

Use the Decision making worksheet to answer the “Making Responsible Decisions – When a Friend Seems Troubled.”

Making Responsible

Decisions

When a Friend Seems Troubled

Anissa has been Kelly’s friend and role model for as long as Kelly can remember. Lately, though, Kelly has noticed changes. Anissa has seemed down a lot, irritable the rest of the time, and very withdrawn.



When Kelly tries to talk to her, Anissa gives abrupt answers. Anissa has also stopped studying, has lost weight, and has dark circles under her eyes. Kelly is worried that her friend is exhibiting warning signs of suicide but is afraid that if she approaches Anissa directly,

she might push her friend “over the edge.”

What Would You Do?

Apply the six steps of the decision-making process to Anissa’s problem.

1. State the situation.
2. List the options.
3. Weigh the possible outcomes.
4. Consider your values.
5. Make a decision and act.
6. Evaluate the decision.

Decision Making Process – D.E.C.I.D.E.

Name: _____ Date: _____ Hour: _____

Decision: _____

1. State the situation – **D**efine the problem

2. List the possible options - **E**xplore the options - what choices can you make – list 3 options

1. _____

2. _____

3. _____

3. Weight the possible outcomes - **C**onsider the consequences of each option - choose 1 option

List a positive and negative outcome of the option you chose.

Positive: _____

Negative: _____

4. Consider your values - **I**dentify your values

5. Make a **D**ecision and act

6. Evaluate your decision – **E**valuate the results
