



DECISIONAL BALANCE

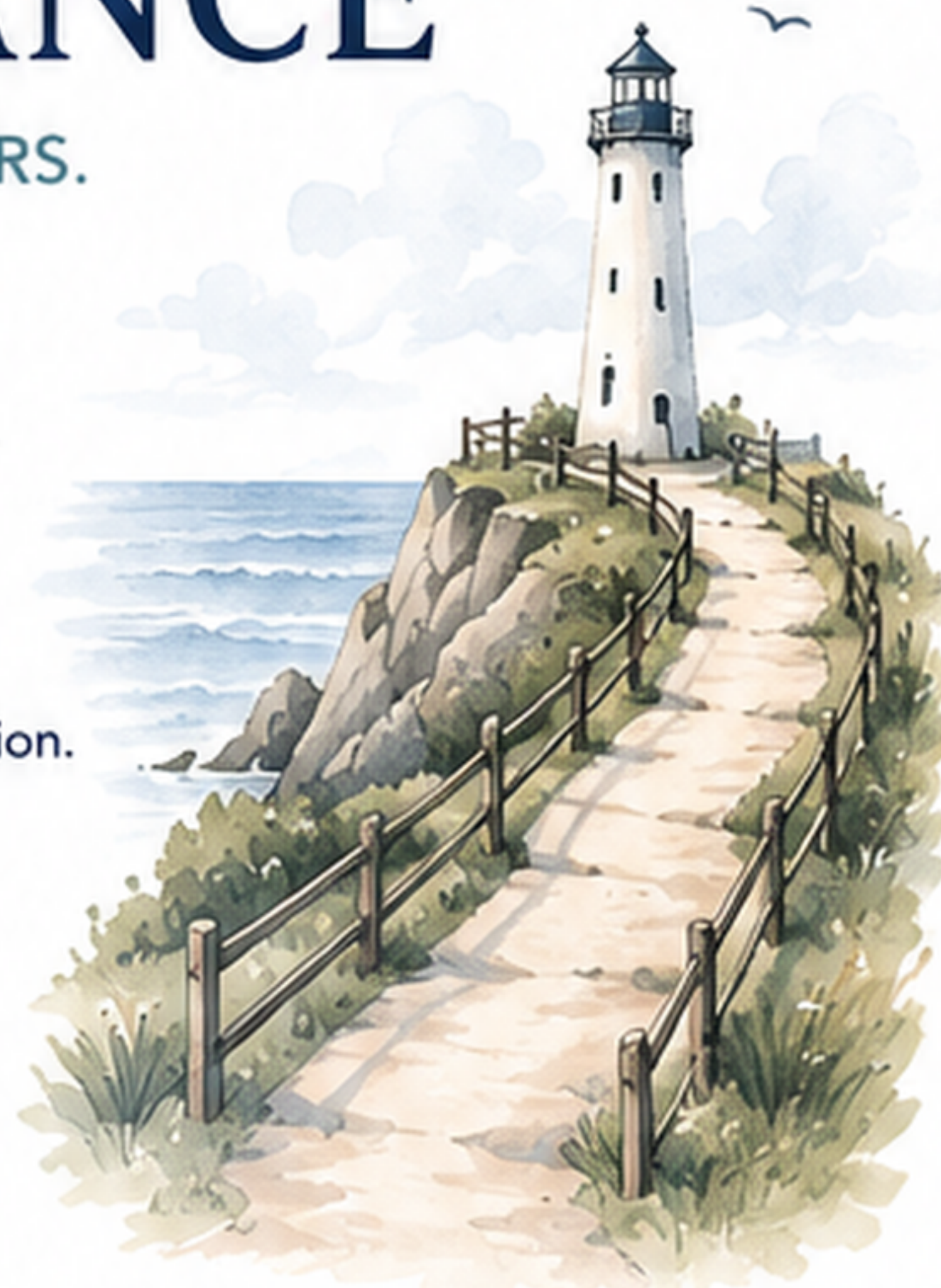
WEIGH YOUR OPTIONS. CLARIFY WHAT MATTERS.



When we think about making changes, most of us don't really consider all "sides" in a complete way. Instead, we often do what we think we "should" do, avoid doing things we don't feel like doing, or just feel confused or overwhelmed and give up thinking about it at all. Thinking through the pros and cons of both changing and not making a change is one way to help us make sure we have fully considered a possible change. This can help us to "hang on" to our plan in times of stress or temptation.



Below, write in the reasons that you can think of in each of the boxes. Then rate each point on a scale of 1 – 5 (1 being not at all important, 5 being this is most or very important). This will help you 'weigh' how important each point is to you. **Add up the total numbers for each box.**



BENEFITS / PROS

	RATING (1-5)
1. _____	☐
2. _____	☐
3. _____	☐
4. _____	☐
5. _____	☐
TOTAL	



MAKING A CHANGE



NOT MAKING A CHANGE



COSTS / CONS

	RATING (1-5)
1. _____	☐
2. _____	☐
3. _____	☐
4. _____	☐
5. _____	☐
TOTAL	

	RATING (1-5)
1. _____	☐
2. _____	☐
3. _____	☐
4. _____	☐
5. _____	☐
TOTAL	

	RATING (1-5)
1. _____	☐
2. _____	☐
3. _____	☐
4. _____	☐
5. _____	☐
TOTAL	



REFLECTION

Looking at your totals, what feels most important to you right now?
What is one small step you can take in the direction that supports your values?

