Explore your feelings and concerns with PBS.
IF something is bothering you, then use PBS.
IF unsure or confused then use PBS.

PBS: A method you can remember and use anywhere.

- P – Problem: Feelings, Situation, Thought. (want/need)
- B – Belief (B/BB). B=Thought. BB=Truth. (Test the Thought)
- S – Solutions: Options, pros cons, and goals. (Compare options)

Learn it with the worksheets. Use it later on paper or mentally.

EXAMPLE of PBS

P. Problem: I feel hurt because my friend hasn't replied to my text.
B. Belief: "My friend doesn't care about me."
BB. Truth: A delayed reply doesn't prove that. My friend may be busy.
S+ Compare Solutions
S1: Send an angry message. -Could hurt the friendship.
S2: Send a friendly follow-up. +Gives them time and seeks clarification.
S3: Call if it's urgent. +May get a quicker answer.
Goal: Understand what happened and preserve the friendship.
S+ Send a friendly follow-up.

IF unsure, say "I don't know. Let me think about it." Explore your Feelings and Concerns

☀️ COMPARE OPTIONS Benefits/Costs

PROBLEM: (Feeling,Situation,Thought)

because

(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:

Motive: BB. God says…

🎯 main Goals,Needs,Values,Purpose:

specific GOAL,NEED,want:

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

👉 S+ Solution: (best option)

Reason:

Step1: Step2: Step3:

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B. Thought: T/F .

BB. Truth: .

F. Beware of Fallacy: .

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

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

Philippians 1:9-11. 2Peter1:5-7 P → S1,S2,S3 → Goal

😐💭 Strong emotion or uncertainty? → See next page (B/BB) PS123-G

optional B/BB tools -- use as needed. 1John 4:1 Proverbs 14:15 Proverbs 4:7 Ephesians 5:15

TEST THE THOUGHT

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

Use this section when strong emotion or uncertainty. PBS

P. Problem: Feelings because Situation and Thought. (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 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: _____
BB. IF I do This then +pros. -cons.

1. advice → S1. (one option to consider)
2. Compare 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)
BB. IF I do That then +pros. -cons.

S+ Therefore I will do This (best option → best outcome – most major pros, no major cons.)

BB. IF this situation then do this because/so that +pros and +avoid cons (otherwise these cons).
Say: "I like this and this (but I don't like that), so for that reason I will do this." be assertive