

Teachers/Counselors:

The PS123 worksheet can be introduced in just a few minutes. Students can then practice PS123 together by discussing 2–3 real-life scenarios each week. (See DM101 Teacher Guide pages 3–4 for sample scenarios.)

Students can continue using page 1 each week while gradually adding page 2 tools as they learn them.

A teacher could introduce Decision Making 101 gradually over several months using short 15-20 minute weekly practice sessions with simple real-life scenarios.

OR

A teacher could teach Decision Making 101 in a shorter 5-week format using weekly 30-minute practice sessions.

Worksheets are available at decisionmaking101.com

Students can take some worksheets home to practice on their own.

DM101 progression:

- Compare options. PS123. (worksheet page 1)
- Test thoughts. B/BB. (worksheet page 2)
- Test actions/consequences. IF THEN THEN pros cons.
- Test advice/opinions. Ask:“why?” =B. Test actions.
- Discuss decision making principles.

See decisionmaking101.com Biblical answers for Christian Living

Month/Week 1 — PS123 (DM101 worksheet Page 1)

Students practice Compare Options:

- defining the problem
- defining the goal
- brainstorming options
- writing all pros and cons
- choosing the best option

This helps students build the basic habit of slowing down and comparing options before making decisions.

Month/Week 2 — PS123, BB (DM101 worksheet Page 2 top half) PBS

Students learn to Test the Thought:

- B = Thought
- BB = Truth
- emotions
- assumptions
- “TEST the thought”

Students learn that thoughts, assumptions, emotions, and beliefs should be tested rather than automatically believed.

Month/Week 3 — TEST action (DM101 worksheet Page 2 bottom half)

Students practice:

- IF → THEN → THEN pros cons
- short-term vs long-term thinking
- consequences
- outcomes/results
- improving options
- evaluating results

This section is still concrete and practical.

Example:

“IF I skip homework THEN free time now THEN stress later.”

Students learn to think through likely consequences before acting.

Month/Week 4 — TEST advice/opinions

Students are now ready for more advanced social reasoning skills such as:

- “What does this imply?”
- “Ask why”
- hidden assumptions
- peer pressure
- persuasion
- assertive disagreement
- “maybe right, maybe wrong”

Students can practice taking a real advice statement or opinion (“B”) and testing the reasoning, assumptions, truthfulness, and likely consequences.

Month 5-8 — add tools from “More Resources”

Teachers can use their discretion regarding which additional tools from “More Resources” they want to introduce. Different tools may be more helpful for different students, situations, age groups, or class discussions. Teachers may choose to introduce only one additional tool or concept at a time as needed.