



Decision-Making Sheet

Step 1: Define the situation (in other words, what decision are you trying to make):

Step 2: Identify your choices:

Choice #1: _____

Choice #2: _____

Choice #3: _____

Step 3: Figure out the possible benefits of each choice:

For Choice #1: _____

For Choice #2: _____

For Choice #3: _____

Step 4: Figure out the possible risks or consequences of each choice:

For Choice #1: _____

For Choice #2: _____

For Choice #3: _____

Step 5: Fill in the following chart with a "Yes" or "No" for each choice:

	For Choice #1:	For Choice #2:	For Choice #3:
Have I made this choice and regretted it in the past?			
Does this go against any of my personal or family values?			
Could this harm my physical or emotional health?			
Could this harm someone else's physical or emotional health?			
Is this against the law?			
Would this endanger any of my basic needs (such as access to food, shelter, clothing, support systems, etc)?			

Step 6: Make your decision:

I have decided to _____

Step 7: Evaluate how you feel about the outcome:

Are you proud of the choice you made? _____

Are you happy with the outcome of the choice you made? _____

Did anything unexpected happen? _____

Did you learn anything new? _____

Do you regret any part of the choice you made? _____

What would you want to do differently in the future? _____