## Alcohol: The whole truth

## **IDEAL Framework**

IDEAL is an acronym used to describe the steps that should be taken to make the right decision.

IDEAL stands for the following:

- **Identify** the problem
- **Describe** all possible solutions
- **Evaluate** the pros and cons of each solution
- Act on the best solution
- **Learn** from the choices

Credit: OPHEA's IDEAL Decision-Making Model provides a framework for effective problem-solving.

