

# WORKSHEET 12

Every day we need to make decisions, some decisions are harder than others. When faced with more difficult decisions, we need to apply the **STOP**, **THINK** and **GO** rule.

**STOP** How do you feel? It is important that you know how you feel will affect your decisions.

**THINK** Is there a negative or positive consequence if you make the choice?

**GO** Act on what you have decided.



*If you have a problem, don't muddle through.*

*Here's a simple rap about what to do.*

*Stop, calm down before you act.*

*You'll think more clearly – that's a fact.*

*Say the problem and how you feel.*

*Set a positive goal (and try to be real).*

*Now for some "brainy" contributions,  
make out a list with lots of solutions.*

*Slow down, though, and use some sense*

*'cause you gotta consider each consequence.*

*Now if you've done your thinking and you're planning ahead,  
you can face your problem with a little less dread.*

*So knowing you've done everything you can,  
go ahead – try the very best plan.*

– Terri Kazmier,

