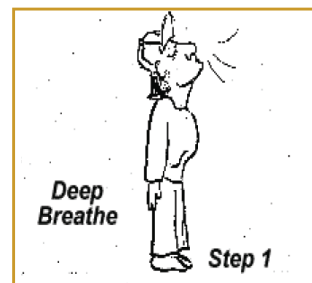


DECISION MAKING

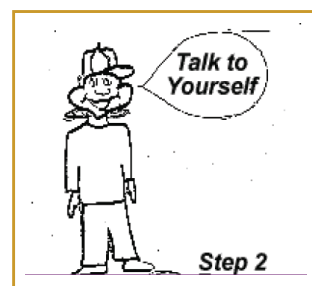
Step 1. Relax.

Take a deep breath
And let all the air out.



Step 2. Say Something Positive.

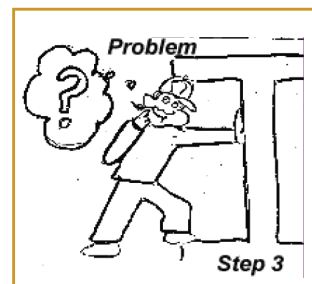
"I can do this. I can deal with this."
"I can get help if I need it."



This gives you confidence and makes you feel good about yourself because it helps you remain in control.

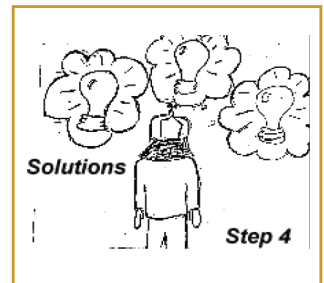
Step 3. Identify the Problem or Situation.

Ask yourself, "What is the Problem?"



Step 4. What Are Your Choices?

Think of **all** possible solutions

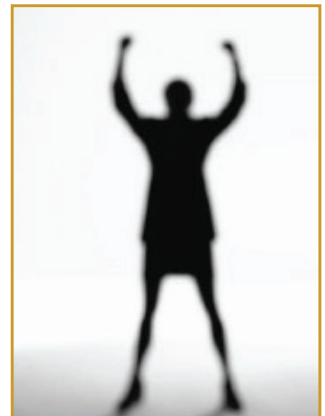


Step 5. Come Up With the Consequences of Each Choice.

Positives and **negatives**



Step 6. Who and What's Important to You.



Step 7. Make a Decision.

