



DECISIONS FOR SUCCESS
WORKBOOK

Table of Contents

Decisions For Success	3	Josh’s Story	29
The STAR Routine	4	Common Reaction Chains	30
The DFS Points	5	My Reaction Chain	31
		Analyzing My Reaction Chain	32
POINT1:What’sMySituation?	7	POINT3:How Can I GetWhatI Want? ...33	
Situations	8	Brain Warm-Ups	34
The Components of a Situation	9	Robert’s Story?	35
Scenarios	10	Brainstorming Tips	36
Actions	11	How Can I Reach My Goal?	37
Attitudes	12	POINT4:WhatWillIChoose?.....39	
Choosing Attitudes	13	Evaluating	40
What Could Happen?	14	Practice Evaluating	41
Thoughts	15	My Values	42
Feelings	16	Applying My Values	43
The Power of Emotions	17	Core Questions	44
Internal Images	18	Developing Core Questions	45
My Internal Images	19	Evaluating My Options	46
Nicole’s Story	20	Reaching a Decision	47
Understanding My Situation	21	When It’s Difficult to Decide	48
POINT2:WhatDoIWant?	23	POINT5:What’sMyPlan?	49
What I Want	24	Making a Plan	50
Setting Priorities	25	Creating Action Steps	51
Finding the Goal for Each Situation	26	Planning for Action	52
Finding the Goals for My Situations	27	My Plan for Action	53
A Reaction Chain	28	My DFS Process	54

The Components of a Situation

It helps to fully understand a situation when you're trying to make a decision. Breaking down a situation into its component parts lets you examine each part separately. Looking at small parts of a situation can make the situation feel more manageable.

A situation includes external factors. These are conditions that happen outside of you. Externals are observable; they can be seen by others. In DFS you will look at three types of externals; scenarios, actions, and attitude. A situation also includes internal factors—what is happening inside of you. You will explore three types of internals: thoughts, feelings, and internal images.



Read Brendan's story and answer the questions below.

Brendan is driving to work. The sun is shining, the music's blasting, and he's got a hot cup of coffee in the console. It's a good morning and Brendan feels great. Out of nowhere a car comes tearing up behind him. The driver passes on the left then shoots back into the right lane, cutting Brendan off. Good thing he's paying attention; Brendan has to slam the brakes to keep from rear ending the guy.

1. What is happening outside of Brendan? _____
2. What is happening inside of Brendan? _____
3. What is Brendan likely to do? _____
4. What does Brendan *have* to do? _____

The Components of a Situation

Learner Objectives

- Define *each component of a situation*.

Key Concepts

This is a brief overview of what it means to answer the question, “What’s my situation?” You may think of the reporter questions: who, what, where, when, and how. These are considered external factors. In addition, you’ll need to ask yourself more than that, including questions about what’s going on inside of you, the internal factors: thoughts, feelings, and internal images.

You may struggle to identify some of the components of your own situations. Maybe you haven’t considered how these things relate to your decision making. Identifying all of the components of a situation helps you discover what you’re in control of, see where decisions can be made, and recognize what matters most to you in the situation.

Point 1 provides a foundation for the points that follow. Getting clear about the situation may lead to interesting discoveries. What appears to be the situation at first may not turn out to be the case when fully explored.

In looking at Brendan’s story, you might list the external factors: car, music blasting, hot cup of coffee, sunshine, the other car, getting cut off, slamming the brakes. You have to imagine yourself in Brendan’s situation to come up with possible internal factors. These could be: Brendan feels happy, he’s thinking about work, he’s enjoying the music, Brendan is startled, he feels angry, he thinks to himself, “What a jerk.”

It’s important to understand that what Brendan does next is his choice. Brendan might honk the horn, gesture rudely, yell, or tailgate closely. He could also ignore it, slow down, imagine what emergency the other driver is facing, or take three deep breathes. All he has to do is get to work safely. He doesn’t have to retaliate or react out of anger. By separating the components of the situation, you see what you are in control of and what things you can make decisions about.

Directions

1. Ask for volunteers to read a paragraph out loud.
2. Read each question and have participants call out responses.



For Later Review

What are the three types of externals? *Answer: scenario, action, attitude.*

What are the three types of internals? *Answer: thoughts, feelings, internal images.*