

 **COMPARE OPTIONS**

**PROBLEM:** \_\_\_\_\_

(want/need) \_\_\_\_\_

**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,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)

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P → S1,S2,S3 → Goal

PS123

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

**TEST THE THOUGHT**

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

Use this section when strong emotion or uncertainty.

PS123, BB or P → B → S  
P → B/BB → S123

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: \_\_\_\_\_  
😊 good attitude: \_\_\_\_\_  
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** or opinion or statement:  
B. He says "an opinion or statement" T/F

1. advice → S1. (one option to consider)  
2. Compare all options. S1,S2,S3...pros cons

💬 Ask: "why?" (get his reasons).  
=B. That statement means/implies This statement ...  
BB. Truth: \_\_\_\_\_

💬 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)

**TEST action** (also use to TEST advice/opinion)

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

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

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

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

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

Therefore → Do Best action: Do This → best results (most pros, least cons) or **Compare Options**.  
(Try Best option → evaluate results, pros/cons → improve with new options).

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