



When I need to make a decision,  
I make sure that I **FACE** it in the  
safest manner.

**Feel**

**Assess**

**Choose**

**Evaluate**

- Who else might have feelings about this situation?
  - What words can I use to describe my emotions?
  - What mixed emotions am I feeling?
  - When have I felt this way before?
  - Why am I feeling this way?
  - How is my body reacting to this situation?
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- Who do I trust to help me make this choice?
  - What are my choices?
  - What factors might change my choice?
  - When do I need to decide?
  - When have I experienced this situation before? What choice did I make?
  - Where can I get help if needed?
  - How could this choice affect me and others?
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- What is the safest choice I can make?
  - What are the next steps I need to take?
  - Why am I making this choice? Do I feel forced to make this choice?
  - How does my choice focus on what is important to me?
  - How do I communicate my choice to others?
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- Who do I trust to talk about my choices?
  - What were the consequences of my choice?
  - What did I learn from my choice?
  - What are the safety steps I need to take? (ex. tell an adult, call an ambulance, make sure someone gets home safe)
  - How did my choice impact myself and others?
  - How do I feel about the choice I made?

