



Step 1 - Team Talk: The decision I am facing and my goal for treatment:

Step 2 - Option Talk Describe your options and list the pros & cons of each. Then, on a scale of 1-5, rate each pro & con in terms of how important it is. The higher the number, the more important it is to you. Discuss.

My Options	Reasons to choose this option:	Rating	Reasons to avoid this option:	Rating
Example: Move back to my hometown	I'll be close to my mom	2	I'll miss my friends	1
	I have a job waiting for me	1	I won't be able to bring my cat	5
Option #1:				
Option #2:				
Option #3:				

Do I need more information? Put a circle around the items you need more information about. Then make a plan to gather the information you need.

My plan to get more information:

Step 3 - Decision Talk Which option feels like the best fit at this time in your life?

☐ #1 ☐ #2 ☐ #3 ☐ I'm still not sure

Our Shared Decision