

## Decision Making and Problem Solving Youth Self-Determination Series

### Session 3-Decision-Making and Problem-Solving Process-Home Activity

Follow the directions below. You can fill this out with words or pictures.

Is the decision or problem a **BIG DEAL** or a **LITTLE DEAL**: \_\_\_\_\_

**THINK** about a decision you need to make or problem you need to solve.

The decision I need to make or problem I need to solve is:

1. Stop and think about what the decision or problem is

Come up with 2 options (or choices) you have to make your decision or solve your problem.

Option 1:

2. Think of 2-3 options or choices you have

Option 2:

**3. Make a pro and con list for each choice (problem-solve)**

**Problem-Solve!**

- Get help from your family, friends, or others
- Think about each option (choice) and the pros and cons of each, like what will happen

	Option 1:	Option 2:
PROs (advantages)		
CONs (disadvantages)		

**Decide on the best option (or choice), and write down why this is your choice.**

**My best choice is:**

**I made this choice because (why):**

**4. Decide on the best option or choice and do it**

**5. Think about how the decision worked out**

**After you make the decision, think about how it worked out.**



**The choice I made did or did not work out because (write it in this thought bubble):**