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**fascinating
facts**

Decision Making and Independent Living

Taking control of your life and future requires making many decisions! Each decision takes you closer to independent living.

1 It's a process

Making decisions is a process of gathering information on your options and then deciding what works best for you.

2 Responsibilities

Decision-making comes with responsibilities like speaking up and telling others your desires, goals, and dreams, and sharing your decisions with others. You also need to consider all the pros and cons and follow through on your decision.

3 Benefits of good decisions

Some of the advantages of a good decision include increasing your confidence levels, bringing you closer to your goals, and showing greater independence in your life.

4 Pitfalls of poor decisions

Poor decisions are often a result of not making a decision or making snap decisions. The results may be a situation you wouldn't have chosen or regret and wishing you would have made a different decision.

5 How to make a decision

Making a decision can be hard! There are many different models for decision-making, but most will have you identify the problem, list your options, identify the pros and cons of each, and then make your best choice.

6 DARE decision model

The DARE decision-making model only has four steps and works well for a wide variety of decisions. Define: state exactly what you need to decide. Assess: identify all of the options and determine the pros and cons. Respond: review all your options, make your final choice, and then put that choice into action. Evaluate: review the choice you made, and think about what you could do differently in the future.

7 Support

Everyone needs support with making tough decisions. It's good to get support from people you trust like family members, friends, and teachers. Remember, seeking out help doesn't mean they make the decision for you.

8 Learn more!

You can learn more about making decisions in our free, self-paced course, [Get Ready for Independent Living](#).