

Decision-Making Tree

Pick a problem and write it in the Problem box, on the roots of your tree. Then go on to think about the choices that are an option in this scenario. Jot some down on your decision-making tree. For each choice, consider the consequence and write those in the boxes. For each of these, consider the feelings that will be triggered and who can help. At the top of the tree show which decision you have made, having looked at different choices and the related consequences, by writing it in the Decision box.

