Decision Making

Problem:

Potential Solution:

<table>
<thead>
<tr>
<th>Advantages</th>
<th>Disadvantages</th>
<th>Neutral</th>
</tr>
</thead>
</table>

Questions to think about when evaluating advantages and disadvantages:

- How will this solution affect my own wellbeing? (physical, emotional, psychological)
- How much time and effort will it require? • Are there any financial costs or benefits?
- How does it fit in with my other goals and commitments?
- How will it affect the wellbeing of the people who are close to me?
- Is the solution feasible?