

Handout 19.2: Worksheet for Making Important Decisions

Client Initials: _____ Date: _____

What decision are you considering? _____

Contemplated course of action #1: _____

Contemplated course of action #2: _____

Course of Action #1

What are the likely positive outcomes or consequences of the first course of action? List them below. In addition, write “ST” next to each outcome if it’s a short-term outcome and “LT” if it’s a long-term outcome. Write “ST and LT” if the likely outcome is both short-term and long-term.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

What are the likely negative outcomes or consequences associated with the first course of action? List them below, and designate them as “ST,” “LT,” or “ST and LT.”

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Course of Action #2

What are the likely positive outcomes or consequences of the second course of action? List them below, and designate them as “ST,” “LT,” or “ST and LT.”

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

What are the likely negative outcomes or consequences associated with the second course of action? List them below, and designate them as “ST,” “LT,” or “ST and LT.”

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Based on your review of the likely consequences of each contemplated course of action, which is most likely to promote your long-term best interest?

Have you decided to act on this course of action? Yes ____ No ____ If yes, when are you going to act?

If you decided not to go with the course of action that’s in your best interest, why did you make that decision?

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