

## HANDOUT 1: HOW DO I MAKE DECISIONS?

Complete the sentence below by placing a check mark  
next to the statements that apply to you.

### When faced with making a decision, I usually . . .

- \_\_\_\_\_ **i** Choose the first thing that comes to mind.
- \_\_\_\_\_ **p** Wait to decide until I absolutely have to.
- \_\_\_\_\_ **d** Ask my friends what they think.
- \_\_\_\_\_ **w** Have trouble sleeping at night because of the big decision.
- \_\_\_\_\_ **p** Turn on the television or play a video game.
- \_\_\_\_\_ **w** Analyze the situation and all my options.
- \_\_\_\_\_ **d** Let my husband/wife/girlfriend/boyfriend decide for me.
- \_\_\_\_\_ **i** Choose whatever feels good.
- \_\_\_\_\_ **w** Panic.
- \_\_\_\_\_ **d** Think about what my friend would do.
- \_\_\_\_\_ **p** Sleep on it.
- \_\_\_\_\_ **w** Get stuck and don't make a decision.
- \_\_\_\_\_ **i** Hurry up and get it over with.
- \_\_\_\_\_ **w** List every pro and con I can think of, and then do it again.
- \_\_\_\_\_ **d** Think about how every person who matters to me will like or not like my decision.
- \_\_\_\_\_ **p** Make sure I feel the decision is the right one, even if it takes a long, long time.
- \_\_\_\_\_ **i** Don't think much—just go with my gut.

To find out  
your score  
and help you  
determine  
your style,  
fill in how  
many of  
each letter  
you checked.

Number of <b>i</b> 's checked _____	=	Go with Your Gut
Number of <b>w</b> 's checked _____	=	Think It Through
Number of <b>p</b> 's checked _____	=	Take Your Time
Number of <b>d</b> 's checked _____	=	Poll Other People