

## **CHOICES**

### **BELIEFS**

- DO YOU BELIEVE THAT "TO NOT DECIDE IS TO DECIDE"?
- DO YOU BELIEVE THAT EFFECTIVE DECISIONS SOMETIMES INCLUDE INTUITION?
- DO YOU BELIEVE THAT GOOD DECISIONS INVOLVE CAREFUL CONSIDERATION OF ALL ALTERNATIVES?
- DO YOU BELIEVE THAT WE ARE EACH ACCOUNTABLE FOR THE CHOICES WE MAKE?
- DO YOU BELIEVE THAT WE ARE EACH ACCOUNTABLE FOR THE AFFECTS OF THE CHOICES WE MAKE ON OTHER PEOPLE ?
- DO YOU BELIEVE THAT YOU ALWAYS HAVE OPTIONS?
- DO YOU BELIEVE THAT YOU HAVE GOOD JUDGMENT?
- DO YOU BELIEVE THAT PEOPLE SHOULD ALWAYS BE INCLUDED IN THE PROCESS OF DECISION MAKING THAT AFFECTS THEM?
- DO YOU BELIEVE THAT AVOIDANCE OF RESPONSIBILITIES IS EASIER THAN FACING THEM?
- DO YOU BELIEVE THAT GREATER AWARENESS IMPROVES THE QUALITY OF DECISIONS?
- DO YOU BELIEVE THAT PEOPLE ARE REMEMBERED BY THEIR DECISIONS?
- DO YOU BELIEVE THAT THERE IS ONLY ONE PERFECT DECISION TO BE MADE IN EVERY SITUATION AND IF IT IS NOT FOUND THE RESULTS WILL BE DISASTROUS?
- DO YOU BELIEVE THAT YOU LEARN MORE FROM A CHALLENGE WHEN YOU MAKE YOUR OWN DECISIONS ON HOW TO DEAL WITH IT?
- WHAT DO YOU BELIEVE HAVE BEEN THE BIGGEST MISTAKES OF YOUR LIFE?
- DO YOU BELIEVE THAT YOU HAVE THE ABILITY TO REACT APPROPRIATELY TO DIFFERENT SITUATIONS?

### **EXPERIENCES**

- WHAT WAS A TOUGH DECISION YOU HAD TO MAKE RECENTLY? WHAT MADE IT SO DIFFICULT?
- DO YOU USUALLY FIND DECISION MAKING EASY OR DIFFICULT?
- WHAT ARE SEVERAL DECISIONS THAT YOU'VE BEEN PUTTING OFF WHICH IF YOU MADE THEM WOULD REALLY CHANGE YOUR LIFE? WHAT'S KEEPING YOU FROM MAKING THEM?
- WHEN WAS A TIME THAT YOU ACTED WITHOUT CONSIDERING CONSEQUENCES? WHAT HAPPENED?
- ONCE YOU'VE MADE A DECISION DO YOU TRY TO AVOID DOUBT?
- WHAT WAS A CHALLENGE THAT WOULDN'T GO AWAY UNTIL YOU FACED IT?
- WHAT WAS A CHALLENGE YOU TRIED TO DEAL WITH TOO SOON? WHAT HAPPENED?
- DO YOU TACKLE CHALLENGES IN YOUR LIFE SYSTEMATICALLY, MAKING THE DECISIONS QUICKLY AS NEEDED?
- DO YOU EVER FEEL THERE'S SOMETHING WRONG IF EVERYBODY AGREES WITH YOUR DECISION?
- WHEN WAS A TIME YOU COULDN'T DECIDE WHAT WAS RIGHT AND THAT WAS OK?
- WHEN WAS A TIME YOU COULDN'T DECIDE WHAT WAS RIGHT AND IT WASN'T OK?
- ARE YOU LIKELY TO POSTPONE A DECISION IF YOU ARE IN AN ANGRY OR UNCENTERED STATE?
- HOW DO YOU FEEL WHEN YOU HAVE TO MAKE A TOUGH DECISION?
- WHAT WAS A DECISION YOU MADE THAT REQUIRES CONSIDERABLE THOUGHT?
- WHEN WAS A TIME THAT YOU DIDN'T KNOW HOW TO FACE SOMETHING AND THE ANSWER CAME SUDDENLY?
- WHAT CHOICES ARE YOU DELAYING BECAUSE DEEP DOWN YOU ARE WAITING FOR SUPPORT?
- HOW ABLE ARE YOU TO PREDICT THE CONSEQUENCES OF YOUR DECISIONS AND BEHAVIORS?
- WHAT WAS A DECISION YOU GOT INTO TROUBLE WITH BECAUSE YOU HADN'T CONSIDERED THE CONSEQUENCES OR CIRCUMSTANCES?
- WHEN WAS A TIME THAT YOU DIDN'T WANT TO MAKE A DECISION?
- HOW OFTEN DOES WONDERING WHAT OTHER PEOPLE WILL THINK ENTER INTO YOUR DECISION MAKING PROCESS?
- WHEN WAS A TIME WHEN YOU HAD TO UNDO A DECISION?

- WHEN WAS A DECISION THAT WORKED OUT GOOD AT FIRST, BUT THEN BECAME A MAJOR CHALLENGE?
- HOW OFTEN DO YOU ACT WITHOUT CONSIDERING CONSEQUENCES? WHAT HAPPENS?
- WHEN WAS A TIME YOU CAREFULLY THOUGHT OVER YOUR DECISION AND STUCK TO IT?
- WHAT WAS AN IMPORTANT DECISION AFFECTING YOUR LIFE THAT YOU DIDN'T GET TO SHARE IN MAKING?
- WHAT DO YOU CONSIDER THE MOST DIFFICULT DECISION YOU EVER MADE?
- WHAT DO YOU CONSIDER THE 3 BIGGEST DECISIONS YOU HAVE MADE SO FAR IN YOUR LIFE?
- DO YOU OFTEN MAKE DECISIONS WITH INSUFFICIENT EVIDENCE?
- DO YOU OFTEN MAKE DECISIONS INFLUENCED BY PREJUDICE OR EMOTION?
- DO YOU TEND TO TRY TO MAKE SENSE OF LIFE WITH YOUR HEAD OR HEART?
- BEFORE DECIDING TO DO SOMETHING YOU BELIEVE TO BE WRONG DO YOU THINK ABOUT HOW YOU'LL FEEL AFTERWARDS?
- DO YOU JUMP TO CONCLUSIONS?
- WHAT WAS A DECISION YOU MADE FOR THE MONEY OR OTHER PERSONAL REWARDS?
- WHAT WAS A DECISION YOU MADE TO WIN OR BE THE BEST?
- WHAT WAS A DECISION YOU MADE FOR THE CHALLENGE AND FEELING OF ACCOMPLISHMENT?
- WHAT WAS A DECISION YOU MADE SO SOMEONE WOULD LIKE YOU AND ACCEPT YOU?
- WHAT WAS A DECISION YOU MADE FOR THE FRIENDSHIP INVOLVED?
- WHAT WAS A DECISION YOU MADE TO HELP BENEFIT SOMEONE ELSE?
- WHAT WAS A DECISION YOU MADE FOR THE RECOGNITION AND PRAISE?
- WHAT WAS A DECISION YOU MADE BECAUSE YOU FELT OBLIGATED, PRESSURED OR FORCED?
- WHAT WAS A DECISION YOU MADE FOR THE FUN AND ENJOYMENT OF IT?
- WHEN MAKING CHOICES DO YOU TRUST YOUR INNER VOICE?
- DO YOU MORE OFTEN AVOID OR GIVE IN TO QUICK FIXES?
- DO YOU MORE READILY MAKE DECISIONS OR LEAVE THINGS TO CHANCE?
- WHAT IS SOMETHING THAT YOU HAVE PREVIOUSLY LEFT TO CHANCE THAT YOU CAN RECLAIM POWER OVER?
- HOW DO YOU FEEL ABOUT MAKING DECISIONS?
- DO YOU AVOID OR TEND TO MAKE SNAP DECISIONS IN GENERAL?
- DO YOU TEND TO ACT OR REACT?
- ONCE YOU'VE DECIDED ON WHAT YOU REALLY WANT DO YOU USUALLY TAKE ACTION ON IT RIGHT AWAY OR DO YOU DELAY?
- AS YOU MAKE DECISIONS DO YOU EVALUATE THEM IN TERMS OF "IS THIS GOING TO ENHANCE THE WAY I WANT TO LIVE MY LIFE?"?
- ARE MOST OF YOUR DECISIONS MADE BY YOUR OWN CHOICE, BY COERCION OR OUT OF OBLIGATION?
- WHEN MAKING DECISIONS DO YOU TEND TO THINK MORE ABOUT THE PLEASURE OF THE MOMENT OR LONG TERM CONSEQUENCES?
- WHEN WAS A TIME WHEN PART OF YOU WANTED TO DO ONE THING AND ANOTHER PART OF YOU WANTED TO DO SOMETHING ELSE? WHAT DID YOU END UP DOING?
- WHEN WAS A DECISION YOU MADE TOO QUICKLY? WHAT HAPPENED?
- WHEN YOUR HEAD AND YOUR HEART ARE AT ODDS, WHICH DO YOU FOLLOW?
- WHAT WAS ONE OF THE BIGGEST DECISIONS YOU EVER MADE? HOW DID IT TURN OUT?
- IS THERE A PARTICULAR TYPE OR AREA OF LIFE DECISIONS YOU SHY OR RUN AWAY FROM?
- IS IT MORE PAINFUL TO YOU TO KNOW SOMETHING IS WRONG AND DOING IT ANYWAY OR TO FIND OUT AFTERWARDS THAT SOMETHING YOU ALREADY DID WAS WRONG?
- WHEN WAS A TIME YOU WERE CAUTIOUS?
- WHAT IS A DECISION YOU'LL EVENTUALLY HAVE TO FACE?
- HOW GOOD ARE YOU AT CHOOSING WHAT YOU WANT & GOING AFTER IT?
- HOW ABLE ARE YOU TO PUT ASIDE PREJUDICE AND EMOTIONS IN MAKING DECISIONS?
- WHAT WAS A DECISION THAT TURNED OUT BADLY?
- WHAT WAS A DECISION THAT TURNED OUT WELL?
- DO YOU NORMALLY FEEL CONFIDENT OR ANXIOUS ABOUT MAKING PERSONAL DECISIONS?

- WHEN WAS A TIME THAT YOU CHOSE YOUR OWN NEEDS OVER ANOTHER'S? WHAT HAPPENED?
- WHAT KINDS OF QUESTIONS DO YOU FIND YOURSELF ASKING THESE DAYS?
- WHEN MAKING IMPORTANT DECISIONS, WHO DO YOU FIND YOU TALK THINGS OVER WITH AND GET SUPPORT FROM? WHAT HAPPENS WHEN YOU DON'T GET THE SUPPORT YOU WANT?
- WHAT ARE THE SMALLER DECISIONS YOU ARE MAKING NOW THAT WILL IMPACT ON YOUR LIFE IN BIGGER WAYS IN THE FUTURE?
- DO YOU RELY ON OTHER PEOPLE TO MAKE KEY DECISIONS FOR YOU?
- WERE YOU EVER IN A RELATIONSHIP WHERE YOU ALLOWED THE OTHER PERSON TO MAKE ALL THE DECISIONS FOR YOU?
- ARE YOU ABLE TO MAKE DECISIONS AND LIVE WITH THE CONSEQUENCES?
- WHEN FACING A CHALLENGE ARE YOU MORE LIKELY TO FACE IT HEAD ON OR BECOME IMMOBILIZED?
- DO YOU LIKE TO MAKE YOUR OWN DECISIONS REGARDLESS OF WHAT EFFECT IT MIGHT HAVE ON OTHERS?
- WHAT CAUSES YOU TO KNOW WHEN IT'S TIME TO "MOVE ON" ?
- IS THERE AN AREA OF LIFE IN WHICH YOU CONSISTENTLY MAKE POOR CHOICES?
- WHEN WAS A TIME THAT YOU GAVE IN TO TEMPTATION?
- WHAT WAS AN EXPERIENCE WHEN YOU WERE CONFUSED?
- WHAT IS A SITUATION THAT EASILY CONFUSES YOU?
- WHEN WAS A TIME IN YOUR LIFE YOU WERE UNCERTAIN?