

Decisional Balance Worksheet

Name: _____ Date: _____ dd / mm / yyyy

Determine the habit or behavior you intend to modify. Next, consider the possible advantages (pros) of both altering the habit and keeping it the same. Record your responses in the left column. Then, contemplate the potential drawbacks (cons) of changing the habit and maintaining the status quo, and note them in the right columns. It's important to be as precise as possible when completing each column, employing tangible examples, and taking into account both short and long-term implications. Try to be as specific as possible when filling out each column. Use concrete examples and consider both short-term and long-term consequences.

Behavior/habit:

Benefits Changing:

Benefits Not changing:

Costs Changing:

Costs Not changing:

Are there any benefits or costs that are particularly important to you?

Have you considered both short-term and long-term consequences of changing this habit or behavior?

Have you considered both short-term and long-term consequences of not changing this habit or behavior?

Have you considered any alternatives to changing this habit or behavior? If so, what are their pros and cons?

Have you considered any alternatives to not changing this habit or behavior? If so, what are their pros and cons?

What is your gut feeling about changing this habit or behavior? Does it align with the pros and cons you've listed?

What is your gut feeling about not changing this habit or behavior? Does it align with the pros and cons you've listed?

Additional notes: