

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



## COMPARE OPTIONS

**PROBLEM:** (Feeling, Situation, Thought)

(want/need/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, Values, 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.

(B=Thought. BB=Truth)

B. Thought: T/F

BB. Truth:

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

P → S1, S2, S3 → Goal

PS123-G

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**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.

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**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 situation then (I must) do that.

BB. Truth: \_\_\_\_\_ (Do Research.) 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?** (=B. in other words...) (=B. so you're saying...)

BB. Truth: \_\_\_\_\_ (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.

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