

For further assistance phone the Citizens Advice Bureau on (03) 3666490. Also see the Personal Help Services section in the front of the phone book.

Pamphlets Available in This Series

Understanding ...

Anger
Bereavement
Conflict
Depression
Disaster
Loneliness and Friendship
Self Esteem
Stress

Canterbury

District Health Board

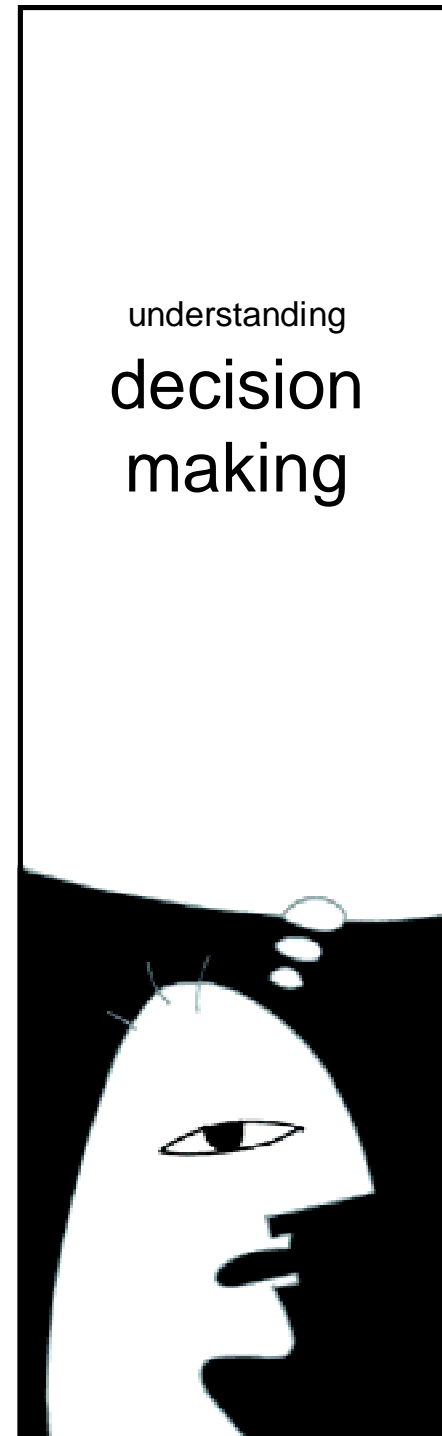
Te Poari Hauora o Waitaha

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Community & Public Health
(A Division of the Canterbury District Health Board)

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understanding
**decision
making**



Decision Making

We make decisions all the time:

- * what shall we wear or eat?
- * shall we buy the cheapest?
- * with whom shall we socialise?
- * which house shall we purchase?

Some decisions are easier
to make than others

In making a decision ...

- * get the true information
- * seek expert advice
- * check out your ideas with a friend
- * tell another of your feelings on the matter

From these responses ...

you will get an overview of the issues

Consult with others as
much as possible

Looking at Yourself ...

...helps to make a better decision

Values

What do you value most? Make a list:

Ambitions

What do you want for yourself? Make
a list:

To not decide is a decision

Looking at Options

- 1 Identify the concern
- 2 What are the possible decisions?
- 3 List the good points for each
- 4 List the bad points for each

Problem

Good

- 1
- 2
- 3
- 4
- 5
- 6

Not so good

- 1
- 2
- 3
- 4
- 5
- 6

- 5 What is the likely result from each possibility?
- 6 Which result most changes your values?

If it is still difficult to decide ...

- * leave it for a while
- * do something else
- * sleep on it
- * allow time for the decision to come to you

Decisions are not made until
some action is taken

Taking Action

What support do you need?
Where can you find help?

Start by

Working through the problem bit by
bit

Later ...

Review it. If it's not working out it's
not the end.

- * everyone makes mistakes
- * can you start again?
- * can you change direction?
- * is it best to leave it?