# Skill-Building Challenge Worksheet: Making Healthy Decisions

Name: Blank Class: Blank Date: Blank

**Step 1: Understand the Problem**

Making healthy decisions will affect all parts of your life, including your mental well-being. Use a decision tree to map the choices you have when you are dealing with a situation that could, or does, make you feel sad. Think of a situation you are or have been in and use it for your tree. If you are struggling to identify your own situation, try to create a realistic scenario based on someone you know or a character you know from a book, movie, or TV show.

*Your scenario:*

**Step 2: Gather Information, Know Your Options, and Know the Consequences**

A decision tree is a way to visually show the options you have when making a decision. It can help you move through all the important steps that are part of the Decision-Making Skill Cues. Complete the decision tree below for your scenario.

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**Step 3: Make the Decision and Think About Your Choice**

Once you have completed your tree, decide which decision you think has the best outcome, and explain your decision.