**Decision Making**

Many decisions at young ages are decided for you – what to wear, what to eat, who your friends are, and what activities you are involved in. As you get older, you start making these decisions on your own. Deciding things on your own requires you to be aware of the people or things around you that can influence your decisions and awareness of all possible solutions and consequences – good/bad.

What influences your decisions?

Being aware of the factors that could influence you is important, but also having an organized process can be helpful.

Write down 3 simple decisions you made today.

1.

2.

3.

Write down 1 decision you made recently that you had to put more thought into.

Why was this decision difficult?

Did you think carefully about all of the possible solutions and their consequences?

Do you think a solution for a problem only has positive or negative consequences?

Would you agree that bigger decisions have bigger consequences? Why?

Since our tougher decisions usually have bigger consequences, it is wise to use a process like the 3 C’s. The back of the worksheet describes the 3 C’s and gives an example implementing the 3 C’s process.

Clarify: state the problem

Consider: think of ALL possible solutions and their consequences

(Positive/negative and best/worst case scenario)

Choose: the best and stick with it

(Influences may cause us to impulsively change our decision)

Let’s use the 3 C’s for the situation below.

**Situation:** You’re home alone and the microwave is not working. You can’t “cook” your dinner. You are getting hangry.

\*Fill in another possible solution with 1 positive consequence and 1 negative consequence.

|  |  |
| --- | --- |
| **Clarify:** You can’t eat what was already prepared | |
| **Considerable Solution** | **Considerable Consequences** |
| 1. Use the oven | +eat  -start a fire |
| 1. Eat cereal | +eat  -not satisfied,-meal goes bad |
|  | +  - |
| **Choose:** Eat cereal because I won’t get injured | |

Notes: