

PLAYING THE “WHAT IF” GAME

When caught in the “Rip Current” of fear and uncertainty and unable to proceed it can be helpful to play the “what if” game all the way out. “What if” this doomsday event or consequence occurs? What will you do then? What will be the next right action step?

It can be helpful to see that there will always be a next step you can take and that nothing will leave you completely without any choices.

THE DECISION MAKING GRID

The Decision Making Grid is incredibly helpful because it removes emotion and feeling out of the way temporarily to help an individual get to their core belief or desire. We know ourselves so well, and harbor all of the emotional and relational feelings as well, and that can influence our ability to determine what it is that we really want to do.

Directions:

1. List your options down the left side of your paper.
2. List all of the important criteria to you around this issue across the top of the paper.
3. Go through each decision choice and rate the important criteria with a number of 1 - 5. 1 is least desirable. 5 is the best. Do not spend a long time thinking about the rating. Go with your initial gut response.
4. When all the options have been rated, total each option's score.
5. Theoretically, the highest scoring option best fits your important criteria and may be the best option for you. But this is when we let the emotions and feelings re-enter the picture.
6. If upon seeing the results the decision leaves you feeling disappointed rather than more confident or relieved, go through the criteria and examine why it scored the highest. Look at the criteria that you rated high and determine if those truly are what you need to be your guiding principle.