

Decisional Balance – Weighing the Pros and Cons of Changing (or Not Changing) Behavior

The change I'm thinking of making is:

STEP 1: Consider staying the same	PROS of staying the SAME :	How big a deal is it? 1 = not such a big deal 10 =big deal!	CONS of staying the SAME :	How big a deal is it? 1 =not such a big deal 10 =big deal!
	• _____ • _____ • _____ • _____ • _____	_____ _____ _____ _____ _____	• _____ • _____ • _____ • _____ • _____	_____ _____ _____ _____ _____
STEP 2: Consider making the change	CONS of making a CHANGE :	How big a deal is it? 1 = not such a big deal 10 =big deal!	PROS of making a CHANGE :	How big a deal is it? 1 =not such a big deal 10 =big deal!
	• _____ • _____ • _____ • _____ • _____	_____ _____ _____ _____ _____	• _____ • _____ • _____ • _____ • _____	_____ _____ _____ _____ _____
STEP 3: Add	_____		_____	

STEP 4: Compare

Which number is bigger?



If this number is bigger,
the balance is leaning towards
STAYING THE SAME.



If this number is bigger,
the balance is leaning towards
MAKING A CHANGE.