

Dialectical Decision-Making Worksheet Example: Balancing Work and Family Time

Objective: Systematically analyse and balance opposing forces in the decision-making process.

Exercise: Imagine you're a mother juggling a demanding career and a desire for quality family time. Use the Dialectical Decision-Making Worksheet to navigate this dilemma:

- 1. Identify the Dilemma:**
 - Balancing the demands of a fulfilling career with the desire for meaningful family time.
- 2. List the Pros and Cons:**
 - *Pros of Prioritizing Career:*
 - Financial stability and independence.
 - Professional growth and personal fulfilment.
 - *Cons of Prioritizing Career:*
 - Limited time for family activities.
 - Potential impact on the quality of family relationships.
 - *Pros of Prioritizing Family Time:*
 - Strengthening family bonds.
 - Creating lasting memories with children.
 - *Cons of Prioritizing Family Time:*
 - Potential career limitations.
 - Financial challenges.
- 3. Consider Short-Term and Long-Term Consequences:**
 - *Short-Term:*
 - Focusing on the career may lead to immediate professional achievements.
 - Prioritizing family time may result in a more immediate sense of connection.
 - *Long-Term:*
 - An intense focus on career may impact family relationships over time.
 - Prioritizing family time may lead to a sense of fulfilment but potentially limit professional growth.
- 4. Synthesize:**
 - Explore flexible work arrangements that allow for a balance between career and family.
 - Utilize effective time management strategies to optimize both professional and family commitments.