



Decision-Making Worksheet

Directions: Read the decision-making situation and complete the decision-making steps below.



Step 1 - Identify the Situation:



Step 2 - Brainstorm Options and Predict and List Positive and Negative Outcomes:

Option	Positive Outcome	Negative Outcome



Step 3 - Analyze the Possibility of Needing Assistance:

Answer the following questions:

- | | | |
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| 1. Are you having trouble coming up with healthy options? | Yes | No |
| 2. Is your safety or someone else's safety at risk? | Yes | No |
| 3. Are you feeling uncomfortable with your options? | Yes | No |

If you answered yes to any of the questions above, seek the help of a trusted adult or resource. Who is a trusted adult for this decision?



Step 4 - Make a Decision and Follow Through

Make the decision that is best for you and record it below.



Step 5 - Describe the Outcome of the Decision

After you have followed through with the option you chose, describe the outcomes below.
