

Ask yourself the following questions…

How long have I thought before making this decision?

Do I have all the information I need to make this decision?

What are the main pros/ cons of each option? Have I thought about the consequences for myself and others?

What would I tell a friend/ family member to do?

Am I making this decision whilst in a certain emotional state e.g. anger/ upset? If so, would I be better waiting until I can make a more rational decision?

If “Yes”:

**STOP. THINK.**

Are you making a decision?