

# Problem Gambling Lesson: Making Healthy Decisions

Student Name: \_\_\_\_\_ Class Period: \_\_\_\_\_ Date: \_\_\_\_\_

**Instructions:** Pick something you will make a decision on today and complete the DECIDE Model to determine if the decision was worth it. If you need more space, use the back side of this worksheet.

**The DECIDE Model:**

1. Define the decision: what decision needs to be made?
2. Explore your options: what could you choose to do?
3. Consider pros (gains) and cons (losses) of decision options.
4. Identify your values that relate to the decision and options.
5. Decide and act on your options.
6. Evaluate the results: What were the results of your action?

1. Define the decision:

2. Option 1:

Option 2:

3. Pros:

Cons:

Pros:

Cons:

4. Identify your values:

5. Decide & act:

6. Evaluate results: