



Decisional Balance Tool

The decisional balance tool can be used for any type of desired change. When we think about making changes, many 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 feel overwhelmed and give up thinking about changing at all. Thinking through the pros and cons (or good things and not so good things) of both changing and not changing is one way to help us make sure we have fully considered a possible change.

Write down the reasons that you can think of in each of the boxes below. Consider what specific change you might want to make about your behavior or environment.

Not Changing

Making a Change

What are the good things (pros) of NOT changing?

What are the not so good things (cons) of NOT changing?
