

Handout: Decision Making Scenarios

Cut out scenarios

Scenario 1

You fancy someone, how do you decide what to do about it? Use the logic and intuition models to see how you would make the decision.

Scenario 2

A person you do not fancy asks you on a date, how do you decide what to do about it? Use the logic and intuition models to see how you would make the decision.

Scenario 3

Two people are consenting to have sex together, but they do not have contraception. How do they decide what to do? Use the logic and intuition models to see how you would make the decision.

Scenario 4

You want to have sex with someone, but they are refusing to use contraception. How do you decide what to do? Use the logic and intuition models to see how you would make the decision.

Scenario 5

You are out with your friends; you suspect some people you are hanging out with are pretty drunk. One of them approaches you leering over you, how do you decide what to do about it? Use the logic and intuition models to see how you would make the decision.

Scenario 6

You are kissing someone and things are moving along quite quickly, and it seems like the other person is assuming you want to have sex with them. You don't want to have sex you want to stop things where they are but are feeling under pressure. How do you decide what to do? Use the logic and intuition models to see how you would make the decision.

Handout: Head and Heart Decision-Making Models

Cut out scenarios



BRAIN

Logical Head Decision-Making Model

BENEFITS - What are the benefits of this option?

RISKS - What are the risks of this option?

ALTERNATIVES - Are there other options?

INTUITION - What is my gut feeling about this?

NEED TIME - Can I delay this decision? Discuss it? What will happen if I choose to do nothing for now?



HEART

Intuition Heart Decision-Making Model

Consider a time where you have felt like you made the wrong decision, have you had a feeling that 'you knew it wasn't right' deep inside? This is your connection to intuition.

HEED your physical sensation (tightness of the tummy or butterflies)

ENGAGE with your emotions (what are they telling you)

ASK inner questions

RECONNECT with the body

THINK it through



DELAY DECISION

If you don't have enough information or don't know what to do, then delay the decision. A lot of decisions get clearer in time. It is absolutely ok to say 'I'm not sure I need to think about this, I haven't decided yet'.