



The Salvation Army
**POSITIVE LIFESTYLE
PROGRAM (PLP4YOU)**

SESSION

3

Decision Making

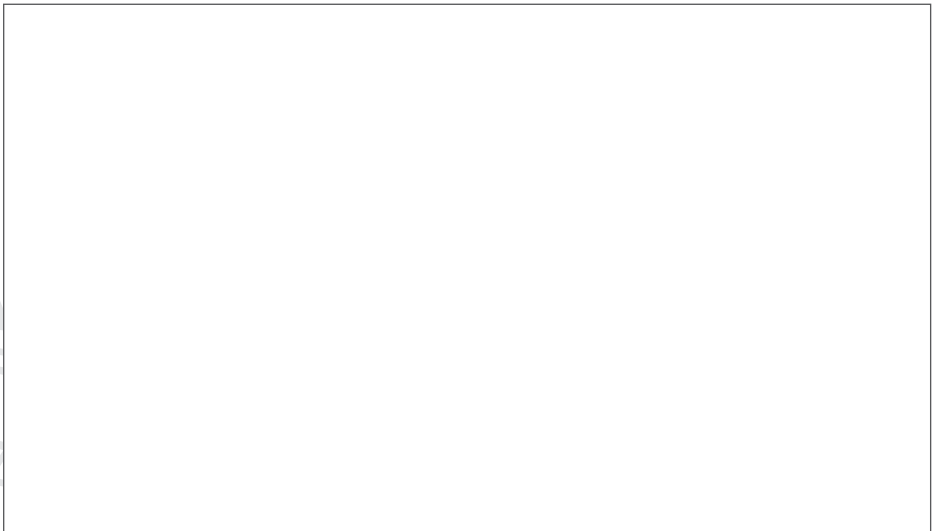
Decisions, decisions...

Aim: to improve my decision making skills

People make lots of decisions. Some of them are simple decisions about what we will eat or wear or watch on TV. Others are more significant decisions about whether we will tell the truth, break the law, start a new relationship or leave home.

Some decisions have little or no consequences, but other decisions can have significant consequences – for ourselves and others. These consequences can be positive or negative or a mix of both!

What are some decisions that you have made with more significant consequences? Have these consequences been positive or negative or both?



Why is decision making difficult?

A man called Paul said,

'I don't understand what I do. For what I want to do I don't do, but what I hate I do. . . I have the desire to do what is good but I cannot carry it out.'

(Romans 7:15-16, 19)



Have you ever shared this experience?

We don't always make good decisions in life. There are times when people know what is the best or the right thing to do, but we still choose NOT to do it.

We know we should tell the truth and be honest – but we lie.

We know we shouldn't steal from others – but we do.

We know we should obey the law – but we drive too fast and take illegal drugs.

We know that too much alcohol or tobacco is not good for our health – but we keep doing it!

We can know the right thing to do in our head, but our heart can want or desire something else. Can you think of any times when this has been true for you? Can you suggest any reasons why people make these sorts of decisions?

Other influences on decisions

While other people are powerful influences on our decision making, our emotions or feelings can also be important influences.

If you are extremely **angry**, how might this affect your decision making?



If you are **depressed** or **sad**, how might this affect your decision making?



How might the influence of **alcohol** or **other drugs**, affect your decision making?



How might **peer pressure** affect a person's decision making?



Have any of these influences affected your decision making?
What can you learn from this for the future?

Decisions shape lives

An individual decision can have very little consequence but repeating the decision can impact our lives. These decisions start to shape our lives and character. For example, if we decide to go to the gym once, it won't have any consequence. If we regularly decide to go to the gym, it will impact and shape us!



Sometimes we don't want to make a decision and we just follow the crowd. We can avoid making decisions.

If our friends are making good decisions about how they spend their time, this can have good or positive consequences for us. However, if our friends are making poor decisions about how they spend their time, this can have negative consequences for us.

Can you think of a time when you followed the crowd and it had positive consequences?

Can you think of a time when you followed the crowd and it had negative consequences?