

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):

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:

(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.

IF this then 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 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 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

- Make a list of scenarios from teachers and students or ChatGPT

## 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 3–4 for sample scenarios.)

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](http://decisionmaking101.com)

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

DM101 progression:

- Compare options. PS123. (worksheet page 1)
- Test thoughts. B/BB. (worksheet page 2)
- Test actions/consequences. IF THEN THEN pros cons.
- Test advice/opinions. Ask:“why?” =B. Test actions.
- Discuss decision making principles.

See [decisionmaking101.com](http://decisionmaking101.com) Biblical answers for Christian Living

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

Students practice Compare Options:

- defining the problem
- defining the goal
- brainstorming options
- writing all pros and cons
- choosing the best option

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

## Month/Week 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.

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

Students practice:

- IF → THEN → THEN pros cons
- short-term vs long-term thinking
- consequences
- outcomes/results
- improving options
- 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.

## Month/Week 4 — TEST advice/opinions

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

- “What does this imply?”
- “Ask why”
- hidden assumptions
- peer pressure
- persuasion
- assertive disagreement
- “maybe right, maybe wrong”

Students can practice taking a real advice statement or opinion (“B”) and testing the reasoning, assumptions, truthfulness, and likely consequences.

- Homework: Read through the first 4 posts in Biblical answers for Christian Living in [decisionmaking101.com](http://decisionmaking101.com). Jot down some decision making principles for next week’s discussion.

## Month/Week 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](http://decisionmaking101.com)
- 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.

a List of optional Tools in “more resources”

S1. Option 1. pros. cons. motive (why do I want to do this? -- love, fear, easy?)  
Try best option. Evaluate results, pros/cons. Improve with new options.  
Criteria Grid comparison chart. (see CABD worksheet)

😐 my attitude. Ba.

😊 good attitude. BBa.

Fallacies (see Biblical answers post → Decision Making principles p5-6)

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

(c) concern. BB. Truth about the concern

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

GOAL: +good goal. +good goal. -bad goal. -not a goal.

💬 Say: “I like this and this (but I don’t like that), so for that reason I will do this.”

IFF = IF and only IF. criteria. necessary and sufficient.

MSSPEL Check

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

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

P → B2 → S2

P → B3 → S3

Then:

Compare S1, S2, S3.

Test B1, B2, B3.

Consider goals, concerns, pros, cons.

Choose best S.

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

Record facts and observations.

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