





Here is a flowchart that shall help you in making decisions.

Do you have to make this decision now?



Don't feel pressured into decisions you don't want to make.





Making a decision due to peer pressure is not a good idea.

Do you feel pressurised by your friends/peers into making this decision?





Carefully consider all the choices you could make.

Have you thought about what your options are?



Have you considered the positive and negative consequences of each option?



Write out each choice you could make and all the possible consequences.



Have you spoken to an adult you trust?



Get some advice from someone who cares about you.



Have you thought about how this decision might affect other people?



Consider the feelings of anyone who could be affected by the decision.



Taking everything into account, do you have a preferred choice?



Don't worry! It takes time to make good decisions. Come back to it in a few days.



Is this decision in line with your personal/moral values?



Rethink your choice!

YES \

Are you happy and comfortable with the decision? Is your gut feeling telling you this is right thing for you?



Your gut reaction to a decision is very important. Rethink – do you need to make this decision now?

YES (

After following this chart, your decision may differ from what you initially wanted. But going through different options is a good idea. This way, you can make better decisions objectively and rationally.