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# Boundaries, Burnout & The Art of Saying No – Worksheet 2 – Making a Decision

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Do you have a difficult time making decisions about what's best for you? These days, it seems many people are taught to prioritize other people's opinions and values over their own. As a result, you may find you've lost touch with what really nourishes you, and what you really want. When that happens, you can feel immobilized and unable to choose a path forward. This worksheet will introduce you to the concept of head, heart, and body decision-making, and help you work through an example.

The head is the part of you that connects with reason – it can help you to evaluate pros and cons to a particular course of action, it can help you look at evidence about how similar situations have been for you in the past, and it can help you remember what you already know about a particular person and what you can expect from them.

The heart represents your emotion center, connecting you to your feelings about a situation or person. It can also be used as a gauge - how would you feel about yourself if you made this decision?

The body connects us to your so-called “gut feelings” or intuition, as well as how your body holds the story of what you're experiencing. For example, a tightness in your stomach or a heaviness in your chest can say a lot. Your body can also experience pleasant sensations like warmth or openness, Now, let's work through an example.

## Starting with the Basics

First, think of an upcoming decision (big or small) you need to make.

I have to decide about \_\_\_\_\_

Next, list your options. At this point you don't need to judge the options – just write them out (note: there may be more or less than 4 – but there should be at least two :).

- 1.
- 2.
- 3.
- 4.

## Exploring Your Options

For each option listed above, I'm going to invite you to connect with your head, heart, and body to understand where you stand and what you really want.



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Option 1: \_\_\_\_\_

My head says:

My heart says:

My body says:

Option 2: \_\_\_\_\_

My head says:

My heart says:

My body says:

Option 3: \_\_\_\_\_

My head says:

My heart says:

My body says:

Option 4: \_\_\_\_\_

My head says:

My heart says:

My body says:

### Putting it all together

Based on what my head, heart, and body have told me, my decision is:

\_\_\_\_\_.

#### References:

The "head heart body" model of decision-making was adapted from a model of sexual decision-making presented by Calgary Sexual Health. The original ideas can be found here:  
<https://www.calgarysexualhealth.ca/sexual-health-info/communication-decision-making/>



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