Teen Decision Making Steps

Pause. Clarify. Options. Weigh. Pick. Act. Review.

Name: _____ **Date:** _____

1. Safety sort

Crisis first. Prefer a safety plan.

2. Pause the rush

Name the urge to decide now.

3. Clarify choice

One clear decision sentence.

4. Gather options

At least three real options.

5. Weigh values

Values, consequences, info.

6. Check peers

Pressure vs your own pick.

7. Pick and act

Choose one. Tiny first step.

8. Review kindly

What helped? What to adjust?

9. Log practice

Small decisions build skill.

Pause + clarify + weigh, not snap or freeze forever

Decision making is pause, clarify, options, weigh, pick, act, review.

Pause first Space beats a rushed yes.	I feel pushed to say yes now.
Clarify choice One sentence. One decision.	Do I post this story tonight?
Weigh + pick Then one tiny next step.	Values, consequences, facts.

Not a cure for ADHD, anxiety or depression. Not forcing adult decisions.

Safety: if you or someone else is in danger, stop and get help. US: 988 · HOME to 741741 · 911

Educational only. Not a diagnosis or treatment. Prefer a safety plan in crisis.

Original layout by Lotus & Tulip, based on decision making research neighbors. Not therapy.
Free printable from Lotus & Tulip · lotustulip.com/decision-making-activities-for-teens.html

My Decision Making Plan

Clarify. Options. Weigh. Pick. Act. Review.

Name: _____ **Date:** _____

The decision (one clear sentence)

I need to decide:

_____

By when (if a real deadline): _____ Pause needed? Y / N

Three options (not only yes / no)

A: _____

B: _____

C: _____

Info I still need (or who to ask): _____

Weigh: values, consequences, facts

Values that matter here: _____

Short-term consequences: _____

Longer-term consequences: _____

Peer / chat pressure present? Y / N Whose voice?

Pick, act, review

I choose option: ____ Tiny first step today:

_____

After I act, what helped / what to adjust:

_____

Crisis: 988 · HOME to 741741 · 911. Prefer a safety plan if unsafe.

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Teen Decision Making Practice Log

Seven days. Pause. Clarify. Weigh. Partial wins count.

Name: _____ **Date:** _____

Day	Paused?	Choice clear?	Options 3+?	Weighed?	Note
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

Teen mini card (cut out and keep)

Pause · Clarify · Options · Weigh · Pick · Act · Review

Values + consequences + info. Peer pressure is data, not the boss.

Not a cure for ADHD, anxiety or depression. Not adult decisions forced.

If unsafe: stop and get help. US: 988 · HOME to 741741 · 911

L&T

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