

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 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 look at your at the overall picture. Talk it through with someone and ask for feedback. Often times the change you think you need to make is just a small part of a bigger change...or you may notice that you can make smaller changes before you take the giant leap

