| **1) DESCRIPTION OF THE TOOL** |
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| **Activity: “What If It Were You?”**  Participants are presented with everyday dilemmas and must make a choice by analyzing the situation through three filters: logical, emotional, and ethical.  The goal is to explore how people make decisions and what influences their thought process. |

| **2) OBJECTIVES OF THE TOOL** |
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| • Develop structured thinking when facing everyday choices.  • Identify emotional, social, or personal influences on decision-making.  • Encourage conscious, consistent, and responsible decisions. |

| **3) CONNECTION OF THE TOOL WITH THE SKILL** |
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| Decision-making is not based on chance — it is guided by values, self-awareness, and a clear process.  This activity connects theory and practice by revealing the balance between logic and emotion behind each decision. |
| **4) MATERIAL RESOURCES** |
| • Printed everyday dilemma cards (or read aloud)  • Paper and pens for note-taking  • Whiteboard or flipchart for group sharing |

| **5) HOW TO APPLY THE TOOL** |
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| Present a dilemma to the group.  Ask participants to discuss and analyze different options using three filters:   * Logic: What is the most rational solution? * Emotion: How do you feel about this choice? * Ethics: What seems fair or aligned with your values?   Each group chooses an option and justifies their decision.  Facilitate a discussion comparing the different choices and reasoning processes |

| **6) WHAT TO LEARN** |
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| Every decision shapes outcomes and relationships.  Making decisions consciously strengthens self-confidence, responsibility, and the ability to think clearly under pressure — in both personal and professional life. |

| **7) EXTRA MATERIALS - LINKS** |
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| <https://www.mindtools.com/dmtool> |