

Making a Difficult Decision Worksheet

Goal: Make a difficult decision by considering the alternatives; choose an alternative that is right for you.

1. Here's the problem:

2. Here are my alternatives to address the problem:

Alternative #1:	Alternative #2:
Alternative #3:	Alternative #4:

3. Each alternative has positive and negative consequences. Here are the ones I know about or think are likely.

	Positive Consequences (short & long-term)	Negative Consequences (short & long-term)
#1		
#2		
#3		
#4		

4. My values that are relevant to this decision are:

5. Other people affected by my decision are:

6. Based on all of the above, the best alternative for me is: