

DECISIONAL BALANCE WORKSHEET

ADAPTED FROM MOTIVATIONAL GROUPS FOR COMMUNITY SUBSTANCE ABUSE PROGRAMS

When we think about making changes, most of us don't really consider all sides. We often think about what we should do, want to avoid, or become confused and overwhelmed when making small changes or big lifestyle changes. Evaluating the pros and cons is a way to fully consider whether or not to make the change.

Below, identify a change you are interested in making for yourself. Write in the reasons that you can think of in each of the boxes.

My change is: _____

	BENEFITS/PROS	COSTS/CONS
MAKING A CHANGE		
NOT CHANGING		

