.

A used car may look beautiful on the outside, but after a test drive and inspection you may discover it has a bad transmission or engine. The plain-looking car, on the other hand, may turn out to be an excellent choice. The same is true with decisions. What seems like a good idea at first may turn out to be a poor choice after you compare the options, pros, and cons.

Decision Importance (1–5)

1 = Minor (e.g., where to eat). low-impact, short-term, reversible, worst case scenario=OK(-1)

3 = Moderate (e.g., which car to buy)

5 = Major. high-impact, long-term, non-reversible, worst case scenario=very bad(-5)

(e.g., marriage, home purchase, career change). Potential impact on me and others.

IF IMP=5 then Slow down. PS123, BB. more time. more Research of expert resources. (see page 12).

more prayer. more caution. Criteria. Red Flags. (see page 12) (see DM101 book p39, p112)

ASK: What could go wrong? Potential Downsides/Risks? Potential impact (0 to -5) and probability?

Every advice contains a B. (belief/opinion) and an S1 (suggested action)

Advice → B + S1

BB tests the B.

PS123 tests the S1.

P → B1 → S1 B1=opinion1 → S1. suggested option. (one option among many options)

B2 → S2 B2=opinion2 → S2. suggested option

B3 → S3 B3=opinion3 → S3. suggested option

Compare S1, S2, S3, S4, S5, S6

Consider pros, cons, concerns, goals.

Choose best S. (see DM101 book p13 for more on test advice)

S1. Option 1. pros. cons. motive (why do I want to do this? -- love, fear, easy?)

see Decision Making Principles p6-7 from Biblical answers for Christian Living for examples.

CONTINUOUS IMPROVEMENT. (Feedback Loop)

PS123-R → PS123-R → PS123-R

Try Best option → R. Results (pros/cons, goal reached?) → improve with new PS123, if needed.

S4. Improve an option. Fix a main con from another option. (DM101 Teacher Guide p2)

my attitude. Ba.

good attitude. BBa. (see DM101 book p33)

Fallacies (DM101 book p28-29). In options section you can add “F. Fallacy”

Beware of Fallacies of authority, majority, people-pleasing, hasty decision, comfort zone, emotion-based (c) concern. BB. Truth about the concern

Life is often about knowing when to say “yes” and when to say “no.”

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

Probability. +pro (.6). 60% probability. -con (.3). 30% probability.

WHAT IF TOOL. Probability (.1 to .9). Impact (-5 to +5) (DM101 book p47)

S1. Option 1 → Outcome (.6)(-5). = probability(.6) impact(-5).

+pro (details)=result (+5). -con (details)=results (-5). -maybe con (.6)(-5) or (-5)(.6)

GOAL: +good goal. +good goal. -bad goal. -not a goal. •goal(Y/N) = not sure yet.

+ pros = gain / avoid negatives -cons = cost / lose or miss positives

Compare Criteria. (DM101 book p55-57)

Criteria: 1.Cost. 2.Time required. 3.Benefit to me. 4.Benefit to others. 5.God-pleasing.

Option 1=AABAA. Option 2=DDCDD. Option 3=BBDBB. Option 4=CBBBB.

Criteria Grid comparison chart. (see DM101 book p56)

MSSPEL Check. +MSSPEL = helpful. -MSSPEL = harmful. MSSPEL(ABCACB)

Mental. Spiritual. Social. Physical. Emotional. Lifestyle (goals. habits)

Explore, don't ignore your feelings. PBS.

Feelings are a signal that something is wrong

Strong feelings may reveal a problem or concern worth examining.

REGAL. REpent. Grieve. Accept. Learn. Laugh. Love

BB. Observation. EG. Examples or evidence. P. I noticed this situation.

Record facts and observations with BB.

=BB. Maybe conclusion from this observation/evidence (.8) confidence level

P → BB. Observation → BB. IF-THEN → S

BB. Observation → BB. IF-THEN → S+

BB. Observation → B. Question → S1 S2 S3

=B. What does this opinion/statement mean or imply? BB. Is this True?

=B. What does this activity mean? B1.T/F? B2.T/F? B3.T/F? BB3.Truth.

Descriptive conditional.

This IF that and that. (This = That) What is this? definition, criteria.

Predictive conditional

IF this then +pros. -cons. What will happen? consequences

Prescriptive conditional

IF this then do that. 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)

Test goals and priorities (DM101 book p35-39)

Test advice and bias (DM101 book p41-45)

Risks and probabilities (DM101 book p45)

S1. Option 1 → R1. Result 1 (.3) or R2. Result 2 (.5) or R3. Result 3 (.2).

\$cost: 💰 Money. ⌚ Time. ⚡ Energy/Work.

IF-THEN +pros/-cons can help you make that decision. Compare outcomes.



“You might be doing LOSER-THINK IF.... “ game

(DM101 book p81) humor.

(IF you think this or do this **THEN** you might be doing LoserThink.) identify the LIE, Truth, Fallacy (or “Why did you do that?” “It seemed like a good idea at the time.”) (next time, test the idea first) (or IF you want or like this bad thing, then do this. Humor) Show the cons of that decision.

(or I did this (stupid) thing because of this (silly) reason. (Is that a good reason?) (Fallacy?)

Gullible’s Travels (going with the flow) (DM101 book p115)

Ask the right questions (DM101 book p46)

Conditional options (DM101 book p46)

BB. What does this mean? B1.T/F BB1. B2.T/F BB2. (DM101 book p46)

Opportunity (DM101 book p46)

Compare situations (DM101 book p47)

S+ Do research. Dig for information from good sources –

e.g., libraries, books, magazines, credible internet sites

IFF = IF and ONLY IF. criteria. necessary and sufficient. $X \rightarrow Y$. $Y \rightarrow X$. $X = Y$.

IFF Criteria Check: IF this and this and this then that (or do that)

Do this IF and ONLY IF these important criteria/factors are met (this and this and this)

Useful for major decisions such as marriage, jobs, college, housing, car purchase, business partnerships and other high-impact choices.



G=Good, B=Bad, N=Neutral.

S1.Option1 •Trait(GBN)=not sure if it is a Good Trait, Bad Trait or Neutral Trait. I need time.

IF Good Trait then +Trait. IF Bad Trait then -Trait. IF Neutral Trait then •Trait.

S1.Option1 •Action(GBN)=not sure if it is a Good Action, Bad Action or Neutral Action.

IF Good Action then +Action. IF Bad Action then -Action. IF Neutral Action then •Action.

DECISION IMPORTANCE: ____ (1-5) 1=Trivial. 5=Major. OR Priority: P1=minor. P5=Major
(DM101 book p58)

Decision Criteria List (DM101 book p60-63)

(Problem/Solution and Checklist library p16-22)

Root Cause. 5 whys. (DM101 book p65)

Test the media message (DM101 book p75-79)

Fun decision games (DM101 book p81-86)

Recommended books (DM101 book p110-111)

IF I do this $\rightarrow$ THEN (short-term) $\rightarrow$ THEN (long-term)

If no significant cons or concerns appear, proceed.

If concerns appear or several options exist, STOP and Compare Options (PS123).

P. Problem $\rightarrow$ S123

B. Opinion/Advice $\rightarrow$ S123

It may seem like a good idea at the time, but after comparing all the options, pros, and cons, you may discover a much better option—or realize it was a bad idea.

EG: Evidence Given to support a BB.Truth premise. (use **BB.Truth Tests** listed below)

-  Bible truths
-  Expert books or teachings
-  Examples (EG can mean “Example” or “Evidence Given”)
-  Personal experience
-  Observation of life/patterns
-  Testimonies or stories from others
-  Research from credible sources. Show Proof.
-  Logical reasoning / common sense. (use CounterExamples to prove a statement is False.)
-  Fruit/results in others’ lives
-  Inner conviction or peace
-  Reflection/journaling insight
-  Experiment. Trial and Error. Test on small scale, see what works before jumping in.
-  Facts, Reality. General Premise: IF this action then this outcome +pros. -cons.
-  Multiple sources agreeing

► Notice Red Flags. Better safe than sorry. Look before you leap.
P. Anxious! Concerned! I’m bothered by this situation. Something is wrong. Maybe it is a red flag.
B. T/F my thinking. (Why am I bothered?). BB. Truth.
BB. Observation:
EG: Examples/Evidence.
Possible Concern:
Possible Consequences:
Impact (-5 to 0):
BB. IF this situation then +pro. -con(-4). -con(.6)(-5) Impact (-5 to 0). Probability (0–1).
S+ IF Red Flag then → Pause. Investigate. PS123, BB. Pray. Do proper research before proceeding.
S+ IF serious consequences then pause, do not proceed. Find other options.
Goal: Avoid a bad decision. Then Find a better option or wait for one. PS123.
(If you want some examples, see DM101 book: Red Flags p112)
Stop and research when knowledge is incomplete or the decision is high impact.

Better Decisions, Fewer Regrets

The Integrity Question: Am I being honest with myself?

The legacy question: What story do I want to tell?

The Conscience Question: Is there a tension that deserves my attention?

The Maturity Question: What is the wise thing to do?

The Relationship Question: What does love require of me?

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DECISION TYPES

In the Moment → Practice good habits and reflexes

Significant → Use PS123

Big → Slow down and use PS123, BB plus full DM101 toolbox

In the Moment decisions

Good habits

Biblical principles

Character

IF–THEN training

Decision reflexes

Think ahead and decide what you would do in certain circumstances.

Create a personal policy (a decision rule). PRACTICE.

Example:

IF someone insults me THEN stay calm and respond respectfully.

Practice enough and it becomes automatic.

Significant decisions

PS123, BB

define the problem

list options

compare pros/cons

research if needed

choose intentionally

Big Life-Shaping decisions (Major)

Slow down

PS123, BB

more research

more time

more expert resources. (see page 12)

more prayer

more caution

Criteria

Red Flags. (see page 12)

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Decision Importance (1–5) (IF IMP=4-5, see DM101 book p39)

1 = Minor (e.g., where to eat). low-impact, short-term, reversible, worst case scenario=OK(-1)

3 = Moderate (e.g., which car to buy)

5 = Major. high-impact, long-term, non-reversible, worst case scenario=very bad(-5)

(e.g., marriage, home purchase, career change). Potential impact on me and others.

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DECISION CHAINS

How beliefs and decisions create future situations.

GO WITH THE FLOW. (untested thoughts)

P1 → B1 → S1 → R1. (R1 becomes P2 new situation)

P2 → B2 → S2 → R2. (R2 becomes P3 new situation)

P3 → B3 → S3 → R3.

PBSR → PBSR → PBSR → PBSR or PBS → PBS → PBS

Problem → Belief/Thought → Solution/Action → Result (new situation)

B=Thought, Belief, Advice, Suggestion, Opinion

OR

B1 → S1 → R1

B2 → S2 → R2

B3 → S3 → R3.

Thought → Action → Result → New Situation.

The thought is never tested. People simply "go with the flow."

DM101. (Test the thought)

DM101 puts a wedge between stimulus and response, B1 and S1. Wedge is BB or S123 or Research.

P1 → B1 → BB1 → S1 → R1

P2 → B2 → BB2 → S2 → R2

P3 → B3 → BB3 → S123 → S+ → R.

Problem → Thought → Solution → Result. (go with the flow)

Problem → Thought → TRUTH → Solution → Result (dm101 with wedge)

A thought is tested before acting. False beliefs can be replaced with truth (BB).

Options can be compared (PS123). Better thoughts often lead to better actions and better results.

=====

Mark Strong and Weak Options

after listing pros, cons, concerns, goals, and criteria:

+ = strong/good option; many pros; fits goals and criteria.

- = weak/bad option; significant cons or concerns.

-S1. many cons

+S2. many pros

+S3. many pros. good option

Recognize faulty thinking

in yourself, so you make better decisions.

in others, so you are not deceived or pressured into bad decisions.

BB. Truth. Correct Thinking.

Test explanations and possibilities (DM101 book p48)

(c) concern examined (DM101 book p48)

🤪 If you think this or do this, “You might be doing LoserThink.”

It seemed like a good idea at the time. Laugh at your mistakes. Learn from your mistakes.

1 John 4:1. Test the spirits to see if they are from God.

Test the Thought, Action, Options, Attitude.

TEST Thought →	B/BB	Is this true?
TEST Action →	IF-THEN-THEN	Is this a <u>good idea</u> ?
TEST Options →	PS123	Which option is best?
TEST Attitude →	BBa.	Is this a good attitude?

Observation (Descriptive):

WHEN I did this... THEN this happened. pros cons

Prediction (Predictive):

IF I do this again... THEN this will probably happen. pros cons

You are responsible for your decisions. You are the Decider, the decision maker.

Make your own decisions. Compare options.

Do what you think is right or best.

You are the driver steering the car. You are the captain steering your ship.

You will have to live with the consequences of your decisions.

Seek God's wisdom as you choose your course.

Are you sure this is a good idea?

IF not then STOP. write PS123 before proceeding.

It may seem like a good idea at the time, but after comparing all the options, pros, and cons, you may discover a much better option—or realize it was a bad idea.

Criteria = Must have. Needs.

Preferences = Nice to have. Wants.

B. Thought:

BB. Truth, Correct Thinking, Reality

B- Falsehood, Misconception (incorrect content)

F. Fallacy (if any): (faulty reasoning)

The automatic path is:

B → **S** B. Thought → S. Automatic action

The DM101 path is:

B → **BB** → **S+** BB. Truth → S+. Better action

BB. Truth. Correct Thinking. Reality.

(use observation, evidence, experience to check reality)

BB protects against and corrects

- Lies (false statements) falsehoods
- Fallacies (bad reasoning) distorted beliefs
- Fantasy (unrealistic expectations) distorted views of life,

S3. OPTION: SAY NO / WAIT / RESEARCH MORE

Use this when pressure is high or uncertainty is high.

IF-THEN TEST

- IF I say YES → THEN _____ → THEN +pros. _____ -cons. _____
- IF I say NO → THEN _____ → THEN +pros. _____ -cons. _____

Compare Outcomes (not pressure)

Ask:

- Which option has better **long-term outcome**, not just comfort or approval?
- Am I choosing this because it's right—or because I feel pressure?

DECISION RULE

Say "No" when:

- YES has high risk or regret or potential bad consequences
- NO protects goals, values, or peace

Say "Wait" when:

- You don't have enough information to make a wise decision.
- More research is needed.
- You are not sure.

YES is a decision.

NO is a decision.

WAIT is a decision. "I don't know. Let me think about it."

RESEARCH MORE is a decision.

Sometimes "NO" is the best and wisest decision.

It's OK to say NO.

Life is often about knowing when to say "yes" and when to say "no."
IF-THEN, +pros/-cons can help you make that decision.

BB. Don't Assume — Investigate

Question: Why did this happen? Why this situation? Why did they do this?

B1. T/F Maybe this reason: _____

B2. T/F Maybe that reason: _____

B3. T/F Maybe another reason: _____

BB. Truth: I don't know yet. There may be several possible reasons.

S+ Good action: Don't assume. Ask, observe, investigate, or gather more information.



Compare Situations

P. Current Situation:

Describe the current situation.

P. Comparison Situation:

Describe another situation for comparison.

BB. Statement (.8). (.8)=confidence level.