

Decision Making Worksheet



1a) Think of a big decision that you have been putting off :

1b) What personal values are attached to this decision? Why does making this decision matter?

- _____
- _____
- _____
- _____
- _____

2) With your decision in mind, think of the pros and cons of both doing and not doing. Reframing the questions helps to eliminate your bias.

	Do	Don't
Pro		
Con		

What are your thoughts and feelings in each of these spaces?



Remember: Letting maladaptive patterns and emotional tags get in the way increases your anxiety and clouds your decision making ability!

3) Where do you find your self in the Decisional balance? Any Why?

- _____
- _____
- _____
- _____
- _____



Action: Now take out your Action Plan and decide what steps you need to take to protect yourself from regret?

- _____
- _____
- _____
- _____
- _____

