

# Decision-Making Guide

## To Begin:

1. List all your choices / alternatives in the left hand column
2. Gather information about each choice.
3. List the advantages and disadvantages of each choice
4. Write down what you think might be the possible outcome in your life with each of the choices available to you. In other words, think about what will happen to you, or to your current relationships, or to your self-esteem with each choice you list. What choices can you feel good about?

Choices	Advantages	Disadvantages	Outcomes