



COMPARE OPTIONS

PROBLEM: (Feeling, Situation, Thought)

because

(want/need/goal)

QUESTION:

SOLUTIONS: S1. option1 → (short-term result) → +pros. -cons. (c)concerns. \$cost. •irrelevant
S1. option1 → +pros, -cons: (add "?" if uncertain)

S2. option2:

S3. option3:

S4. option4:

S5. option5:

S6. option6:

Motive:

BB. God says...

🎯 main Goals, Needs, Values, Purpose:

specific **GOAL, NEED**, want:

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

👉 S+ Solution: (best option)

Reason:

Step1:

Step2:

Step3:



B. Thought: T/F

BB. Truth:

F. Beware of Fallacy:

(?) = Important Question/Unknown → Research. (check credible sources for more information.)

**TEST THE THOUGHT**

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

Use this section when strong emotion or uncertainty.

P. Problem: Feelings because situation and thought (or want/need). (because...)

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.

😞 my attitude: Ba. _____

😊 good attitude: BBa. _____

Thankful for: _____

Pray for: _____

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, opinion, statement or message:

B. He says "an opinion or statement" T/F

💬 Ask: "why?" (get his reasons).

=B. What does this mean? **WHAT IS THE MESSAGE?**

BB. Truth: _____

1. advice → S1. (one option to consider)

2. Compare all options. S1,S2,S3...pros cons

💬 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)

B. Question. (e.g. "Should I do this?")

BB. IF This situation then +pros. -cons.

BB. IF That situation then +pros. -cons.

TEST action (also use to TEST advice/opinion)

BB. IF I do This then +pros. -cons.

BB. IF I do That then +pros. -cons.

S+ Therefore → Do Best action: Do This → best results (most pros, least cons) or **Compare Options.****Try Best option → R. Results (pros/cons, goal reached?) → improve with new PS123, if needed.**

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