

THE PRO/ CON LIST:



This is one adaptation of a good Ignatian discernment tool.

- 1) Write out your options clearly.
Example: I will take job A
OR I will take job B.
OR C I stay where I am OR ???
It is important to keep the situations separate.
- 2) Write option A at the top of notebook paper, and B on another page, etc. Leave pages in between, or use loose leaf.
- 3) Make two columns on each paper, one "pro" and the other "con."
- 4) During the course of a day, jot down all the "pros", the positives about option A. If you are making a life decision, it would be better to do this over the course of several days. Use your imagination and think about the possibilities of the option – visualize where you will be, who you will be with.
- 5) Another day/days, write all the "cons" about option A.
- 6) Do the same with option B (and C, D, etc), keeping time separate between the exercises. (It's OK if you write down something on another list on the day you're supposed to be thinking about one thing. But try to focus your attention on one possibility at a time. Listen to your feelings and energy.)
- 7) After all this is done, go through your lists and, with a scale of, say from 1 to 10, mark which reasons really carry the most weight with you.
- 8) Give yourself a day's break from this work. Then go talk to a spiritual friend about your lists. Notice which lists are longer and which lists have the reasons which you weigh heavily.
- 9) Throw this information into the mix of your total discernment process. Does it pass the test of time? Or a make "pretend decision" for a week and listen to your energy, your feelings, the desire of your heart.
- 10) Move into your decision. Trust that God sees the good intent of your heart and will guide you. You may meet challenges as you live out your vocation, but remember we follow a crucified Jesus.