Decision Making

Decision-Making is the approach taken to problem-solving and includes learning from others and previous experience, using values to guide action, and accepting responsibility for decisions.

The social and emotional skill called Decision-Making is about how we solve problems and make choices that are based on our values, how we accept responsibility for our decisions and their consequences, and how we learn from experience.

Strategy

- ☐ It can be hard to always make the right choice or decision. But often, taking just a few seconds to consider what you're about to do can keep you from doing something you will regret.

  When you're in a situation that requires you to make a fast decision, ask yourself:

  1. Is this the right thing to do?
  2. Is this a safe thing to do?
  3. Will I feel good about myself if I do this?

  If the answer to any of these questions is *no*, then more than likely, what you are about to do will have negative consequences for you and others.

  It's time to take a step back and reconsider.

- ☐ Decision Making Skill Exploration - YouTube