**Unit 2: Lesson 12**

**Yes, No, and…That’s It!**

**Goal: To learn that the *intellectual* positive action of making decisions and solving problems in positive ways hep us feel good about ourselves.**

*Should I do it now…or later?*

*Should I say yes or no?*

*What will happen if I do? Or if I don’t?*

*How can I fix it?*

*Where do I go? Whom do I listen to? What should I eat? What should I wear? What should I think? What, oh, what, do I do?*

**Making decisions** and **solving problems in positive ways** are positive actions that help us feel good about ourselves. Our lives are full of decisions to make and problems to solve. We can do a better job of making decisions and solving problems if we consider how our decisions and solutions will affect our lives.

There are some basic questions we can ask ourselves in order to try to figure out the best solution for each decision. Let’s take a look:

1. Will taking this action help me feel good about myself?
2. Will taking this action help me be healthy?
3. Will taking this action help me think better?
4. Am I being responsible for myself and my belongings?
5. Will this action allow me to treat others the way I like to be treated?
6. Am I being honest with myself and taking responsibility for my actions?
7. Will I improve myself by taking this action?

If you can answer yes to most of these questions, you are probably making a positive decision or solution. If the answer is no to most of these questions, you should probably think of a different solution. You are about to make a poor decision that will get you on the negative wheel.

These questions help us think through decisions and problems in a positive way. This works when we are making decisions or solving problems by ourselves and when we are doing it together with family and friends.

**These questions help us to analyze a problem or decision.** Decisions and solutions to our problems will become more positive when we think of them in this way. We’ll gain confidence in our ability to make more decisions and solve more problems. Rather than settling for easy or unexamined choices, we fill our lives with positive actions. We will become the best we can be and give our best to others. It’s time we started to practice positive decision-making and problem-solving. Let’s get to it!

QUESTIONS:

* Why are making decisions and solving problems in positive ways positive actions?
* What happens when we postpone making decisions or ignore problems?
* How can we tell if an action is a positive decision or solution?
* Why should we consider others before making a decision or solving a problem?
* How does making decisions and solving problems affect self-concept?
* How do you feel about yourself when you make a positive decision? When you don’t?
* Are you satisfied with the results of your current decision-making and problem-solving method?
* Why do you put off making decisions or solving problems?

Get an index card or colorful piece of paper for each member of the family. Write the problem-solving or decision-making questions in a fun and interesting way on the card or paper. Display the lists of questions throughout the house. When decisions need to be made, look to the list to help you make a positive choice or a workable solution.

*parent positive actions*

**Ask Yourself:** How do you currently make decisions or solve problems as a parent? How does the way you make decisions and solve problems make you feel about yourself as a parent? How do you make decisions and solve problems that involve your children? Do you include your children in decisions that involve them directly? How often do you let your children express their opinions when they feel that your decisions are wrong?

**Plan and Do:** Select a decision or problem and use the question cards to consider some possible actions you could take. As you answer the questions, notice the effects on yourself as a parent. Make decisions and solve problems in ways that provide the best benefits for all involved.

FAMILY POSITIVE ACTIONS:

QUESTIONS:

* How do we feel about ourselves as a family when we reach a positive family decision?
* How do we feel about ourselves as a family when we solve a family problem in a positive way?
* How can the question card help us make family decisions and solve family problems?

Let’s try to remember to use the question cards as we make decisions or solve problems as a family. Let’s try to remind each other in a positive way that the question cards can help us to come up with a positive solution to our family problems and decisions.

COMMUNITY POSITIVE ACTIONS:

Let’s practice using the question card while out in our community. As we participate with others – Scouts, sports teams, community groups – we can use the question cards to help us make decisions and solve problems in positive ways.

SUMMARY

Having decisions to make and problems to solve is life’s way of challenging us and urging us to grow. The more we practice making decisions and solving problems, the better we get at using these intellectual positive actions.

The question cards are tools that can help us make decisions and solve problems in positive ways. It allows us to look at how we would feel about ourselves physically, intellectually, socially, and emotionally if we were to take a certain action. By considering the possible effect of our actions, we can select the action that will benefit us most. By taking the best positive action for each situation, we will feel good about ourselves, what we are doing, how we treat others.

**Word of the Week: Decision**

To think about the choices and pick the best one.