



Rational decision-making tool

High anxiety makes rational thinking and good decision-making difficult.

The first objective during difficult times is to keep the rational part of the brain focused on thinking in constructive ways, building resilience and driving positive action. Powerful questions can stimulate rational thought and keep panic at bay. Use the questions below as a guide for you to engage your brain in a way that helps you solve problems and support others who are relying on you right now.

	Powerful Questions	Notes
Goal	<ul style="list-style-type: none"> • What is the issue you want to tackle? • What is most important to you right now? • What is the timeframe? • What do you want to do right away? • What is the longer-term goal? 	
Reality	<ul style="list-style-type: none"> • What is the present situation in more detail? • What's the biggest obstacle you are facing? • What have you done so far? • What resources do you have? • What do you know about it already? • What's working well for you right now? • How much control do you have over that? 	
Options	<ul style="list-style-type: none"> • What are all the different options? • Who do you need to speak to; where can you get more information/help? • What are the advantages/disadvantages? • What can you stop doing? • What other angles can we consider? • What risk might you need to take? • What does your instinct tell you? 	
Way forward	<ul style="list-style-type: none"> • What option do you choose? • What is your next step? • What can I test? • What's the best use of your time right now? • What obstacle is still in your way? • What, if anything, gives you hope that this will all work out? • What will you think of this five years from now? • How can you take care of yourself in all this? 	