

Decision-Making Worksheet

<u>Option 1:</u>			<u>Option 2:</u>			<u>Option 3:</u>		
Feelings:	Short-Term Outcomes:	Long-Term Outcomes	Feelings:	Short-Term Outcomes:	Long-Term Outcomes	Feelings:	Short-Term Outcomes:	Long-Term Outcomes
<u>Values:</u>								

Decision-Making Worksheet

Instructions

This worksheet is designed to help with your decision-making process by clarifying your thoughts and feelings about each of three alternative options. To work through this sheet, first start by identifying 2-3 alternative options that you may have. Next, identify the feelings that arise when you contemplate going through with your first option, and list these in the first “feelings” column on the left. You may have a lot of feelings, or few, but try to think of all the emotions that come up for you, and list them (one feeling per box) in the “Feelings” column. Then, identify the potential short-term and long-term outcomes for that option, thinking of the outcomes for you personally as well as others who may be impacted. List these outcomes, one per box, in the appropriate column. Once you’ve completed this process for Option 1, repeat this process for Option 2 and Option 3. Finally, identify some of the values or criteria that you will judge your decision by. For instance, if you highly value your relationships, or your freedom, or the trait of honesty, list those values in the “Values” box at the bottom. Once you’ve identified the things that you value and are meaningful to you, go back through the short-term and long-term outcomes for each option and reflect on how closely each outcome aligns with your values. Are there any outcomes that directly oppose your values? If so, cross out those outcomes. At the end, you may find that one option has more crossed-out outcomes than the other(s). In that case, you may want to abandon that option as a possibility for you, as it may not align with what is meaningful to you.

Though this worksheet may help clarify some of your thinking and feeling about a given decision, ultimately it is up to you to decide which option to choose. Feel free to use this sheet multiple times with different options if you have more than three options to consider. You may also want to complete this worksheet today, then do it again in a week and see if your answers have changed. You may find that the option that seems to work best for you based on this worksheet is an option that you don’t feel entirely comfortable with, and that may be okay – sometimes, in particularly difficult situations, we have to choose between less-than-ideal options, none of which we really want to pursue. When that is the case, it may be best to discuss this worksheet further with your therapist.