



Shepherd Care®

To Care for People Where They Live and Work

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COMMUNITY Care TOPIC

Double Jeopardy

Have you ever been in a tough situation and when you made a choice, the situation actually got worse? Jeopardy means danger, risk, threat, peril, hazard, difficulty, and trouble. Compounding the situation or making the matters worse is called “double jeopardy.”

How Does it Look?

- On the Fly- Making decisions from impulse, in the heat of the moment, not thinking things through, and without solid counsel.
- No Plan B- Not having a back-up plan.
- Just Plain Poor Decision Making- like a fox in a trap, the animal will harm itself and do anything to get out of the place it is in, not realizing that afterwards it may never walk right again.
- Sometimes the risks are not worth the price or the potential rewards.

Healthy Decision-Making Steps

- Take a Moment to Compose- Pause for a moment before you act.
- Look for the History- Maybe there are similar threads that are parallel to things you have faced in the past
- Seek Counsel- learn from other’s mistakes. People can be helpful

sounding boards and maybe able to see things that we cannot.

- Look for Connections- picture a triangle: each corner represents an area of your life (for example: work, family, and shared interests). Understand that what you do in one area of your life will affect other areas of your life.
- Convictions & Ethics- will the activity compromise your values or you as a person?
- Pros and Cons- Make a list of the positive and negatives involved.
- Caution is Not Procrastination- Thinking about something does not mean laziness.

Remember, if we make no decisions, our inactivity could also make the situation worse. We *can* all make healthy and positive choices.

Introducing your Community Chaplain
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“Out of the frying pan and into the fire!”

“Multitudes, multitudes in the valley of decision.”

Joel 3:14

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