

MAKING A VALUES-BASED DECISION

Questions to help you make choices that match your values

When our decisions match our values, we feel more happy and fulfilled. If you're facing a big decision, these questions can help point you towards a choice that matches your values.

TIP: Not sure what your most important values are? The Values-Driven Decision Making page at Be Well offers this activity to help you list them:

[URL for the

Step 1: Define your Decision, Options and Values

1. What decision are you making?
Example: *I'm deciding if I should take a job that will make me move to a new town.*
2. What options are you choosing between? Define
Example: *Option 1 = Take the new job; Option 2 = Stay in my current job.*
3. Which of your most important values will this decision affect?
(Example: *Family, Challenges, Stability, Friends, Money, Leisure*)

Step 2: Compare your Options and Values

1. How does each option match your values?
2. How does each option conflict with your values?
3. Which value(s) are you flexible about?
4. Which value(s) are you not flexible about?

Step 3: Review Answers and Make a Decision

- Based on your answers, which option best fits your values? Explain why.

A Crossover Mental Health Therapist can help you explore these questions when making a big decision. Ask your Provider or Patient Care Host to schedule a Therapist appointment.