

# 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	<b>PROS</b> of staying the <b>SAME</b> :	<b>How big a deal is it?</b> 1 = not such a big deal 10 =big deal!	<b>CONS</b> of staying the <b>SAME</b> :	<b>How big a deal is it?</b> 1 =not such a big deal 10 =big deal!
	• _____ • _____ • _____ • _____ • _____	_____ _____ _____ _____ _____	• _____ • _____ • _____ • _____ • _____	_____ _____ _____ _____ _____
<b>STEP 2:</b> Consider making the change	<b>CONS</b> of making a <b>CHANGE</b> :	<b>How big a deal is it?</b> 1 = not such a big deal 10 =big deal!	<b>PROS</b> of making a <b>CHANGE</b> :	<b>How big a deal is it?</b> 1 =not such a big deal 10 =big deal!
	• _____ • _____ • _____ • _____ • _____	_____ _____ _____ _____ _____	• _____ • _____ • _____ • _____ • _____	_____ _____ _____ _____ _____
<b>STEP 3:</b> 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.**