UNSTUCK

Decision Tree Worksheet

Map one decision, the realistic paths in front of you, and where each path likely leads. Seeing the whole tree on one page makes a circling decision feel smaller.

How to use this sheet

1. Write the decision you are facing in the box at the top of page 2, as one clear question.
2. Fill in up to three realistic options. Include the quiet option people forget: change nothing for now.
3. For each option, write the most likely outcome and the cost you would accept by choosing it.
4. Come back tomorrow and reread it. Decisions read differently after a night of sleep.

Before you start

A decision tree does not make the decision for you. It gets the loop out of your head and onto paper, where the options can be compared instead of rehearsed. If two branches end somewhere you could live with, that is useful information too: it means the stakes may be lower than the loop suggests.

What decision keeps circling?

One sentence. If you have several, pick the loudest one.

When does this actually need to be decided?

A real date if one exists. 'Never' and 'today' are both answers.

PLEASE READ: EDUCATIONAL USE ONLY

For educational and personal reflection use only. This worksheet is not therapy, counseling, medical advice, legal advice, diagnosis, or treatment, and using it does not create a clinician-patient relationship. It is a general template that may not fit your situation or your jurisdiction. You are responsible for checking the laws and requirements that apply where you live and for creating your own documents where needed. If you are struggling, please talk with a licensed clinician. In the United States, call or text 988 in a crisis, or call 911 in an emergency.

After filling the tree

Circle the branch you keep looking at. That pull is data. If no branch feels right, the missing option may be a smaller experiment: a two-week trial, a conversation, or more information before deciding.