

Decision Making

Problem Solving

1. _____ the problem.
2. Identify ALL possible _____.
3. Consider/identify the _____.
Will the decision promote _____ & _____?
Is the decision in line with my beliefs and _____?
Will the decision demonstrate _____ for myself and others & good _____?
Will the decision help me achieve my personal _____?
4. _____ the best option and _____.
5. _____.

If You Make A Poor Decision

1. Take _____ for your actions and admit you made a _____.
2. _____. Don't continue to do wrong.
3. Discuss the situation with your _____ or another responsible person.
4. Make _____.
5. Plan/evaluate how to handle similar situations in the _____.

Resiliency - The ability to adjust, _____, bounce back and _____ from difficult times.

1. Work on your relationships with members of your _____.
2. Develop a close relationship with a _____.
3. Choose _____ who are supportive & behave _____.
4. _____ put off/_____ dealing with difficult situations.
5. Don't choose _____ behaviors as a way of "_____."
6. Ask for _____ when you need it.
7. Discuss available support groups with a _____/responsible adult.
8. Be _____ in school & community activities.

Decision Making

Your brother/sister borrows your car without asking and returns it dirty and with an empty gas tank.

Problem: _____

Choices	Consequences
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Best choice - _____ Why?

Your parents will not let you attend an event that's important to you.

Problem: _____

Choices	Consequences
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Best choice - _____ Why?

You can't decide which college to choose. Your boyfriend/girlfriend wants you to attend the same school they will be attending, but you were offered a scholarship from a school in another state you were interested in.

Problem: _____

Choices	Consequences
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Best choice - _____ Why?

Developing Your Resiliency

Identify a family member and name 3 things you could do to improve your relationship with that person.

Name 2 responsible adults you respect and would like to develop a mentor relationship with. How could you go about contacting them, outlining your goals for the relationship, and setting up times to meet.

Do you have any friends that don't support you and/or don't behave responsibly? How has this effected your relationship? Why are you still friends with them? Name 2 responsible people (outside your current circle/group) you might like to be friends with. How could you go about approaching them to initiate a friendship?

Identify 2 + topics/areas (in school or out) that you could use help with, and 2 people, for each subject, who could help you. Have you asked for help with these issues in the past? Why/Why not? Is there anything stopping you from asking now? If so, how can you work around those obstacles?

Do you avoid conflict, procrastinate on your homework, etc.? How has that effected your relationships, grades, stress level, etc.? Name 1 issue you need to tackle. What do you need to do to get started and take the first step?

List the school and/or community activities you participate in. If none, what has stopped you from participating, and can you work around those issues? Are there any activities you might want to try?

Name 10 positive stress management techniques. Identify 1 you feel you could successfully incorporate into your daily routine.