

Can't Decide? A framework for decision making post TBI

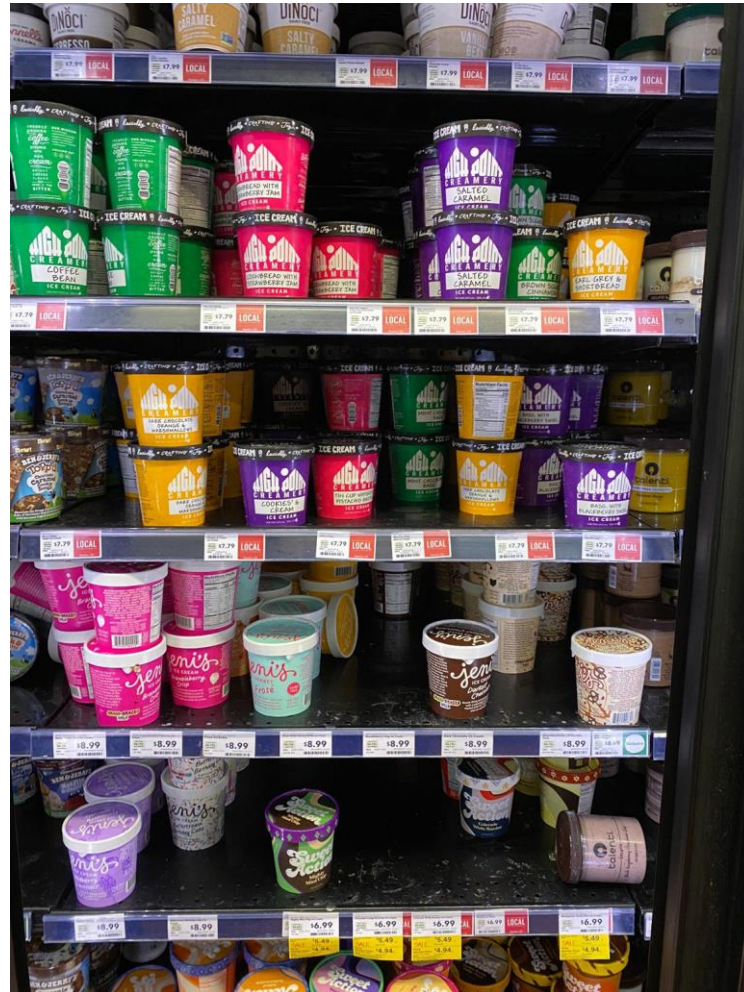
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Goals

- 1) Have this be interactive and fun
- 2) Gain an understanding of how we make decisions
- 3) Have a process to make both concrete and abstract decisions in your own life

Pick One -
how do you decide?



Before an Injury

Decision making can be on “auto-pilot”

When you approach the freezer not everything is on a level playing field

After an Injury

Brain is not on autopilot so you have to think through EVERY option

That is A LOT of work!

Ice Cream Decisions - Solutions

Think ahead about concrete choices and set yourself up for success

What do you value? Cost, brand, flavor?

For example, on the grocery list, Jeni's chocolate or any chocolate that is the cheapest

Other Examples

What are some other examples of concrete choices in your daily life?

Non Ice Cream Choices

Let's call Ice Cream decisions - Concrete decisions

But what about the bigger decisions that maybe aren't concrete?

Non Ice Cream Choices

Things like....

Actions!

Jobs, relationships, life choices,

Things to Consider

- 1) Previous Experience
- 2) Consequences
- 3) Final Goal - how does this decision line up with your final goal?

A Decision Example

Give me one of your complex decisions!

How to Consider It

- 1) What prior knowledge do I have?
- 2) What are the possible solutions or choices?
- 3) Does any solution have a consequence?
- 4) What is my end goal?
- 5) Does this decision get me closer to or further from my goal?
- 6) Pros and Cons!
- 7) Get input! Phone a friend or mentor or family member to talk through it!

More Examples!

Lets have three more audience examples!

Lets Reverse it - Decision Making with an End Goal in Mind

Identify the Goal (Could be long term, could be short term)

- Clean out my closet!

Create a plan to do this

- What are the steps?

Identify the Tools Needed to be Successful

- What things do I need to do this?

Done, To Do, Get Started

Get Started -
What materials to
do I need?

To Do - What steps
do I take?

Done - What's the
Goal

WORK BACKWARDS! START WITH DONE!

Let's Review

Post Injury Brain is NOT on autopilot, have to think through everything!

For concrete decisions identify values for the goal and make choices ahead of time for this goal!

For not concrete decisions - use the question list or “done, to do, get started” to help evaluate possible solutions!

Questions ?

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