

HOW TO MAKE A GOOD DECISION. (DM101 process)

[1] PROBLEM

- Define the problem: (What is bothering me?) Feelings because of Situation and Thoughts.
- What do I want or need?
- Use "because" to show root causes
- Example: Stressed because I have too much to do because I took on too many responsibilities.
I think I can't keep up. I want to reduce my stress and get the important things done.

[2] QUESTION

- Ask the right question to guide your focus.
- Examples:
 - How can I solve this problem?
 - How can I achieve this goal?
 - What are my options?

[3] SOLUTIONS / OPTIONS

- List all possible options (S1, S2, S3...). Brainstorm.
- List all +pros. -cons. (c)concerns for each option.
- (?) = Important Question / Unknown → Research. (check credible sources for more information.)
 - +pros = something good / avoid something bad. (benefit, advantage, upside)
 - cons = something bad / lose or miss something good. (cost, disadvantage, downside)

[4] GOALS / NEEDS

- Decide what are your main goals, needs, values and purpose. What is important to you?
- Decide what is your specific goal or need for this specific problem. What outcome do you want?
- Circle major pros and cons. $\oplus$ = major pro, $\ominus$ = major con. Ask "Is this helpful or harmful?"

[5] CRITERIA (if helpful)

- Use your goals, needs, values and major pros and cons to set criteria for evaluating options.
- Compare/rate each option using your criteria (eg. S1.option1: A A B C B) or use a criteria grid.

[6] DECISION

- Pick the option with best outcome, that best meets your goals and criteria, with no major cons.
- S+ Solution (Do: best option): state the best option that has many major pros and few cons.
- Reason: Explain why this is the best option-main pros. (If you can't give a good reason, reconsider.)
- Steps to accomplish the chosen option

[7] REVIEW RESULTS

- After a week or a month, evaluate results. What worked (+pros). What to improve (-cons). Adjust.
- PS123-G = P → S1,S2,S3 → Goal
- PS123-G → Decision → Review Results → New PS123-G. (Continuous Improvement)



TEST THE THOUGHT/STATEMENT:

B. Thought. BB. Truth

IF unsure, say "I don't know. Let me think about it."

EXAMPLE of Decision Making 101 worksheet



COMPARE OPTIONS

BENEFIT / COST

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

(want/need) Want more friendship and fun. Need companionship, conversation, acceptance.

QUESTION: How can I spend more time with friends?

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

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

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

S4. Join a club or group → (effort) → +new friendships. +new activities. (c)outside comfort zone.
(?)what clubs are available? (check internet). \$10/month.

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

S6. make a list of people to contact → (effort) → +organize friendships. +more opportunities.
\$work:planning (60min). +maybe more friends (.7) = (70% chance).



main Goals,Needs,Values: Friendship. Community. Help others. (What matters to you?)

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

criteria: wise, love, beneficial, Godpleasing. Is this wise? Is this loving/kind? Is this 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. I haven't heard from my friends in weeks. Maybe they don't like me anymore.

(B. Thought)

BB. I don't know the reason. They may be busy or on vacation or sick.

(BB.Truth)

BB. IF I reach out then +I'll know why they haven't called. +The friendship may grow.

B. a thought, statement, opinion, question or self-talk.

B. a question? (research a resource) until you can write the BB.Truth (answer)

BB. (blank until you found the answer)

(?) What volunteer opportunities are available? (check library and church and internet)

Good Decisions: Do what is right and good in thanks and praise to God our Creator, Redeemer.

IF it is right then do it. IF it is wrong then don't do it.

IF you are unsure, then say "I don't know. Let me think about it."



STOP! 🙏📖 TALK to GOD.

TEST the Thought or Statement. **COMPARE** options pros cons.

EXAMPLE #2

PS123-G

PROBLEM•Question / **SOLUTIONS**: S1,S2,S3•pros,cons / **GOALS**•Needs•criteria

PROBLEM: Anxious because Missed deadline at work because too busy. (I think my job is in jeopardy).

WANT/GOAL: I want to finish the project on time.

QUESTION: What's the best way to get the project done on time?

SOLUTIONS:

S1. Work extra hours → +short-term OK. -long term exhausting

S2. Ask for help → +teamwork. +reduces stress

S3. Delay project → -causes stress. -harms others.

main Goals: MSSPEL= helps me Mentally. Spiritually. Socially. Physically. Emotionally. Life Goals/Habits.

specific GOAL, NEED: Finish on time. Keep reputation. Show responsibility.

CRITERIA: MSSPEL. Finish on time, Keep reputation, Low stress. (from Goals, Needs, pros/cons)

S1. Work extra hours: BBCDCB, BAC

S2. Ask for help: AABAAA, AAA

S3. Delay project: DCDDCD, FDD

S+ Best Option: S2. Ask for help

Reason: Meets goals, helps others, reduces stress, aligns with MSSPEL

Step 1: Ask for help. Step 2: Prioritize tasks

P-B/BB-S123

P. Problem: Feeling: Stressed, anxious, worried, frustrated BECAUSE...

Situation: Missed deadline on an important work project. I might lose my job.

B. Thought (T/F): "I'm a failure. I'm not responsible enough." → False

BB. Truth: Everyone makes mistakes. I can take steps to fix it and make it better.

BB. God says... "Do your best and seek wisdom; help and teamwork are good." Galatians 6:2

S+ Good Action: Ask for help from a coworker or supervisor, prioritize tasks, and create a plan to complete the project on time

ADVICE → ask WHY? → SO YOU'RE SAYING... → WHAT ABOUT...? → TRUTH → DECISION

ADVICE → ask "Is that a good idea?"

When someone gives advice or opinion: (say "I don't know. Let me think about it.")

B. He says That statement. _____ (T/F) BB. Ask him "why?" (get his reasons)

=B. That statement means/implies This statement ... (=B. in other words...) (=B. so you're saying...)

BB. Truth: _____ (maybe he's right, maybe he's wrong)

BB. TEST consequences:

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

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



COMPARE OPTIONS

PROBLEM:

(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:



main Goals,Needs,Values,Purpose: see The Purpose Driven Life

specific **GOAL,NEED,WANT**:

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



S+ Solution: (best option)

Reason:

Step1:

Step2:

Step3:

PROBLEM:

Use DM101 when bothered or unsure about a situation.

Use DM101 when you're unsure which option is best.

Use DM101 for important decisions.

Career or job decisions

Problems at work or school

Dating and marriage

College or education

Major purchases

Friendships and relationships

Financial decisions

Health and wellness problems/decisions

Ministry or volunteer opportunities

See "Decision Making 101 worksheet" for printable worksheet at decisionmaking101.com.



COMPARE OPTIONS

PROBLEM: (Feeling, Situation, Thought) _____

(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: _____

main Goals, Needs, Values, Purpose: _____

specific **GOAL, NEED, WANT:** _____

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

S+ Solution: (best option) _____

Reason: _____

Step1: _____ Step2: _____ Step3: _____

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

B. Thought: T/F _____

BB. Truth: _____



DON'T DO IT.
It is wrong or harmful.
God says ...



NOT SURE.
Slow down. Be careful.
TEST IT.
Compare options/outcomes



LOOKS GOOD.
It is right or beneficial.
JUST DO IT.

 Not sure



Compare options and outcomes

$P \rightarrow S1, S2, S3 \rightarrow \text{Goal}$

$S1 \rightarrow$  No

$S2 \rightarrow$  Go

$S3 \rightarrow$  No

$S4 \rightarrow$  No