

# Let's explore the direction you are taking and hopes and decisions you might be thinking about.

When it's useful, lets talk about the benefits, risks and possible strategies within the decisions ahead.

I have an idea about what I want to do next.

1. If I do this, what will be the benefits for me?

2. What harms or threat would that be to my safety?

3. In what ways could I reduce the risk of harm without losing the benefits?

4. On balance, do I need to decide now? What are my next steps? Who could help me with these?

We can use the decision making support card together (see over) if there are big or small decisions along the way that you might like support with – sometimes this is useful for:

- thinking through your hopes and worries with someone else listening;
- pausing to write your thoughts down so you can see a full picture when decisions are complex;
- collecting more ideas and strategies to safely make the steps you are hoping to.

What are you trying to turn a corner on?



What are you hoping for down the track?



Where are you at now?



When it's useful, let's talk about the benefits, risks and possible strategies within the decisions ahead.

I have an idea about what I want to do next.



1. If I do this, what will be the <b>benefits</b> for me?	2. What <b>harm</b> or <b>threat</b> would that be to my safety?
3. In what <b>ways</b> could I reduce the risk of harm without losing the benefits? (Strategies)	4. On <b>balance</b> , do I need to decide now? What are my next steps? Who could help me with these?