



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

**The change I'm thinking of making is:**

<b>STEP 1:</b> Consider staying the same	<p><b>PROS</b> of staying the <b>SAME</b>:</p> <ul style="list-style-type: none"> <li>• _____</li> <li>• _____</li> <li>• _____</li> <li>• _____</li> <li>• _____</li> </ul>	<p><b>How big a deal is it?</b> 1=not such a big deal 10=big deal!</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>CONS</b> of staying the <b>SAME</b>:</p> <ul style="list-style-type: none"> <li>• _____</li> <li>• _____</li> <li>• _____</li> <li>• _____</li> <li>• _____</li> </ul>	<p><b>How big a deal is it?</b> 1=not such a big deal 10=big deal!</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
<b>STEP 2:</b> Consider making the change	<p><b>CONS</b> of making a <b>CHANGE</b>:</p> <ul style="list-style-type: none"> <li>• _____</li> <li>• _____</li> <li>• _____</li> <li>• _____</li> <li>• _____</li> </ul>	<p><b>How big a deal is it?</b> 1=not such a big deal 10=big deal!</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>PROS</b> of making a <b>CHANGE</b>:</p> <ul style="list-style-type: none"> <li>• _____</li> <li>• _____</li> <li>• _____</li> <li>• _____</li> <li>• _____</li> </ul>	<p><b>How big a deal is it?</b> 1=not such a big deal 10=big deal!</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
<b>STEP 3:</b> Add	_____	_____	_____	_____
<b>STEP 4:</b> Compare	<p><b>Which number is bigger?</b></p>	 If this number is bigger, the balance is leaning towards <b>STAYING THE SAME.</b>		 If this number is bigger, the balance is leaning towards <b>MAKING A CHANGE.</b>