

# DECISION MAKING STYLES

7<sup>th</sup> grade CDA lesson



There are 3 different approaches to making choices:

- Passive
- Aggressive
- Assertive





# Passive

- You don't respect your own ability to make good choices and tend to rely on others.
- It is easier for you to let others decide for you even when it is not in your best interest.
- Sometimes, you do not think it out in your own mind, instead you just go along with what others tell you to do.





THE PRINCESS BRIDE





# Aggressive

- Decisions are made on impulse without thinking.
- Actions can be offensive or disrespectful to others.
- Sometimes physical force is used to get your point across.
- Aggressive statements usually make the speaker feel important and powerful, at least for the moment.
- "BULLYING"





TOY STORY 3





# Assertive

- You take charge of your own future through well thought out choices.
- You are respectful to yourself and others.
- You advance your decision through positive action.





UP







WHAT ABOUT BOB





THE INCREDIBLES







HOW TO TRAIN YOUR DRAGON





DESPICABLE ME



BEAUTY AND THE BEAST



THE INCREDIBLES



# Proactive

- Another word to describe *assertive* is *proactive*.
- Being proactive is all about taking responsibility for your life and being the *captain of your own ship*.
- When you are proactive or assertive it is like you carry the *remote control* to your life.
- You choose your channel or mood.



# REACTIVE

- *Reactive* is just the opposite.
- Reactive people allow other people or things to control them.
- At the push of a button, these other people or things control reactive people's mood and behavior.





# REACTIVE VS. PROACTIVE

Reactive people make choices based on impulse. They are like a can of soda pop. If life shakes them up a bit, the pressure builds and they suddenly explode.

Proactive people make choices based on values. They think before they act. They recognize they can't control everything that happens to them, but they can control what they do about it.



PARTLY CLOUDY



# VICTIMITIS VIRUS

- Reactive people often feel like "the victim"
- They are easily offended
- They tend to blame others for everything
- They get angry and say things they later regret
- They whine and complain



# IT PAYS TO BE PROACTIVE

- Proactive people are not easily offended
- They take responsibility for their choices
- They think before they act
- They bounce back when something bad happens
- They always find a way to "make it happen"
- They focus on things they can do something about, and don't worry about things they can't





# PROACTIVE QUOTES

"People are just about as happy as they make up their mind to be." Abraham Lincoln

"No one can make you feel inferior without your consent" Eleanor Roosevelt.



We can control only one thing:

HOW WE RESPOND  
TO WHAT HAPPENS  
TO US





BE ASSERTIVE

BE PROACTIVE

The information on being proactive is taken from Sean Covey's book:  
"The 7 Habits of Highly Effective Teens"

