

Worksheet for making decisions



Print as many copies as you need and work through this each time you're not sure what choice to make. Suitable for pregnancy, labour, birth, postnatal, parenting and life decisions.



In this worksheet you will ask yourself and your care providers questions and gather information to help you make a decision that's right for you as an individual. We will use the acronym BRAIN to help us order our questions and thoughts.



First start with a statement or action that represents what your decision is. For example, if the decision you're trying to make is where you will give birth you may start with the first assumed statement. I will birth in the hospital. Then start asking yourself questions and looking for information that helps you know if that's the right choice for you. Or if you're being offered an intervention that you want to be sure is the right choice for you start with the statement that assumes you will take the intervention. For example, I will accept a medical induction of my labour. Then ask questions and find information that helps you decide if that's the right choice right now.

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BENEFITS.

Why is this a good choice? What benefits will it have for me and/or for my baby? In what ways is it good for my physical health, what about my mental health? Why is this being offered to me?

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RISKS

What are the risks of taking this option or accepting this intervention? Could it cause any harm to me or my baby? Will it have any negative impacts on my physical or mental health? Do the benefits outweigh any risks?



ALTERNATIVES

What are the alternative options I could consider? What are the benefits and risks of those alternatives?





INSTINCTS

What is my gut telling me to do? What's my instinctive response to this idea? If I rolled a dice and chose between the options and this one came up would I feel happy and relieved or would I feel on edge and unsure?



NOTHING

What if we did nothing for now? If we took some time to wait and see what happens? Would this option still be available if I didn't take it immediately? Are there any risks to waiting?

