

COMPARE OPTIONS

PROBLEM: I feel lonely. I don't spend much time with friends.

(want/need) Want more friendship and fun.

QUESTION: How can I spend more time with friends?

SOLUTIONS: S1. option1 → (short-term result) → +pros. -cons. (c)concerns. \$cost. •irrelevant
S1. option1: stay the same → (easy) → +comfortable. -still lonely.

S2. option2: text friends → (effort) → +more conversations. +more friendships. (c)maybe rejected.
+motive: keep in touch

S3. option3: set up a monthly get together → (effort) → +see friends regularly. +fun. -takes time.
\$planning (30min/month)

S4. option4: Join a club or group → (effort) → +new friendships. +new activities. (c)outside comfort zone.
(?)what clubs are available? (check internet)

S5. option5: Volunteer → (effort) → +help others. +meet people. +purpose. -time commitment
(?)what opportunities are available? (check library) •some may think it is weird

S6. option6: make a list of people to contact → (effort) → +organize friendships. +more opportunities.
\$planning (60min).

 main Goals,Needs,Values: Friendship. Community. Help others.

specific **GOAL,NEED,WANT:** want more friendships and social activities, Fun

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

 S+ Solution: (best option) Set up a monthly get-together.

Reason: helps me spend more time with friends and is realistic to maintain.

Step1: Text 3 friends. Step2: Pick a date and place. Step3: Meet monthly.

extra space for more options or  B/BB thoughts. (B=Thought. BB=Truth)

B. Nobody wants to spend time with me.

BB. Some people may be busy, but many friendships grow when I reach out.

B. If I text first, I'll look needy.

BB. Friends often appreciate someone taking the initiative.

P → S1,S2,S3 → Goal

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

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(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,Values: _____

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)

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

P → S1,S2,S3 → Goal

PS123-G