





Personal Choice Guide

What choice do I need or want to make?			
When do I need to make my choice by?	What will happen if I make this choice?	What will happen if I don't make this choice?	
What is making it hard to make this choice? (circle what might get in the way, and/or add additional comments)			
fear	bad memories	I need something I don't have	Other: _____
sadness	too hard	I don't know who to ask	_____
triggers	too expensive	I don't know where to get help	_____

Think about the different choices you can make going forward. Write in those choices, fill in the corresponding thermometer, and follow the guide below to help make the best choice for you.

Choice 1 _____	Choice 2 _____	Choice 3 _____
Reasons this choice is helpful? How will this help? How much it matters to me? Fill in the thermometer.	 Reasons this choice is helpful? How will it help? How much it matters to me? Fill in the thermometer.	 Reasons this choice is helpful? How will this help? How much it matters to me? Fill in the thermometer.
Reasons to avoid this choice? What can go wrong? How much it matters to me? Fill in the thermometer.	 Reasons to avoid this choice? What can go wrong? How much it matters to me? Fill in the thermometer.	 Reasons to avoid this choice? What can go wrong? How much it matters to me? Fill in the thermometer.

Who can help me?	Name _____	Name _____	Name _____
How can they help me?			

What will help me move forward?	What is my next step?