

Health
Unit: Mental and Emotional Health
Section: Mental and Emotional Health
Activity: Emotions DECIDE Model

Name: _____

D Define the problem or issue:

E Explore the alternatives or options. What are your choices, given these circumstances?

1. _____
2. _____
3. _____
4. _____
5. _____

C Consider the Consequences. What are the pros and cons for each option?

Pros:

1. _____
2. _____
3. _____
4. _____
5. _____

Cons:

1. _____
2. _____
3. _____
4. _____
5. _____

I Identify your values. What is most important to you, and how do these options fit your beliefs?

1. _____
2. _____
3. _____

D Decide and take action:

E Evaluate and revise:

Comments:

