

Step Six: Action Plan

Problem	Plan
Not enough information	
Don't know what is important	
Pressure from others	
Not enough experience and/or support	
Other	

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Decision Making Worksheet

Making Choices...A guide for people facing decisions about health or social situations

Step One: What is the Decision?

This first step helps you to examine the decision, and the advantages and disadvantages of the choices you are facing.

The decision: _____
 Reason for making the decision? _____

	Pros	Cons
Option #1		
Option #2		
Option #3		

Step Two: Who is Involved?

Name of person involved in the decision			
Person's opinion <input type="radio"/> prefers #1, #2, #3 <input type="radio"/> unsure <input type="radio"/> neutral			
Feeling pressure from this person? Yes/No			
Is this person supportive? Yes/No			

Step Three: Who Should Decide?

- I should decide after considering the opinions of others
- _____ and I should decide together
- _____ should decide for me
- I'm not sure

Step Four: When does the decision have to be made?

The decision has to be made by: _____

The reasons for this time limit are: _____

My stage of decision making is

- not thinking about options yet (precontemplation)
- considering the options (contemplation)
- close to selecting an option
- taking small steps towards implementing an option (preparation)
- have already carried out a choice (action)

Step Five: Where have you been looking for support?

- Family/Friends _____
- Institutional resources _____
- Professionals _____
- I'm not sure _____