

DECISIONAL BALANCE SUBSTANCE ABUSE

Name: _____

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.

What are the benefits of making a change?

What are the costs of making a change?

What are the benefits of not making a change?

What are the costs of not making a change?