

Decisional Balance Worksheet

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 changing is one way to help us make sure we have fully considered all reasons to change. Without this process, it is easier to "hang on" to old, ineffective ways. Below, write in the reasons for changing a problem that you can think of in each of the boxes.

	Benefits/Pros	Costs/Cons
C H A N G E		
N O C H A N G E		