

## Future Forecast: Decision Impact Exercise

Older children will benefit from playing out actual and potential situations and reflecting upon decision-making and possible consequences:

Work through the following steps with the child, explaining or modifying the language as needed:

### 1. Scenario setup:

Describe a situation where a tough decision is/was required.

It could be one you have faced previously or something new.

### 2. Pause and reflect:

Take a moment to reflect. What's the big decision in front of you? Write it down.

### 3. Option exploration:

List up to 5 different paths of action.

What are different strategies you could take?

1.	
2.	

3.	
4.	
5.	

**4. Consequence mapping:**

Consider the potential outcomes of each option.

What are the immediate and long-term effects of each option?

1.	
2.	
3.	
4.	
5.	

**5. Balanced decision:**

Considering all outcomes, what will you choose?

Why?

## Useful references

- Stallard, P. (2019). *Thinking Good, Feeling Better: A Cognitive Behavioural Therapy Workbook for Adolescents and Young Adults* (2nd ed.). John Wiley & Sons, Incorporated.
- Stallard, P. (2021). *A clinician's guide to CBT for children to young adults: a companion to think good, feel good and thinking good, feeling better* / Paul Stallard. (2nd ed.). John Wiley & Sons, Incorporated.

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