



WORKSHEET

Exercise | Making your own decisions

When you develop a habit of dependence on others, you commonly avoid making your own decisions. You postpone or project responsibility for decisions onto others. Often, this pattern extends to even the small decisions of daily living, such as what time to eat, what meal to prepare, what time to go to bed, or whether to make a small purchase.

1. Decisions I Have Let Others Make: List five decisions that you have avoided making in the recent past.

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2. Decisions I Will Make: List four decisions you will make in the near future without seeking out unnecessary reassurance and direction from others.

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3. Positive Self-Talk: List four positive messages you can give to yourself that will help you make decisions more confidently (e.g., I am a capable person, I have the intelligence necessary to make reasonable decisions, I have researched this issue enough to make an informed and logical decision).

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