

Name _____

Who Counts the Most in My Decisions?

How important are the opinions of these people in determining what you do? A rank of 5 is highest and a rank of 1 is lowest. Rank each item below, giving a 5 to the person who has the most influence, a 4 to the person having the next greatest influence, and so on.

	self	parents	brothers & sisters	friends	other adults*
How you dress or wear your hair.					
What foods you eat.					
How hard you work in school.					
What time you have as a curfew.					
What career you choose.					
If you are involved in school activities (e.g., sports, cheerleading, student council, band, drama).					
If you smoke cigarettes.					
If you use drugs, including alcohol.					
What your sexual behavior is.					
If you go to the movie with a mixed group of friends.					
If you go to a party with someone on a date.					
If you go steady.					
What type of reading material you choose.					
If you attend church.					
What movies you see.					
Total (add the numbers in each column)					

*Other adults include clergy, teachers, coaches, neighbors & other family members.

Who Counts the Most in My Decisions? (continued)

Now add the numbers in each column. The higher the number in the “total” column, the greater the influence of that person (or group of persons) in your life. Use this information to answer the following questions.

1. Who influences you the most? _____

2. When you have to make a decision about what to do, whom can you go to for help?

Decisions often are made based on the information you have. These are some sources of information. Circle the ones you use now; underline the ones you might use in the future. You may find there are some sources you will circle and underline.

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|--------------|-----------|--------------------|-----------|
| parents | friends | books | TV |
| doctors | neighbors | teachers | church |
| family | coaches | movies | magazines |
| plays | music | workshops/seminars | |
| clubs/groups | | | |