

Decision Making

At any point in life decisions can be difficult to make.

For example: “Should I take this new medication?”

Suppose that your doctor has suggested that you consider starting new medication. So, this is step one, identifying the decision, which is to decide if its something you want to do.

Scale: 0 = unfavourable - 5 = favourable

Pros	Score (0-5)	Cons	Score (0-5)
My GP thinks I should do it	5	There may be side effects	3
It could help prevent complications	4	It's yet another pill I have to remember to take	1
I might feel better	5	It may not work	3
		It costs too much	3
Pros Total	14	Cons Total	10

The “PROs” total is greater than the “CONs”
Decision result is: To start the new medication
Ask the question: “Does it meet the ‘gut test?’”

Pros	Score (0-5)	Cons	Score (0-5)
Pros Total		Cons Total	

