

for your decision are emotional. Also, you may decide that you need to explore these feelings more, gather more information,

or perhaps discuss this with someone else like your health care team, family or a friend.

Here is an example of how to do this yourself:

### Decision-Making Example

Should I get help in the house?

Pro	Rating	Con	Rating
I'll have more time.	4	It's expensive.	3
I'll be less tired.	4	It's hard to find good help.	1
I'll have a clean house.	3	They won't do things my way.	2
		I don't want a stranger in the house.	1
Total	11		7

Add the points for the pro column and then add the points for the con column. Your decision in this example would be to get help because the pro score (11) is significantly higher than the con score (7). If this feels right in your gut, you have the answer.

Now it's your turn! Try making a decision using the following chart. It's OK to write in your book.

Decision to be made: \_\_\_\_\_

Pro	Rating	Con	Rating
Total			

The key to successful problem solving and decision making is to take action. We talk about this next.