

# Decision Making Worksheet



1. Identify the problem. What decision do you have to make?
2. List the options. What possible actions could you take?
3. Weigh the consequences. List the pros and cons of each option.
4. Consider your values. What is important to you?
5. Decide and act. Describe what you will do. Explain your decision.
6. Evaluate your choice. How do you feel about the action you took? Did you make a good decision? Would you take a different action if faced with the same scenario again? What did you learn?

## Scenarios

**Goal-setting** – Your goal is to make the school track team. To do that, you feel you need to run after school every day. Two friends, Cesar and Erin, constantly put down your efforts. They make fun of you for practicing, for working hard. One afternoon, they walk up just as you are getting ready for your run. They laugh together about you, and then say they are going to the park to hang out, and ask you to join them. How do you make your decision?

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**Pressure to experiment with drugs** – Jo'nisha is worried because her friend Gloria has been hanging out with students who are pressuring her to try marijuana. One of the boys in the group, Keith, has asked Gloria to come to a party on Friday. No adults will be at the party. Gloria knows her family would not approve. If you were Jo'nisha, how would you help Gloria make a good decision?

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**Healthy eating** – In between doing your homework and going to football practice, you decide to have a snack. The last slice of apple pie is on the kitchen counter and your favorite ice cream is in the freezer. You aren't really hungry but you want to munch on something to help boost your energy. You head to the kitchen to fix a snack, but you notice next to the pie is a bowl of fresh fruit. What decision do you need to make?

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**Fear of being teased** – Your dad noticed you were squinting when you were watching TV. He made you an appointment with the eye doctor, and sure enough, the eye doctor said that you need glasses. Your family thinks you look great in your new glasses, and you can see much better, but you are worried that your friends will tease you when they see you with glasses. You don't want to wear your glasses at school. What should you do?

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**Smoking** – When you visited your grandfather during school vacation, you noticed that he had difficulty breathing. Your grandmother told you he had emphysema. His doctor said that the disease was caused by smoking cigarettes. It made you sad to see how smoking had made life so difficult for a person you love dearly. You remember this experience when your friend Malik invites you and Sabrina to smoke with him. Sabrina accepts his invitation, expecting that you will, too. What should you do?

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**Contagious disease** – You wake up on a Saturday morning with congestion, a sore throat, and a cough. You're pretty sure you have a cold, and your family agrees. You have plans for later that day to attend a party to celebrate your best friend Jamal's birthday. You know that the party is important to Jamal, and that your attendance will mean a lot to him. After having a bowl of soup for lunch, you're feeling pretty good – except for your sore throat. You've also noticed that your nose has started to run. While you're washing your bowl, the phone rings. It's Jamal. What decision do you have to make?