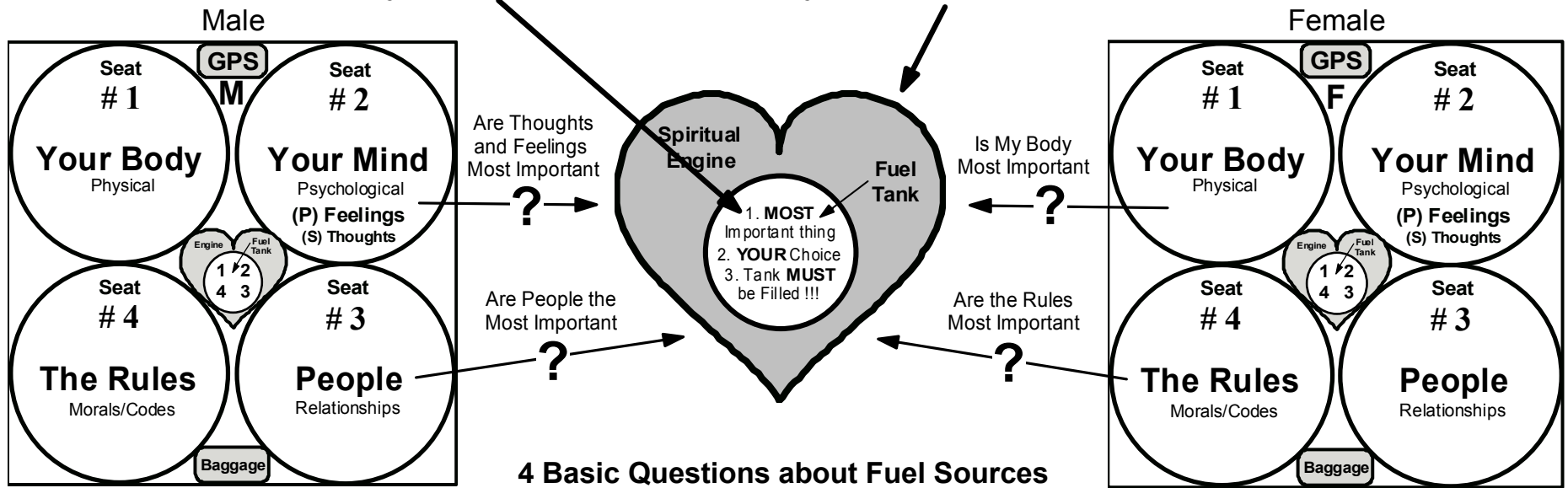


# On-Line Decision Making Worksheet

copyright, Sonny Fox, Ph.D., all rights reserved, 2010

"For where your *treasure* is, there your *heart* will be also" Luke 12:34



## 4 Basic Questions about Fuel Sources

**Question 1 (My Body):** Is my current problem being fueled by my physical health, appearance, addictions or urges (Seat #1) Why?

---



---



---

**Question 2 (My Mind):** Is my current problem being fueled by obsessive thoughts, emotional drama, anxiety or doubt when making decisions (Seat #2) Why?

---



---



---

**Question 4 (The Rules):** Is my current problem being fueled by the rules I have chosen to live by (Seat #4) Why?

---



---



---

**Question 3 (People):** Is my current problem being fueled by one or more people in my life (Seat #3) Why?

---



---



---

### Notes

---



---



---