

Informed Decision Making: Get help from your

B

Benefits

R

Risks

A

Alternatives

I

Intuition

N

Next Steps



What is the decision I need to make?

How much time do I have to make this decision?

Who is involved in making this decision?

What are my values that affect this decision?

B

Benefits

How might this benefit me?
(possible/probable outcomes)

How might this benefit people close to me?
(if applicable)

R

Risks

How might this pose a risk to me?
(possible/probable risks)

How might this pose a risk to people close
to me? (if applicable)

A

Alternatives

What are my options for the short term and long term?
(alternative choices, do nothing, other ideas?)

I

Intuition

What do I feel and think about these options?

N

Next steps

Examples:

I need to talk to people close to me.

I would like to wait.

I need time to think my decision through.

I want to talk to a professional.

I want more information.

I would like to...???

YOUR DECISION:

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*Remember, to make an informed decision, it helps
to use your... **BRAIN**.*

