

The Decision Point

Every day, in small moments, you arrive at a fork: one path moves you toward the person you want to be, the other moves you away from the discomfort. Neither is a moral failing. Mapping the fork makes it visible — and a visible choice is a choice you can make on purpose.

1 The situation

One specific moment, not a general theme. Where were you, who was there, what happened?

SITUATION

2 What hooked you

The thoughts, feelings, memories or sensations that showed up and pulled at you.

THOUGHTS THAT SHOWED UP

FEELINGS & BODY SENSATIONS

DECISION POINT

AWAY MOVES — WHAT I DO TO ESCAPE THE DISCOMFORT

TOWARD MOVES — WHAT I'D DO IF MY VALUES LED

3 The honest cost

Away moves usually work in the short term. What do they cost you over time?

4 What the toward move needs from you

Willingness to feel something uncomfortable, and a value worth feeling it for.

THE VALUE I'M MOVING TOWARD

WHAT I'D HAVE TO BE WILLING TO FEEL

5 Rehearse it

Write the toward move as a sentence you could actually say or do next time.

NEXT TIME THIS HAPPENS, I WILL...

How willing am I to try this?

1

2

3

4

5

6

7

8

9

10

Not yet willing

Fully willing

6 Notice, don't score

Over the next week, tally your moves without judgment. Awareness comes before change.

DAY	THE HOOK	AWAY MOVE	TOWARD MOVE

You are not choosing between comfort and discomfort. You are choosing which discomfort is worth your life.

Take it further

Worksheets are a starting point, not a substitute for therapy. If you'd like support working through this, book your first appointment at estefaniagiltherapy.com.

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