

COPING SKILLS WORKSHEET

DECISION MAKING

S.O.D.A.S.

S.O.D.A.S is a decision making tool. S.O.D.A.S. is also an acronym: S is for Situation, O is for Options, D is for Disadvantage (con), A is for Advantage (pro), S is for Solution.

INSTRUCTIONS: Ask yourself, what is the situation/problem? Then come up with 5 options for the situation (good or bad). For each option, ask yourself what are some disadvantage (cons) and advantages (pros). Review all the pros & cons for each option. Choose the best option as you solution. Lastly, ask yourself what are your thoughts and feelings about the option you chose.

Situation

Options

Disadvantage (con)

Advantage (pro)

1. _____

2. _____

3. _____

4. _____

5. _____

Solution

Thoughts & Feelings about the solution