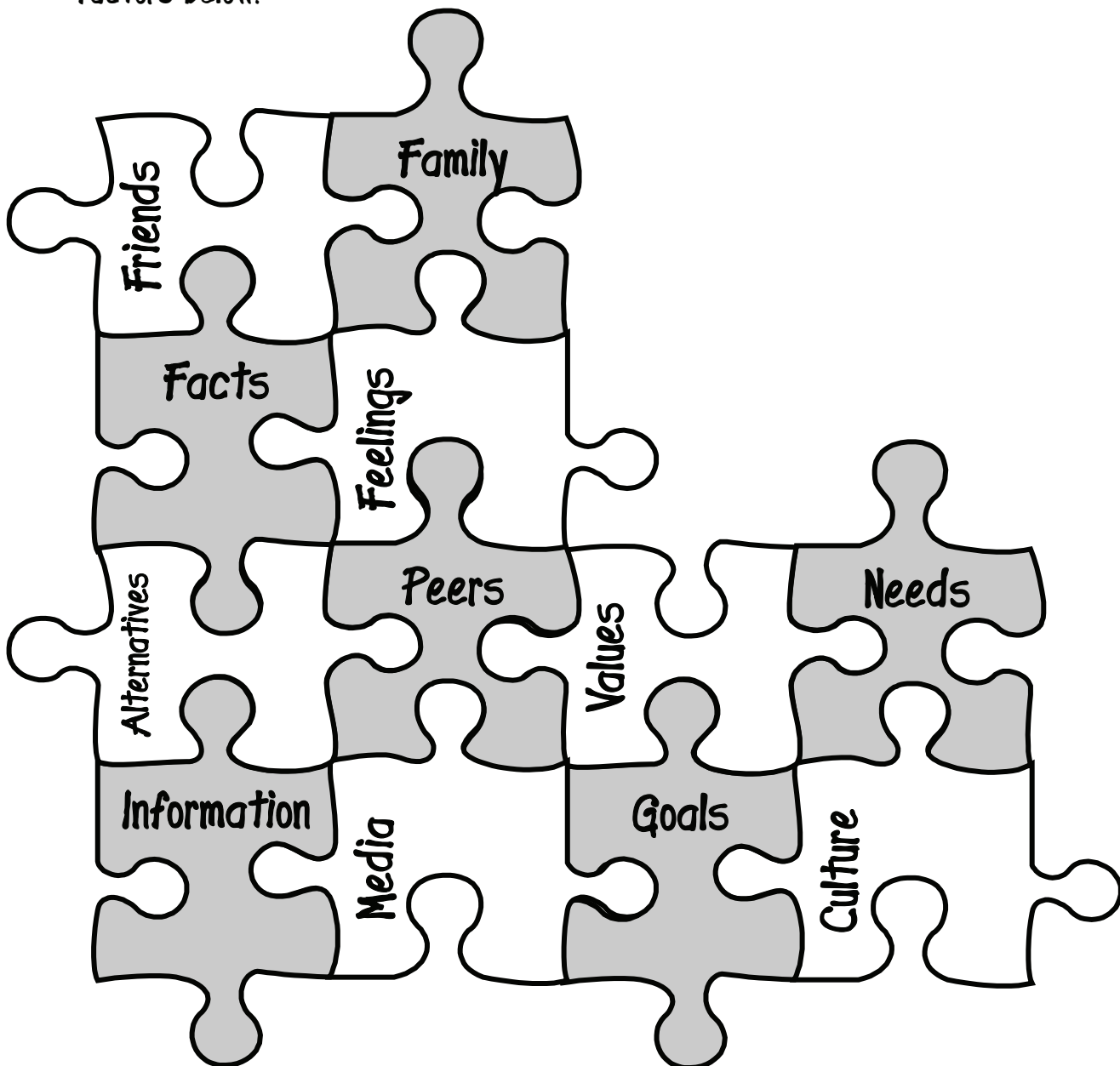


Resiliency Skills

Decision Making

Life is full of decisions which have to be made and problems which need to be solved. Most important decisions concerning children are made by their parents, teachers or other adults in their life. The same is true for problems. However, as individuals get older, they gradually have more responsibility for their own lives and will be called upon to make more decisions and solve more problems on their own.

Most of our decisions—the important ones, at least—are influenced by the many factors below.



How Do You Decide?

Decisions and problems can be handled either in a haphazard and thoughtless way or they can be handled in an orderly, logical and thoughtful way. You can probably guess which way will produce the best results.

Think about decisions you have made in the last week or month.

Briefly write your decision in the left hand column of the table below.

Rate how much thought went into each decision by writing one of the following numbers next to your decision.

1 = Automatic (did not think about it)

2 = Thought about it a little

3 = Thought about it a lot

4 = Thought about it a lot and got information

5 = Thought about it a lot and got information and considered the consequences of my decision



| My Decisions | How I Decided (1 to 5) |
|---|---------------------------|
| Example: Went to a movie instead of studying for a test the next day. | 2 |
| 1. | |
| 2. | |
| 3. | |
| 4. | |

A Method of Decision Making

Making decisions is not always easy. Often there is not a perfect decision with all positive results. It takes experience to become confident in making choices and sticking with them. And, we can always change our mind. However, a decision and its consequences cannot always be reversed. Learning to make significant decisions carefully is important in all areas of our lives - health, work, education, relationships, friends etc.

Below is a model that you can use to help you make the best decision possible. (Remember often there is not a PERFECT solution).

The LOOK-THINK-DECIDE Method

Step 1: LOOK

Examine the situation. Identify the main problem.

Step 2: THINK

List the choices and consider the possible results of each choice.

Consider the influences (pieces of the puzzle)

Consider the effect the decision might have on your goals.

If possible, discuss the problem with others you trust.

Step 3: DECIDE

Make a decision based on the evaluation of all possible outcomes. Then, ask yourself, is this a practical and realistic decision?

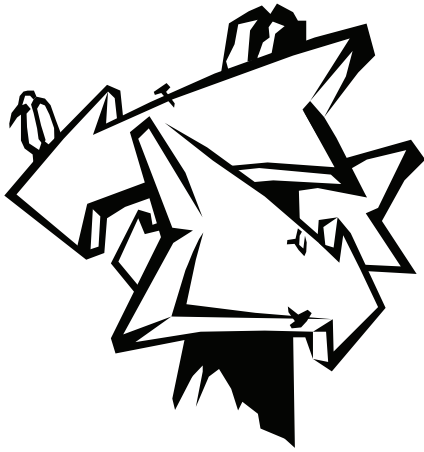
Is it what is best for me?





Choose one decision from your list where you were not happy with the result of the decision.

1. How much thought did you put into making the decision?
2. If you had put more thought into it would the result have been different?
3. If you had used the Look, Think Decide Method would the result have been different? If so, how?
4. What influenced you the most when making your decision?



Choose another decision from your list where you were not happy with the result of the decision.

1. How much thought did you put into making the decision?
2. If you had put more thought into it would the result have been different?
3. If you had used the Look, Think Decide Method would the result have been different? If so, how?
- 4.
5. What influenced you the most when making your decision?