

# The IDEAL way to make a decision

## Identify, Discuss, Evaluate, Act, and Learn

The IDEAL method of arriving at decisions is particularly effective when you're faced with a difficult problem or situation such as being bullied or having seen someone who is being bullied. It can be used in many different circumstances to help sort through your options, prioritise them, and then make the best possible decision.

# I

### Identify the problem

What is the problem or situation that needs to be resolved?

# D

### Describe (discuss) ways to solve the problem

List as many possible choices or alternatives that you can think of that may help you to solve the problem.

# E

### Evaluate each solution

By listing the positive and negative consequences for each choice or alternative, evaluate how each solution would make the problem better or worse and choose the best solution.

# A

### Act on a plan to use the better solution.

Describe how you plan to use the best solution. Be specific. Act on your plan (try your first choice).

# L

### Learn about your plan.

Describe how you think your plan will work out (how did it turn out?). Did you make the best choice? What would you do differently next time?

