



Decision Making Skills

Concept: Information on self-awareness and personal values. (perception is projection)

Instructional Procedures

- Read Case Studies and fill out Case Studies Worksheet.
- 5 Steps to good Decision making.

Procedures Script

All of us have made decisions in our lives. I know that all of you and similar your clients envision a future filled with success. Every decision made effects one's future and leads down a path.

Review the following scenarios and consider the following 6 steps to good decision making:

1. Identify the problem,
2. Decide what the choices are
3. Gather information,
4. Consider the Outcome, and
5. Make the decision.
6. Evaluate your decision.

Processing Activity

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MAKING DECISIONS: CASE STUDIES

SITUATION 1

Suzy is a very pretty girl. She has a beautiful face and beautiful hair. She is not very happy with her body size. She weighs about fifteen pounds more than her friends. Suzy says, “My friends are so much prettier than I am. I am so fat. I wish I could be as skinny as they are.” She also says, “It’s not fair that you guys are so skinny, and I am fat.”

When Suzy comes home from school she is starved to death. She is a picky eater. She doesn’t like the things they serve at lunch, so she spends her lunch money in the candy and Coke machine at school. When she gets home from school, she makes herself an extra-large milkshake because she is so hungry.

What choices does Suzy have about weighing more than she wants? Are there different choices that she could make about her diet to enable her to be the way she wants to be?

SITUATION 2

Fred loves clothes. His favorite activity is to go shopping at the mall and try on new clothes. He looks forward to the day when he has sufficient resources, so he can buy all the clothes he wants.

Next week is Fred’s birthday and he will receive \$175.00 for his present. He saw a pair of jeans at the mall that were \$172.00; however, he also needs new shirts, new shorts, and some swim trunks for the summer. His \$175.00 could purchase all these things or it could purchase the one pair of designer jeans.

These jeans are the latest hot brand and all his colleagues are wearing and raving about them. Fred states, “If only I had a pair of these jeans, I would be just like t.” How could Fred make a wise decision? What would you do?

SITUATION 3

Katie loves clothes. She wishes she could have all the designer clothes she wants. Unfortunately, she can’t; she has two brothers and three sisters, and her parents cannot afford to buy all their children designer clothes.

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Katie has a few friends that have some designer jeans. Her friends let her borrow the jeans, even though this is against her parents' wishes. Her parents felt that Katie should not borrow them in case something was to happen to them. In that case, they would need to purchase an outfit to replace the damaged one.

One day on the way home from school, Katie tripped and fell on her knees. She tore holes in both knees of the designer jeans she had borrowed from her friend, Julie. Katie was crying, not only because she had injured her knees, but because the new jeans were ruined, and they weren't even hers.

What is Katie going to do? Should she tell her parents? Should she tell Julie? What decisions should Katie have made prior to borrowing the jeans? Does Katie have an obligation to Julie?

SITUATION 4

Steve is nineteen and has taken piano lessons since he was five. He feels that he misses out on many fun activities because he must practice every day. He wants to quit piano lessons, but remembers the voice of his mother saying, "If you quit the piano now you'll be sorry when you get older." Steve wants to quit anyway.

What options could Steve find? Is there a compromise that he can make to satisfy his wants and not disappoint what he perceives to be his mother's expectation?

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Situation: _____

Use this worksheet to evaluate each case study. Use one worksheet for each case study. Please make copies of it before starting. Four copies just in case.

1. Identify the problem.

2. What are the person's choices?

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

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3. Gather information: What information should the person gather that would be helpful to know before making a decision?

a. _____

b. _____

c. _____

d. _____

4. Consider the outcome. What would be the results of the decision?

a. _____

b. _____

c. _____

d. _____

e. _____

5. Make the decision. What should the person do?

a. _____

Processing Activity