# A guide to making decisions

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## Clarify the decision. What are your treatment options?

### 1. How far along are you with your decision? (check the box that applies to you)

- ❏ I have not yet thought about all my treatment options
- ❏ I am considering my treatment options
- ❏ I am close to choosing a treatment option
- ❏ I have already made my choice

### 2. What is your decision-making role?

- ❏ I prefer to decide on my own or after considering the opinions of others
- ❏ I prefer to make the decision with my spouse/partner or family
- ❏ I prefer my doctor makes the decision for me

### 3. Weigh your treatment options

Use the balance scale below to help you compare your treatment options. You can also share this scale with others involved in your decision.

| | PROS | | CONS | |
|---|---|---|---|---|
| | Reasons to choose treatment option | Personal importance | Reasons to avoid treatment option | Personal importance |
| Option #1 is: | | | | |
| Option #2 is: | | | | |
| Option #3 is: | | | | |

### 4. What are your next steps?

- ❏ Talk to my family about my treatment options
- ❏ Ask my doctor more questions about my treatment options
- ❏ Get more information from other sources (Internet, another doctor, support groups, patient organizations) about my treatment options
- ❏ Make a treatment decision


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