

Decision Making 101 is a method
to help people make better decisions.

Decision Making 101 worksheet
is a ready-to-use worksheet.

DM101:

IF unsure, say “I don’t know. Let me think about it.”
Compare Options, pros cons, goals

PS123-G
Problem. Solutions123. Goals.

DecisionMaking101.com



Define the problem.
What is your goal?
How do you get there?
What are your options?
What are the pros and cons?

IF unsure when driving, STOP: check the map.
IF unsure when deciding, STOP: compare options, pros cons, goals.

TEST the thought. BB. Truth/God says...
TEST the action. BB. IF → THEN → THEN +pros. -cons.

IF I do This THEN (short-term) THEN (long-term): +pros. -cons.
IF I do That THEN (short-term) THEN (long-term): +pros. -cons.

Choose the best option.

GOING WITH THE FLOW

↓

STOP!

↓

Is this a good idea?

↓

Compare Options

Compare outcomes: pros cons

(PS123-G)

↓

Choose Best Option

with best outcome

↓

Better Results

IT MAY SEEM LIKE A GOOD IDEA ...



A used car may look beautiful on the outside, but after a test drive and inspection you may discover it has a bad transmission or bad engine.

The same is true with decisions. What seems like a good idea at first might turn out to be a bad choice after you compare the options, pros and cons.

Would you buy a used car without a test drive and inspection?
Why buy the first idea without testing it?
Use PS123-G to test and inspect ideas.

Compare many used cars before choosing the best one.
Compare many options before choosing the best one.

Define Problem. Write all options, pros cons, goals.
P=define Problem. S123=Compare Solutions. G=Goals.
PS123-G

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.