

D.E.C.I.D.E. Model Skill Card 25

Decision Making & Personal Problem Solving Module

Define the Problem, Issue, Choice, or Dilemma

1. What is the problem, decision, or dilemma? Describe it completely.
2. How do I feel about it? Describe my feelings and why I feel this way.
3. What am I thinking about this problem, including my attitudes, beliefs, interpretations, and assumptions about it? What do I think about my ability to solve it successfully? Why am I thinking this way?

What are the barriers, including my attitudes, beliefs, interpretations, and assumptions, that may be holding me back from solving this problem and/or may prevent me from successfully solving it? If my attitudes, interpretations, and/or assumptions are holding me back, I may use the Reality Checking process. See the [Reality Checking Skill Card](#) and the [Reality Checking Learning Experience](#) in the [Self-Management Skills Module](#).

Explore Alternatives/Choices for Solving the Problem

Brainstorm all the possible alternatives/choices I have for solving this problem. List them as they come to me without making any judgments about them. Write everything down. Be creative. Think outside the box.

Choose the Top 3 Solutions

Once I have finished brainstorming all the possible alternatives to solving this problem, circle the top 3 I think and feel will best solve the problem. Once I have circled the top 3 solutions, identify my short- and long-term goals, values, and personal rules.

Identify My Short and Long Term Goals and Rules

1. My Short Term Goals include:
2. My Long Term Goals include:
3. My Values and Rules include:

Consider the Consequences for Each of the Top Three Alternative

1. Describe each alternative/choice.
2. What are the possible positive consequences for me and others?
3. What are the possible negative consequences for me and others?
4. What are the possible barriers, including attitudes, beliefs, interpretations, and assumptions, that may prevent me from implementing this solution?

☐ Yes	☐ No	☐ No Effect.	Does the choice/alternative match/help me reach most of my short-term goals?
☐ Yes	☐ No	☐ No Effect.	Does the choice/alternative match/help me reach most of my long-term goals?
☐ Yes	☐ No.		Is this choice/alternative consistent with my values and rules?
☐ Yes	☐ No.		Is this choice/alternative consistent with my family values and rules?
☐ Yes	☐ No		Is the choice/alternative physically, emotionally and/or socially healthy for me?
☐ Yes	☐ No	☐ No Effect	Is the choice/alternative physically, emotionally and/or socially healthy for others?
☐ Yes	☐ No		Is the choice/alternative ethical?
☐ Yes	☐ No		Is the choice/alternative legal for me to do?
☐ Yes	☐ No		Do I have all the facts and information I need to make this decision?
☐ Yes	☐ No		Do I think this is a good choice/alternative? Do the facts support it?
☐ Yes	☐ No		Do I feel this is a good choice/alternative?

1. Which of the Alternatives/Choices Best Solves the Problem, is consistent with my Short- and Long-Term Goals, Values, Rules, and Family Values, is Ethical and Legal, is Healthy for Me and Others, is consistent with all the Facts, and Feels Like the Best Choice?
2. Write the solution as a goal. Before writing my goal, I will review the Developing and Successfully Meeting Goals Skill Card ([Decision Making & Personal Problem Solving Module](#)).
3. What barriers, including attitudes, beliefs, interpretations, and assumptions, may prevent me from implementing this solution and successfully meeting my goal?

1. List in sequential order all of the steps, including actions to overcome barriers, I need to take to implement my plan and successfully reach my goal.
2. Implement my plan.

Using the scale below, how successful was I in meeting my goal (circle your response)?

If my evaluation score was 4 or higher (and I reached my goal), what did I do that contributed to my success? If my evaluation score was between 2.5 and 3.9, what could I have done to be more successful, and what do I need to do to be more successful? If my score was between 1 and 2.4, why was I unsuccessful, and what do I need to do to reach my goal?

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