

## **Decision Making**

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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.

To make 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**

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... 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**

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1. Identify the concern
2. What are the possible decisions?
3. List the good points for each
4. List at the not so good points for each

### *Problem*

#### Good

- 1
- 2
- 3
- 4

#### Not so good

- 1
- 2
- 3
- 4

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
- so 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**

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

### Start by

Working through the problem bit by bit

### Later ...

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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?

For further assistance contact:

- Citizens Advice Bureau  
0800 FOR CAB (0800 367 222)
- Mental Health Education and Resource Centre  
0800 424 399
- Mental Health Foundation  
03 366 6936

Also see the Personal Help Services section in the front of the White Pages.

## Pamphlets Available in This Series

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### Understanding...

Anger  
Conflict  
Loneliness and Friendship  
Self-Esteem

## Health New Zealand Te Whatu Ora

Community Health Information Centre  
Te Mana Ora | Community & Public Health

160 Bealey Avenue, Christchurch  
18 Woolcombe Street, Timaru  
Elizabeth Street, Ashburton  
3 Tarapuhi Street, Greymouth

[www.cph.co.nz](http://www.cph.co.nz)

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# Understanding

# Decision Making