

Learning To Make Decisions...



Everyone has problems and everyone has ways they deal with their problems. Sometimes people use alcohol or other drugs as a way to avoid or temporarily cope with their problems. You might find that as you are making changes in your use, it feels like you have more problems. The truth is that a lot of those problems may have been around for awhile but they were just clouded by your use.

The six steps on the next three pages can help you deal with problems more effectively.

Step One: Figure out what the problem is.

Sometimes we feel terrible and do not know why. Our feelings tell us that something is not right and we may need to do some soul searching to find out what is going on. Once we know what the problem is, it's helpful to put it into words.

Describe a problem you are facing and that you want to do something about.

Step Two: What are all the options?

Make a list of all the possible solutions you can think of. Don't worry about whether they are good or bad ideas right now. The more you can come up with, the better.

Step Three: What are the positives and the negatives for each option?

Option	Positives	Negatives
#1.		
#2.		
#3.		
#4.		
#5.		

Step Four: Choose the one that is best for you.

(Weighing out the positives and the negatives!)

The best option for me is...

Step Five: DO IT!!!

Sometimes it is hard to take action but let's face it, if you don't follow through with your decision, nothing will change.

What will you do and when you will do it?

Step Six: How did it go?

This is where you look at how things went after you have carried out your decision. If it didn't go as well as you hoped, think about what you would do different next time, or go back to step four and pick another option. If it went well, that's great!!



For your next appointment with your counsellor, be prepared to talk about how it went for you!

THE DECISION MAKING STEPS ARE:

1. WHAT IS THE PROBLEM?
2. WHAT ARE ALL THE OPTIONS?
3. WHAT ARE THE POSITIVES AND NEGATIVES FOR EACH OPTION?
4. CHOOSE THE ONE THAT IS BEST FOR YOU.
5. DO IT!!!
6. HOW DID IT GO?