

Decision Balance Worksheet

Visualize your options

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 various aspects of our decision.

Instructions:

Below, first identify the change you are considering making. Then, write in the reasons that you can think of in each of the boxes. Next, look at your overall picture. Talk it through with someone and ask for feedback. Finally, use this information in making the best and healthiest choice.

The change I am considering is: _____

	Benefits/Pros	Costs/Cons
Making a change		
Not changing		

Adapted from:

- <http://www.motivationalinterviewing.org/sites/default/files/decisionalbalance.pdf>
- www.winona.edu/resilience

