

## Step 4: Evaluating Your Options

Instructions: An important part of meaningful problem-solving involves evaluating each option that you brainstormed to arrive at the best solution to the problem. Some of our options usually involve making a change to what we are doing. Before making this change, it is important to ask yourself- **why is making this change beneficial or meaningful to you? And if you make this change, what might it cost you or what might be challenging about it?** It is also important to remember that keeping things the same as they already are is always an option. Therefore, it can also be helpful to evaluate the pros and cons of not making a change- in other words, **what are the benefits or costs to not doing anything differently?** As you answer these questions, be honest with yourself and really try to identify all of the possible pros and cons.

Also put a \* next to any pros/cons that could be passengers in disguise! (e.g., judgments- “It’s going to be too hard!” or unwanted emotions- “that’s going to make me anxious”)

	Making a change	Staying the Same
Pros/Benefits		
Cons/Downsides		