A TWO-PERSON DECISION MAT



Two Good Reasons, One Tough Decision

Use this for a decision where you both have a say. One person wants to put a bonus toward a weekend away. The other feels better with a bigger cushion for bills. Both reasons deserve a hearing.

My preference and its good reason

"A weekend away would give us something to look forward to."

Your preference and its good reason

"Keeping money aside helps me enjoy a trip without worrying afterward."

One question that takes both reasons seriously

Two ideas we could try, including a smaller or reversible option

One experiment we both accept, and when we'll review it

A decision can be temporary

"Let's price one overnight trip and agree on the amount we want to leave untouched. We can look at the numbers on Sunday before we book anything."

If either person's answer is no, keep that information in the conversation. You can return to a decision later.

For a more in-depth look at how to build trust and connection in your relationship, explore Building Trust and Connection, my 10-week, self-paced course.

© 2026 Dr. Katherine Jewett, PsyD, LMFT • Time to Thrive Therapy