

Worksheet: Practicing the Skill of Properly Framing a Decision

Part 1 — What Does It Mean to “Frame a Decision”?

Framing a decision means defining the real problem before attempting solutions. The way you frame a decision shapes the options you consider, the information you seek, and the direction your reasoning takes.

Part 2 — Warm-Up: Why Framing Matters

Example questions:

1. “What will I do after graduation that will lead to a successful career?”
2. “Should I go to graduate school?”

How do these framings lead to different options and outcomes?

Part 3 — Improve the Framing

Rewrite each poorly framed question into a clearer, more precise decision question:

- A. “Should I buy a new car?” → _____
- B. “How can I make more money?” → _____
- C. “Should I move to a new city?” → _____
- D. “Should I change careers?” → _____

Part 4 — Reframing to Reveal More Alternatives

Problem A: “How do we fix the school system?”

Create 3 alternative framings:

1. _____
2. _____
3. _____

Problem B: “How do I become happier?”

Create 3 alternative framings:

1. _____
2. _____

3. _____

Part 5 — Identifying Biased or Leading Frames

Rewrite these biased or leading questions to make them neutral:

1. "Why is this politician lying?" → _____

2. "Why is this student making excuses?" → _____

3. "Why should we trust this expert?" → _____

Part 6 — Core Exercise: Frame a Real Decision

Step 1: Write your initial question:

Step 2: What is missing or unclear in that question?

Step 3: Rewrite as a properly framed decision:

Step 4: Create two alternate framings:

1. _____

2. _____

Part 7 — Reflection

Why is the first step of framing a decision so important?

Describe a time you framed a problem poorly and how it affected your choices:

Part 8 — Challenge Section

Choose a complex issue and frame it four different ways:

Issue: _____

1. _____

2. _____

3. _____

4. _____