

* Decisional Balance *

It's common to have mixed feelings or feel stuck when thinking about making a change. Identifying and weighing the benefits and costs (or pros and cons!) can help provide clarity. It can also serve as a reminder when we find ourselves feeling confused, overwhelmed, or just wanting to give up. In order for a change to be made, the costs need to outweigh the benefits.

	Benefits/Pros	Costs/Cons
Continuing/ Staying the same	<ul style="list-style-type: none">•	
Making a Change		

* Helpful Questions for Reflection:

1. What stood out to you as you went through this exercise:
2. What needs are being met by the behavior that you are contemplating changing (e.g. safety, satisfaction, connection, etc.)
3. If you were to reduce or stop the behavior, what are some healthy replacement behaviors to continue meeting the needs you listed above?
4. What is the smallest amount of change you are comfortable with?
5. If you choose to make a change, what are your first steps? (questions adapted from: cerebral.com)

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EXAMPLE: EXERCISE at least 3x a Week

	Benefits/Pros	Costs/Cons
Continuing/ Staying the same	<ul style="list-style-type: none"> • More time for other stuff like work, TV, friends • Don't need to stress about whether I exercised or not-it's one less thing to think and feel bad about • Can focus on walking and meditation 	<ul style="list-style-type: none"> • don't feel as good/fit physically • have less energy • feel bad about myself sometimes • don't feel as productive in my day • Mental health suffers; no outlet for stress
Making a Change	<ul style="list-style-type: none"> • feel better mentally • more energy after • feel good about myself and my efforts • physically healthier in the short term and for my future self • sleep better when I work out 	<ul style="list-style-type: none"> • take time and energy to push myself to get started • it can trigger a negative spiral where I'm hard on myself when I don't do it • could take away time from other things I have going on-needs to be planned • could cost some money if I join a gym or something

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