

The Decision Table

At the beginning of this chapter you were asked to imagine a table upon which key decisions were waiting for you to pick them up and take action. **In the table below list the decisions you already know you need to make in your life.** In what ways are you on the “deferred living” plan? **After each decision you list, make a brief list of steps you will have to take. Record what you now believe would happen to your life. Then assess your own “courage index” by placing a number one to five to indicate your readiness to make the choice using the following scale:**

- | | | | | |
|--------|---------|---------|------------|-------------------|
| 1 | 2 | 3 | 4 | 5 |
| Hoping | Wishing | Wanting | Whethering | Go to any lengths |

After assessing your courage, rank how important this issue would be in improving your life as a way of establishing priorities. Rank it by using the following scale:

- | | | | | |
|--------------------|-----------------|-----------|----------------|---------------------|
| 1 | 2 | 3 | 4 | 5 |
| Minimal Importance | Some Importance | Important | Very Important | Critical Importance |

We have included some examples to demonstrate how your decision table might look. It is critical to notice how the numbers align. If they are very discrepant such as a one in courage and a five in your ranking it would be an area of great tension. Take time with your “guides” and talk through the list. Use their feedback as you think about the work you must do. Journal and reflect as you move to the next chapter.

DECISIONS TO MAKE	STEPS TO TAKE	IMPACT ON MY LIFE	COURAGE INDEX	RANK
Example: Lose 75 pounds	<ul style="list-style-type: none"> • start OA • do exercise program • buy scale 	Feel better, live longer, start dating, depression lifts, face sexual trauma	3	4
Finish my Master’s thesis	<ul style="list-style-type: none"> • call advisor • register at school 	Higher pay immediately, feel better about self, opens career opportunity, stop feeling guilty	4	3
Tell spouse about how unhappy I am sexually in our relationship and why	<ul style="list-style-type: none"> • call therapist • journal about why • talk to sponsor 	Sex would improve, marriage would improve, stop carrying anger around	1	5
Complete 8 th and 9 th step	<ul style="list-style-type: none"> • call sponsor • locate guide • read about it • talk to therapist 	Resolve outstanding issues, bring closure, stop agonizing about past	5	3

DECISIONS TO MAKE	STEPS TO TAKE	IMPACT ON MY LIFE	COURAGE INDEX	RANK
Check out pain in chest which comes and goes	<ul style="list-style-type: none"> • make appointment • talk to doctor by phone 	Prevent early death, take care of myself, reduce stress about it	5	5

Be as thorough as you can. You are laying the foundation of “areas of work” that will be central to progressing through this book. You will have the opportunity to revisit, revise and think about the decisions on your table.

DECISIONS TO MAKE	STEPS TO TAKE	IMPACT ON MY LIFE	COURAGE INDEX	RANK
1.	•			
2.	•			
3.	•			
4.	•			
5.	•			
6.	•			
7.	•			
8.	•			
9.	•			