



Questions

Make Decisions Real

What makes a good supporter when it comes to making decisions?



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What is a big decision you have made?



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When have you made a decision that did not go well?

What happened?

What did you learn from your decision?



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Do you have supporters that you trust?



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How would you find another support person that you can trust?



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Who supports you to make decisions?



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Do you have different supporters for different decisions?



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How do you make a decision between 2 things you want to do?



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How can you get the information you need to make a decision?



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How do you make sure you take enough time to make decisions?



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How do you know you feel comfortable with the support you are given to make decisions?



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What emotions are you feeling in your body when you are making a decision?



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Questions