

Six Steps of Healthy Decision Making



1. Identify the problem

This sounds easy, but sometimes the easiest problem to identify is NOT the real or most significant problem.

2. List the options

Think of as many ways as possible to solve the problem and write down your choices. Ask for suggestions from people you trust; it is good to have as much information as possible before you make a decision.

3. Weigh the consequences or results of each of your options

Think about the following considerations:

The positives (pros) and negatives (cons)

The risks of each option

The short-term and long-term effects of each option

4. Consider your values

Values are the beliefs that you consider to be of great importance. It's important to know your values before you face problems because they influence your decisions and the way you feel about yourself.

How do you determine your values? Think about your beliefs about right and wrong, and about the kind of person you admire and want to be. Also, think about what your parents would think and want you to do. A person with strong positive values is more confident in decision-making.

Some examples of values are: honesty, courage, good judgment, self-discipline, responsibility, respect for self and others.

5. Decide and act

Review the options and their consequences, in relation to your values.

Decide which option is best for you and the people you care about. Then act on your choice.

6. Evaluate your choice

After acting on your decision, evaluate your choice. Decide whether your solution worked and if the outcome was what you expected. How did your decision and its results make you feel about yourself?