

## Decision Making

1. What kinds of decisions do you make for yourself? (1 minute)
2. List all of the decisions you have made so far today. (1 minute)
3. How do your decisions reflect who you are - - personality, character, values, etc.? (2 minutes)
4. How do decisions affect your health? (1 minute)

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### PROPS

Some decisions are easy, but others are more difficult because a person might feel **ambivalent** (be able to see the benefits of different choices).

Using the PROPS method can help you make a decision when you are facing a dilemma and are unsure what to decide.

Step 1: Pause	<b>Pause</b> - - Breathe deeply. Tell yourself you can figure this out. A positive attitude will help in decision making.
Step 2: Reflect	<b>Reflect</b> on the situation. What is the decision that needs to be made?
Step 3: Options	Consider your <b>options</b> . It may seem you have no choices, but in fact you do! Think about the likely benefits and risks of each option and the possible outcomes/consequences.
Step 4: Prioritize	<b>Prioritize</b> your options on the basis of your values = figure out what is most important to you. Determine what is at stake in both your short and long term goals.
Step 5: Select & Evaluate	<b>Select</b> the most effective option for you; make your decision and then reflect on the results - - were they what you ultimately wanted.

## PROPS - Practice

I will give your group a common teenage dilemma...work through the PROPS decision making process –  
TOGETHER!!!

Step 1: Pause			
Step 2: Reflect			
Step 3: Options	1.	2.	3.
Benefits			
Risks			
Step 4: Prioritize			
Step 5: Select & Evaluate			

**Reflection Questions - - Discuss with your group! Have a recorder write your names and answers on another piece of paper.**

What made this situation a dilemma?

What was the final decision your group made? Why was that the final decision?

How did using the PROPS method make this decision easier or harder? Explain.

What values did this decision represent?

What values were compromised to make this decision? Why did your group decide to compromise those?