

# Pros and Cons List: Decision-Making Model

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1. Clearly articulate the decision that you are trying to make in your own words.
2. Write down the outcomes of the decision that you believe are positive (**Pros**).
3. Write down the outcomes of the decision that are negative or less desirable (**Cons**).
4. What are some outcomes that may be uncertain or hard to predict? Write these outcomes at the bottom of the page (**Considerations & Unknowns**).

Decision:

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Pros	Cons

Considerations and Unknowns:

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Next Steps:

- Conduct research about the outcomes and considerations that you are unsure about. Then, add those to the Pros or Cons column as appropriate
- For outcomes that are hard to predict, consider talking with other people to get their input. From this information, evaluate if the outcome is a Pro or Con.

# Visualization Activity

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You may want to have a friend read the following imagery, or you may want to read through the exercise first and then imagine it on your own.

- Find a quiet, calming place to close your eyes and relax as you imagine.
- You are walking along a path. It could be in the woods, on a beach, in a valley, whichever is your favorite place in nature.
- As you walk along, feel the air around you. Notice the smells. Be conscious of the sounds. Take note of any plants or vegetation around and what the path feels like under your feet.
- Ahead you notice the path divides in two different directions. You take the first pathway that represents the first option you are considering. As you go down that path, fully experience that option.
  - How does it make you feel in your body? Your heart? Your mind?
  - Notice everything inside you and outside you and what is happening.
- Walk back to the fork in the path and try the other pathway that leads to your second option. Experience that option fully.
  - How does it feel to experience this option?
- Walk back again to the fork in the path. You suddenly see a third path that you had not been able to see before. You take the path and experience a solution you had not thought of before.
  - What is it?
  - What does it feel like?