

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# DECISIONAL BALANCE

While making a decision, we need to consider both pros and cons of our decisions. If you are deciding to make a change in your behavior related to your substance abuse, you can write the benefits and costs of both changing and not changing.

## MAKING A CHANGE

What are the benefits of making a change?

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What are the costs of making a change?

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## NOT MAKING A CHANGE

What are the benefits of not making a change?

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What are the costs of not making a change?

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