HOW TO MAKE a GOOD DECISION
HOW TO SOLVE a PROBLEM

COMPARE OPTIONS, pros cons, goals

1. What is the problem? Feelings because Situation and Thoughts.
2. What do I want or need?
3. What are my options?
4. List all possible options (S1, S2, S3...). Brainstorm.
5. List all +pros. -cons. (c) concerns for each option. (add "?" if uncertain)
6. What are my goals or needs?
7. Circle the + or - of the major pros and major cons, (⊕major pro. ⊖major con.)
   Look for the option that has many major pros and no major cons. ⊕pro. ⊕pro. ⊕pro.
   Choose the best option with the best outcome, that best meets my goals or needs.

P. Problem:

S1.option1

S2.

S3.

S4.

S5.

S6.

Goal:

😐 💭 Strong emotion or an uncertain thought? → See page 2 bottom (B/BB) 💭

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

COMPARE OPTIONS Benefit/Cost

PROBLEM: (Feeling,Situation,Thought)

because

(want/need/goal)

QUESTION:

SOLUTIONS, OPTIONS: (+maybe pro, IF uncertain)

S1. option1 → +pros. -cons:

S2.

S3.

S4.

S5.

S6.

main Goals,Needs,Values,Purpose:

specific GOAL,NEED,want:

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

Solution: (best option)

Reason:

Step1: Step2: Step3:

TEST THE THOUGHT/STATEMENT

B. Thought: T/F

BB. Truth:

BB. God says...

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

QUICK TEST: IF I do This then +pros -cons. IF I do That then +pros. -cons.

R. Review Results. +pro:what worked? -con:what didn't work? Improve with new PS123-G, if needed.

P → S1,S2,S3 → Goal. PS123-G