

CHOICE POINT

The Choice Point is a concept that helps individuals, families, and groups identify pivotal moments where decisions can lead them closer to their values and goals—or further away from them. It encourages mindful awareness of these moments, enabling more intentional, value-driven actions.

How to Use Choice Point in Practice

As an Individual

1. **Recognise the Moment:** Identify situations where you feel at a crossroads—when you're about to make a decision or react to a situation.
 - Example: Deciding whether to engage in an argument or take a moment to cool off.
2. **Pause and Reflect:** Take a moment to notice your thoughts, feelings, and urges. Ask yourself:
 - What am I feeling right now?
 - What action aligns with my values and long-term goals?
3. **Evaluate Options:** Identify actions that:
 - Move you closer to your goals and values (toward choices).
 - Move you away from them (away choices).
4. **Take Value-Driven Action:** Choose the "toward" action, even if it feels uncomfortable or challenging in the moment. Over time, consistent "toward" choices lead to greater wellbeing and fulfillment.

Wellbeing. Support. Space.

How to Use Choice Point in Practice

As a Family Member

1. Recognize Family Dynamics: Observe moments when family interactions might escalate into conflict or drift away from shared values.
 - Example: A disagreement during a family meal.
2. Pause and Communicate: As a family member, you can model the Choice Point by pausing and encouraging others to do the same. Ask:
 - What is important to us as a family right now?
 - How can we respond in a way that reflects our shared values?
3. Support Value-Based Actions: Collaboratively decide on actions that honor family values, such as mutual respect, understanding, or connection. This might involve taking a break or using active listening to de-escalate tensions.

As a Group

1. Identify Group Triggers: Recognize moments when the group might face a challenge or conflict.
 - Example: A team disagreement on project direction or priorities.
2. Bring Awareness to the Choice Point: Facilitate a discussion around the Choice Point. Ask group members:
 - What are we trying to achieve as a group?
 - What actions reflect our shared purpose and values?
3. Encourage Collaborative Action: Guide the group toward "toward choices," such as compromise, open communication, or problem-solving, to support the group's collective goals.

Wellbeing.
Support.
Space.

'AWAY'

Acting ineffectively, behaving unlike
the person you want to be

'TOWARDS'

Acting effectively, behaving like
the person you want to be

Choice
point

HOOKS

Difficult/unhelpful thoughts, feelings,
sensations, and memories that 'hook' you

HELPERS

Values, strengths and skills that help you to
act like the kind of person you want to be

SITUATION/TRIGGER

At the choice point, STOP:

S- Slow down - Slowly breath; or slowly press your feet down; or slowly stretch

T-Take note - Notice what you are feeling & thinking; notice the world around you & what you are doing

O-Open up - Make space for your thoughts & feelings; allow them to freely flow through you

P -Pursue values - Remember your values, and find a way to act on them (no matter how small)